

## **NAC Meeting 5.4.17**

### **16 - 17 School year activities review**

- Whole Grain Rich exemption on pizza. The student body requested that we apply for an exemption on the whole grain rich requirement for our pizza. OSPI granted the exemption based on the proof of the severely declined participation. Pizza day is back up to one of the favorites.
- Smart Snack Standards Flyer was emailed out to the district at the beginning of the School year. This was to remind district of the requirements.
- Media Smart curriculum & Nutrition to Grow On courses are being provided to OEMS students by Ellen Kim Cho, Lewis County Health Educator, for the 16-17 school year.
- The Daily Scoop Nutrition Education messages are being provided each morning with the PA announcements.
- In November we had Purple Cauliflower for Try it Tuesday.
- In December we had a Smarter Lunchroom assessment. Changes were made to encourage kids to make healthier choices. A bonus fruit bowl was added. Milk was arranged so the kids had to reach over white milk to get chocolate.
- In February a contest was held to name the new BBQ Pulled Pork Sandwich & the Sriracha Pork Burrito (Piggy Pull Sandwich & Porkrito Burrito respectively).
- In May Screen-Free Week was celebrated.
- In May Muffins for Moms will be celebrated.
- In June Donuts for Dads will be celebrated.
- School BBQ will be June 14th.

### **Action Items:**

- Change Chocolate Milk Availability from daily to once weekly. In a time where cancer is becoming more prevalent and sugar is a known cancer feeder there is concern of providing daily added sugar in milk. The Nutrition Advisory Council voted **add add add**

The Nutrition Advisory Council is open to all who want to participate. Please let Jerry Carlson know if you are interested.