

**Nyack Public Schools
District Wide Wellness Committee
SHAC: School Health Advisory Committee**

Meeting Notes: January 14, 2008

Attendees:

B. Zifchock Dir. PEHWA
S. Juechter: VCE, PTA; Nutritionist
C. Steindorff: RC Health Dept./
Community

J. Marsico: Aramark
A. Collazuol: Nurse – St. Paul's
M. Lynn: School Nurse
J. Kassel: Dir of Family Resource Ctr.

Absent with Notice:

C. Clark: NPS BOE Trustee
P. D'Auria: School Nurse
J. Donaldson: Health/PE Teacher

L. Fleming: PTA
A. Oakley: PE Teacher

- Meeting began at 4:15 PM
- Handouts distributed: agenda, December 17th meeting minutes, assessment data, DOH communications, module score sheets
- This committee is transitioning from evaluating the CDC modules to developing a five year plan – will check data, strength and weakness of module scores which will help to create a plan
- Menu Review
- Serving coffee
- Committee reviewed minutes from the December 17th meeting and assessment records. One correction to make to Dec. minutes: add Julie Kassel who attendend.

Menu Review

- Judy presented menus from September to the present to be sure that we are meeting requirements set by policy.
- Ann said her son has been eating the hot food in the cafeteria
- Judy said a pizza chef is coming in tomorrow to present different cheeses and toppings
- Miriam asked how menus are distributed
- Judy replied: website, teachers mail boxes, posted in lunch rooms throughout the district, hand outs to MS and HS students
- Judy asked if items are compared to guidelines – items always compared to policy
- Bob and Judy reviewed menu items – products meet the guidelines- all items served meet policy guidelines.
- Judy - other districts should use Nyack as an example
- Judy states that she sampled random menus all over the county, and Orange and Westchester – there is nothing different
- Carrie states that there is a lot of pushing back in other districts. Some districts do not want to change. Instead they make the changes but do not identify the items as healthy. If you tell students the meals are healthy they become resistant

- Julie asks how are sales – Liberty is up, VC is the same, UN is down
- Bob returns to Carrie’s statement, when food is identified as healthy why are students unreceptive – lack of education, lack of understanding or just teenagers?
- Mimic the way big companies advertise – sample, when tried they like it.
- Bob states that he occasionally samples lunch. This week he had grilled cheese and vegetable soup (excellent) all vegetables on the salad bar were fresh
- Julie – Farm School Program – Butternut squash with salt and vinegar or with cinnamon and sugar. If successful it can be ordered if at a good price
- Carrie discusses a buyer’s cooperative in Broome and Tioga Counties – these districts work together, same menu on the same day. Students taste test. Dietician (Molly Morgan) and food service directors are willing to come here to discuss their process
- Judy notes Aramark is an International Organization and has good buying power
- Bob states it is interesting if all districts serve the same items, could be put on TV or radio
- Carrie states that young people make announcements, do the testing, and then talk about results. If all came together healthy food would become the norm
- Bob feels we should shoot for the excellent menu – not to pit one against the other
- Judy states that we are in the top 10
- Julie feels that we have to make huge changes, which is difficult, it takes 24 hours a day. If the staff did not get on board to do what’s best for the children – they have been eliminated. The level of enthusiasm of the staff is better.
- Bob asks how to make the food more appealing to the students.
- Judy responds that especially at the elementary level much time is spent to get the kids to focus. Maria has a two-page list of menu requests. A VC student won the Design a Menu contest. Her menu was used, her name was announced on the PA and her dad came to school to surprise her.
- Miriam stated that obesity is turning around
- Judy stated that our goal is to make our program their program and we are moving in the right direction.
- All committee members in attendance appreciate Judy’s hard work to implement so many positive changes throughout the district, as well as top-notch menus

Discussion on Coffee

- Do you know the amount of caffeine in candy bars?
- Carrie and Judy stated no; due to the different sizes
- Miriam stated the MS stopped selling candy in school
- Susan arrived at 5:10 PM- given handouts/menus, and brought article on “Too Young for Coffee?”
- Carrie – “Slippery Slope” – having coffee can open up doors for other beverages in school. We must support academic achievement. This could undermine our efforts.
- Julie – Think outside the box – find foods that are better – Green Tea?

- Susan – effects cognitive abilities
- Bob- cited CDC Website –antioxidants are present in coffee
- Susan –Believes it is a business opportunity. It could open the door for abuse – adding calories by sugar and creams
- Bob asks if there is an issue with decaffeination
- Miriam replies that the process to decaffeinate uses chemicals
- Julie asks if we sell bottled water
- Judy replied that water is sold all day long in the cafeteria – Aramark is not at the break even point
- Susan visited the HS and had hot lunch – meatloaf with gravy and peas – (I had to ask for the vegetable.) It was an edible hot meal – Tried to chat with students – HS kids said that we raised the prices and lessened the amount of food. How do you visually make the food look good, so the students purchase it?
- Bob asks how to promote the school lunch? Word of mouth is powerful. He had soups lately and found them to be great
- Carrie asks if coffee is served at lunch?
- Judy said coffee is not served now, but would be served at breakfast and lunch. We would serve a better grade of coffee such as Dunkin Donuts etc. HS students want to know when we are going to serve coffee
- Bob will research decaffeination methods and report back to the committee.
- Susan states we are sending a message about caffeine
- Julie states that caffeine is a drug and why would we promote it
- Julie personally thinks that students want the jolt from the coffee (not tea)
- Susan and Julie feel students should be involved in decision making
- Judy would like to get the message to the students as to what the Wellness Committee is and why the menu has changed
- Bob states trying to get representatives is very difficult. He'll reopen discussion with the teacher-advisors (Mr. Sullivan and Mr. Gavigan), who guide student government to let them know we want to hear student voices
- Judy thinks they would come
- Bob asks are there any students from the student council working with Judy
- Judy answers yes
- Judy asks what is your overall opinion
- Susan would want kids to know it is not a restriction of food- its better food value. How do we make it more appealing and keep prices down
- Judy states that she walked into a situation that was not good food nutrition wise, and the numbers are down
- Miriam adds that students are buying a lot of quick snacks.

NEXT MEETING DATE & LOCATION