

North Shore Schools Food Service Committee Meeting Minutes

Date: March 4, 2005 HS Alumni Room Time: 10:30am

Location: NSHS Cafeteria

Present: R. Cartagine, L. Calderi, N. Caporale, C. Convey, C. Lau, P. Michaud, L. Orticelli, L. Ruggiero

| <u>Topic/Agenda</u> | <u>Discussion</u> | <u>Action</u> |
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| <p>1.) Review of minutes 2-04-05</p> | <p>None</p> | <p>Accepted.</p> |
| <p>2.) Nutrition curriculum in the NSSD</p> | <p>Laura Orticelli is chairing the current revision in the health curriculum. The HS has limited nutrition information in the current health curriculum. The MS health teacher A. Richter has developed a nutrition component for 6th 7th and 8th grades appropriate for MS. The elementary schools' nutrition component in the curriculum has not been formalized. There are no health teachers per se in the elementary schools. PE teachers are responsible for teaching topics such as hygiene, peer pressure, substance abuse prevention, coping skills, decision making and problem solving, healthy heart etc, but nutrition is not a formal part of the curriculum.</p> <p>C. Convey and P. Michaud met with Ms. Orticelli in Feb. Recommendations included adding a nutrition component to the elementary schools and review of HS nutrition curriculum. Currently the 9th and 10th graders have a course called Seminar and nutrition is supposed to be discussed, but we are unsure of the depth of coverage. The 11th and 12th graders take a health class.</p> <p>Considering the recent PRIDE Survey results in the District showing a high rate of alcohol and drug use, maybe the health classes should be given in the 9th and 10th grades with a focus on prevention, and the Seminar classes in the 11th and 12th when students are more mature and would benefit more from this format. The Nutrition Committee also recommends that the curriculum stress the connection of caring for the body through ingestion of healthy food and drink, not junk food or other harmful substances. The benefits of better nutrition for students are better attention span, memory, stamina, being less sleepy in classes. Nutrition component should be formalized in the elementary schools. We need to look at how the HS is handling nutrition in the seminar and health classes. State Standards in the area of nutrition need to be reviewed by the District.</p> <p>L. Orticelli reported that she has passed on the Nutrition Committee concerns to R. Chlebicki and</p> | <p>L. Orticelli passed committee concerns along to R. Chlebicki, Vice-Superintendent for Curriculum and Instruction.</p> <p>P.Michaud and C. Convey will need to follow up with R. Chlebicki. Recontact L. Orticelli regarding the State Standards for nutrition in the health curriculum and N. Levy curriculum in seminar the health classes.</p> |

