

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

**Meeting Notes: April 16, 2007  
5:00-7:00 p.m., Administration Building**

**Attendees:**

B. Zifchock: Dir. PE, Wealth, Wellness & Athletics	J. Hindin: UNE, PTA, Dentist
S. Juechter: VCE PTA, Nutritionist	L.Fleming: UNE, PTA
C. Steindorff: RC Health Dept. School Programs Coordinator	J. Marsico: Aramark
A. Collazuol: St. Paul's, nurse	L.Marshal: Lib., PTA
J. Donaldson: MS, PE Teacher	E. Feiner: Lib, PTA
M. Lynn: MS, RN	A. Oakley: VCE, PE Teacher
J. Kassel: Dir. VCE, FRC	B. Sullivan: VCE, RN
L. Pakaln: UNE Teacher	S. Group: UNE, Sec.
K. Trentacoste: MS, Parent	J. Snow: Aramark
R. Hirschauer: Aramark, District Mgr.	

**Absent with Notice:**

M. Madan: NPS Social Worker  
K. Meyerson: UNE, RN  
P. D'Auria: HS, RN

- Handouts distributed: agenda, assessment record, assessment survey
- The wellness committee meeting began at 5:10 p.m.
- Brief introduction of members for the benefit of the Aramark visitors and new attendees
- Carleen Millsaps unable to attend, will be at May meeting to address budgetary part

**Presentation by Aramark – Mr. Hirschauer, Ms. Marsico, Ms. Snow – Menu Planning, Choose Sensibly Program and Nutrition Education:**

- Bob Hirschauer, Aramark, said he and Jennifer are here for dialog today and will present at a later time
- Regarding menu planning, Bob said Aramark uses the district Wellness Policy as a guideline
- Regarding portion size, Bob said NYS nutritional guidelines are used. He indicated Nyack could indicate a policy that could also be followed.
- Choose Sensibly Program: indicates a minimum of 7 grams or less of fat, certain amt. Of fluids
- Food Service together with vendors in supply chain are trying to improve industry health
- Noted that many healthy items in public stores are not yet available commercially
- Bob mentioned nutritional education can follow Wellness Policy
- He noted Aramark has a marketing program for each age segment (El. Middle, HS)
- Aramark hoping for recipe data base by Sept., print nutritional values on site
- Bob stated the marketing program is evolving with industry changes. (Wellness Policy dictates menus)
- Miriam noted observing some MS students ordering a double order of French fries and recommended possibly only serving FF on Friday

- Question asked if FF are baked. Judy stated presently they are fried but baked are available.
- Bob recommended our Wellness Policy state what we want. If we want 100% juice Slushy we have to state it.
- UNE committee members discussed that Doritos, granola bars with transfats, and cookies are being sold to students. Judy said she isn't supplying them
- UNE committee members stated students could buy snack immediately after lunch is served. Pointed out some students dump lunch and buy and eat snack, some don't eat lunch but buy and eat snack
- Bob said if district wants no snacks, Wellness Policy must indicate this. He mentioned no snacks might have a financial impact and suggested offering healthy snacks
- Susan said she believes the committee's purpose is to provide healthy choices and change student's habits in a healthy way
- Susan asked Aramark representatives how Nyack's food is being delivered and prepared
- She recommended more fruits and vegetables, healthier processed foods, fresh salads, more foods from scratch i.e. soups, not canned veg.
- Susan talked about the Farm to School Program
- Bob said there is a 5 year period for which specifications are dictated and followed by a food service (contractual specifications – if not followed, violating terms of contract)
- He noted that bidding specifications need to include such things as the # vegetable servings weekly, sodium content
- Nyack is bidding at the end of June (beginning of July) to be put into action Sept.
- Laura asked if frozen vegetables are used.
- Vending machines not Aramark, keep program self sustaining and should have specifications
- Bob said Aramark could take on vending machines, need to appear in bidding process
- Aramark could provide educational materials through their nutrition education program One World Café i.e. menu with nutritional information
- Annie asked Bob is educational material have items for parents
- Food Service funding is outside the school budget, NYS mandated
- Miriam asked if Aramark could provide us with menus from other districts (Katona mentioned)
- Major impact can be made by changing districts specifications
- Some suggestions were labeling items indicating healthier choices, color coding nutritional values and heart healthier items
- Aramark said they will provide menus, nutritional Ed. program information, and elaborate on the Farm to School Program
- Jill asked about serving fresh apples
- Judy mentioned supplying packaged apple slices from Government National School Free Food- said they weren't covered in sugar, actually relatively healthy, kids loved them
- Judy explained we must take the governments free food or our per school funding will be compromised
- Judy said she is ordering more fresh food from the free government choices for next year
- Judy also said our specs must be in the future contract
- Susan pointed out committee needs it's specs to match the district's budget
- If specs indicate limiting snacks, some parents may disagree
- Susan repeated that the quality of food choices rather than limiting, healthy respect for food and everything in moderation is what is wanted

- Committee member addressed government supplied salad dressing containing MSG- not good for children
- Judy says there is free educational training available from Aramark
- Committee is asking that Carleen provide the current food plan specifications, explain the vending machine specs
- Making It Happen SHI training CDC.gov
- Tuesday, April 24 4:00-7:30, RCC Cultural Arts Ctr: Connecting Health With Learning SHI Learning in Motion, RSVP 942-7642, light dinner, sharing from school districts

#### **Team Building and Surveys Discussion:**

- Team Building discussion – Lisalotte and Julie feel committee doesn't need more, Carrie indicated agreement, since there is an element of time. Carrie added that if certain team
- Team building skills seem to be needed later on, then they should be practiced, otherwise she also feels we should move ahead
- Susan mentioned surveys need to be completed by classroom teachers
- Laura asked that survey also include, “ How much physical activity (movement) is being provided for students during instructional time
- Carrie and Laura will work with Bob Zifchock on wording to include Laura's request.
- Susan volunteered to write the cover letter to teachers explaining who has created the survey, why they are being asked to complete it and how quickly survey needs to be completed

#### **School Health Index (SHI) Assessment:**

- Committee read and discussed Module 4: Nutrition Services questions. Shelley kept score.
- Total score for Module 4 is 30. Module Score is 71.43%.
- Emily stated not all students taking full advantage of program- students with allergies or diabetes, lactose free products commercially available – not being used in Nyack
- Cheese used in Nyack not low fat

**H.W. What specifications would you like to see in the future?  
What is being sold in your school's vending machine?**

**Next meeting, Monday, May 14, 5:00 – 7:00**