

*Nutrition Committee Minutes*  
*Wednesday, February 24, 2010*

*Present: Marge McCarrick, Gayle Puskuldjian, Sara Jones, Tina Vaccan, Meredith Lewin, Kveta Giertl, Kathy Ligure, Shelly Newman, Denise Rieger, Susan Oswald, Stacy Rovner, Graig Guerin, Joseph Peluso, Neda Bokai, Erika Sandberg-Crabb, Ed Melnick, Brigitte Kahn & Olivia Buatsi*

*Opened Meeting at 10AM*

*1) Minute taker.*

*2) Analysis of Lunch Program:*

- Olivia Buatsi reported she went back 3 years and looked at the percentage of total cost. 60% of money is spent on labor which was similar to most schools in our area.*
- How much revenue comes from snacks to support our lunch program: We found it was 16% - \$165,000. The report includes the whole district.*
- Discussion regarding surplus money and how much we can put in a reserve account and how we could balance our program between a surplus and deficit.*
- Looking into possibly getting a grant for better quality food and a model program.*
- The requirements for school lunch is going to change in the near future, regarding the quality of food served and amount of fruits and vegetables. Also the amount of sodium.*
- 45% of our school district buys lunch.*
- Three major goals we have (as per Dr. Melnick) to work on:
  - 1) Improve the nutritional quality of the food at school,*
  - 2) Increase the number of students buying lunch at school,*
  - 3) Lunch should be an extension of nutritional learning, an extension of what they learn in health.**
- Dr. Melnick proposed sponsoring an event where parents and children could try healthy foods that could then be sold in the lunch program. We could then also ask parents if they would be willing to pay \$.50 or more for this option.*
- We need to look into educating the children about nutrition so that we could see a change in healthy choice making at school.*
- March 24<sup>TH</sup>, Sea Cliff Elementary will be showing "Two Angry Moms" at their PCA meeting.*
- Marge stated we will no longer purchase beef from the government next year.*

3) Survey Results:

- *We had a good number of families respond to the survey.*
- *We found that most families that answered the survey said they would be willing to pay more money for higher quality food and more families would buy school lunches, if that occurred.*

4) So...What is our next plan of action?

- *Dr. Melnick proposed tasting evenings for children and parents.*
- *Proposed recipe contests for tastings at school.*
- *Should we have snacks: From the survey it seems that the district wants snack. We need to revisit the snack options and choose the healthier ones to be sold.*
- *Formation of a snack sub committee, consisting of 5 volunteers, including Dr. Melnick.*
- *How will the changes be done: Dr. Melnick will speak with Board regarding money issues, tasting evenings – state a pilot tasting at SC. Snack subcommittee to meet about choosing healthy snacks.*
- *Menu Committee was formulated including Olivia Buatsi.*

Goals by Dr. Melnick – come to end of this year with:

- *New revised snack list,*
- *Two new meals on menu from tastings.*
- *Dr. Melnick will meet with Board regarding money.*
- *Research for grants and model program.*
- *Improve curriculum for nutritional education.*