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| <p>3.) Survey Summaries</p> <p><u>Staff</u></p> <p><u>Parents</u></p> | <p>that she, N. Levy, and E. Davenport have met to discuss the budget and scheduling implications of making changes to improve the nutrition component of the curriculum.</p> <p>Members discussed the analysis of the NSSD Nutrition Committee Survey that was distributed and collected June 2004 to students, parents, and teachers of the 3 elementary schools and the MS. (High School has not been evaluated to date) Two separate sub-committees met to review the data: From the staff surveys (59 responded):</p> <ul style="list-style-type: none"> a.) School should provide an ideal environment- 55 yes, 4 no b.) Willing to pay more for a wider variety of foods- 38 yes, 19 no. c.) Continue practice of selling snacks 10 minutes into the lunch period- 42 yes, 12 no (some of the no responses suggested that no snacks be sold.) d.) Healthy snacks only- 42 yes, 7 no e.) Cookies should stay at eh lunch cashier- 23 yes, 22 no. f.) Drinks that cost extra should be placed with the free drinks- 33 yes, 16 no (should be clearly labeled that the cost is extra). g.) Bagels should not be offered every day- 18 yes, 33 no (staff felt that some children would eat nothing if bagels were removed) h.) Parents should be able to put a limit on the # of snacks/lunches through the computer system- 46 yes, 3 no. i.) Snacks were a concern, especially at the MS. Staff wanted healthy snacks only, or at least a limit to poor choices. They suggested use of protein bars instead of cereal bars, frozen yogurt and yogurt, Jell-O and fruit etc. j.) Raw vegetables (carrots, celery, broccoli with ranch) and salad and a greater variety of fresh fruit offered every day. k.) Vary snack that goes with the salad plate, don't always serve trail mix. l.) Whole wheat breads m.) American cheese should be out with the bagels n.) Too many starches, especially at the MS with French fries every day. o.) Food at GH not served at the right temperature. p.) Veggie burger and chicken nuggets had the highest number of unsatisfactory responses. q.) Liked most--sandwiches, salad plate, oven fried chicken, rotini, spaghetti. r.) Staff offered many excellent suggestions for lunches, side dishes, snacks and drinks | <p>Review recommendations with M. McCarrick at the next meeting.</p> <p>Thanks again to all the committee parents who help tabulate the data, especially Catherine Convey who summarized all the data for the committee. This is available on line at www.northshore.k12.ny.us.</p> <p>M. McCarrick had access to raw data in the summer of 2004. Improvements have already been implemented through the 2004-2005 school year.</p> |
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| | <p>and for overall improvements in the food service. See summary sheet.</p> <p>From the parent surveys (310 parents responded)</p> <ul style="list-style-type: none"> a.) School should provide an ideal environment- 295 yes, 14 no b.) Willing to pay more for a wider variety of foods- 205 yes, 88, no c.) Continue practice of selling snacks 10 minutes into the lunch period- 231 yes, 25 no. d.) Healthy snacks only 199 yes, 56 no e.) Cookies should stay at the lunch cashier- 101 yes, 99 no f.) Drinks that cost extra should be place with the free drinks- 114 yes, 99 no g.) Bagels should be offered less frequently- 112 yes, 129 no h.) Parents should be able to put a limit on the # of snacks/lunches through the computer system 162 yes, 77 no i.) Comments regarding paying more- yes only for healthy foods, more protein, less starch and fat j.) Parents' perception of the kids favorite lunches: pizza, Italian dunkers, twin tacos, cheeseburger, chicken nuggets (especially at GWL), k.) Parents' perception of the kids least favorite lunches: chicken nuggets, mac and cheese, tacos l.) Suggestions for healthy lunches- see list. Parents gave an extensive list of many excellent suggestions. m.) Suggestions for health side dishes: a very high number of parents suggested different fruits, yogurt, and cut veggies. See excellent list of suggestions from data. n.) Suggestions for snacks: see extensive list of excellent suggestions. o.) Drinks- Snapple and Yoo-Hoo are not healthy and bottled water should be free. p.) Many parents who wanted the bagels offered every day asked for changes that could make the bagel more nutritious- offer multigrain, put tuna or cheese on it etc. q.) Parents offered 3 pages of suggestions to make the lunch program better. r.) Parents like being able to control the number of snacks/lunches a child buys per week and refusing certain foods/drinks, but many parents don't know that this is available. Some didn't know that accounts with PINs are available so that kids don't have to carry money | <p>Complete summary sheets available on request: pmichaud@optonli.net</p> <p>Make recommendations and set priorities based on these summaries at the next meeting for continuing improvement to School Lunch Program/food service in the NSSD</p> <p>See complete summary sheets.</p> |
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| <p><u>Students</u></p> | <p>From the student surveys (602 students from the 3 elementary and MS responded);</p> <ul style="list-style-type: none"> a.) Food rated frequently as excellent and very good: Italian dunkers, rotini, mac and cheese, square pizza, pizza nuggets, spaghetti and sauce, meatball hero, hard and soft taco, potato tots, French fries, baked potatoes, grilled cheese, mozzarella sticks. b.) Food rated unsatisfactory: mac and cheese, square pizza, bagel pizza, soup, triangle pizza, hamburger, veggie burger, chicken nugget, meatball hero, soft and hard taco, chili and chips, mashed potatoes, sloppy Joes, egg, waffles, oven fried chicken, meatball hero, ham and cheese wrap, turkey wrap. c.) Foods not eaten by the children: baked potatoes, mashed potatoes, sloppy Joes, soup, sandwiches, salad plate, eggs d.) Favorite lunches. (score of 45 or above): rotini, mozzarella sticks, pizza, Italian dunkers, mac and cheese, pizza bites, spaghetti, tater tots, tacos e.) Least favorite (score of 45 or above): chicken nuggets, ham and cheese wrap f.) Servers were rated as always or frequently helpful (319), sometimes or never (171) g.) Cashiers were rated always or frequently helpful (334), sometimes or never (170) h.) Food served at the right temperature always or frequently (264), sometimes or never (217, especially at Glen Head) i.) Lunch monitors are helpful and friendly always or frequently (148), sometimes or never (345) j.) Janitors are helpful and friendly always or frequently (326), sometimes or never (177, many of these responses were from the MS) k.) Cafeterias are clean always or frequently (200), sometimes or never (298). l.) Students made extensive list of suggestions or lunch, drinks, side dishes, and snacks, not all of them healthy m.) Students made extensive list of recommendations for improvement. | <p>See complete summary sheets</p> |
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