

North Shore Schools Food Service Committee Meeting Minutes

Date: 2/04/-5

Time: 10:00am-1200pm

Location: NSHS Cafeteria

Present: Nancy Caporale, Robin Cartagine, Cathy Convey, Emily Dalto, Paula Michaud, Lori Ruggiero

<u>Topic/Agenda</u>	<u>Discussion</u>	<u>Action</u>
<p>1.) Review of the minutes12-02-04</p> <p>2.) Surveys</p>	<p>C. Convey has finished summarizing the qualitative and quantitative information for 602 students and 59 staff who responded to the survey taken in June 2004 at the 3 elementary schools and the MS. Quantitative information for the 310 parents is ready. C. Convey will have parent qualitative information to P. Michaud within the next week. Robin Cartagine will form a committee to review the student data. Paula Michaud will form a committee to review the parent and staff surveys. They will make recommendations to the District Committee as to what changes in the lunch program should be considered based on the surveys.</p> <p>The survey summaries in full are available through email from Paula Michaud (626-2913) or M. McCarrick (705-0250).</p> <p>Examples of parent responses from the survey are: “Parents feel that the school should provide an ideal environment serving nutritious foods” (yes=295, no=14), “willing to pay more for a wider variety of foods” (yes=205, No=88), “cookies should stay at the lunch cashier” (yes=101, no=99). Some of the students’ favorite foods were Italian dunkers, rotini, mac and cheese, pizza nuggets, spaghetti, tacos, potato tots, mozzarella sticks, and French fires (MS).</p>	<p>Accepted. P. Michaud will post on the District website.</p> <p>Thank you to the parents, who helped enter the data. Thanks to Cathy Convey for summarizing and tabulating the data.</p> <p>Analysis of the data to continue in 2 subgroups.</p> <p>Recommendations based on the surveys to be made by R. Cartagine and P. Michaud at the March meeting of the NSSD Nutrition Committee.</p>
<p>3.) Speakers</p>	<p>P. Michaud to contact Dr. Katz from Yale University, nutritional columnist for Oprah Magazine and supporter of Juice Plus nutritional supplement to speak to students and/or parents. Fee source needs to be investigated. Committee discussed following up presentation with a sugar free week at the elementary and MS, and how to get the information out regarding speaker.</p>	<p>N. Caporale to email Dr. Katz’s number to P. Michaud who will investigate possibility of having him as a speaker on the topic of nutrition.</p>
<p>4.) Nutrition Curriculum in NSSD</p>	<p>P. Michaud spoke to L. Orticelli who was responsible for the revision of the health curriculum last year. N. Levy is the health teacher at the HS. T. Iacovelli the PE teacher gives a person fitness course to freshman and sophomores and touches on nutrition and hydration related to exercise and pre-exercise . A. Richer is the health teacher at the MS.</p>	

<p>5.) Old Issues:</p> <p>a.) Olive oil for salads</p> <p>b.) Bread for sandwiches</p> <p>c.) Sponge Bob milk</p> <p>d.) Portion control at elementary schools</p> <p>e.) Allergy policy</p> <p>6.) Next meeting</p>	<p>He teaches nutrition as a part of the curriculum in the 6th, 7th, and 8th grades. Topics in the 6th grade include types of nutrients, new food pyramid etc. In the 7th grade the digestive system is discussed with basic nutrients, food pyramid, food labels, healthy snacks, and a McDonald's food analysis contest. In 8th grade- impact of nutrition on personal health, basic nutrients, food labels, calorie contest, rubber bones (calcium), portion distortion, anorexia and bulimia, and cereal box contest. Nutrition information/curriculum in the elementary schools and HS needs to be further assessed.</p> <p>Has been made available in all buildings.</p> <p>All sliced bread was switched over to whole wheat bread at the beginning of the year. L. Ruggiero (from food service) surveyed each of the schools regarding the use of wheat bread and what the students' reactions have been. She found that the overall response has been fine. In the beginning, the students at the High School and the students at Glen Head voiced some complaints over the use of only wheat bread for sandwiches, however, at present there have been no more complaints.</p> <p>Is being sold as a snack item in the snack section of all elementary schools.</p> <p>Deferred to next meeting.</p> <p>Deferred to next meeting.</p> <p>March 4, 2005</p>	<p>P. Michaud will follow up with L. Orticelli and PE and health teachers at the HS and elementary school. Thanks to A. Richter for sending in his curriculum to the committee.</p> <p>School observations to be made in Feb.</p> <p>Need to follow up next month with portion size at the elementary schools and allergy policy.</p> <p>Mark calanders.</p>
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