

Snack Review Subcommittee of the North Shore Schools Food Service Committee
Meeting Minutes

Date: 5-25-04 Time: 11:00-12:00pm

Location: NSHS Cafeteria

Present: Filanthe Efstathiadis, Marge McCarrick, Paula Michaud, Susan Miller, Niki Theodorou

Chairperson: Marge McCarrick

Recorder: Paula Michaud

Topic/Agenda	Discussion	Action
1.) Data on snack foods collected at the elementary and MS	See attached sheets. All snacks at the elementary and MS were evaluated for calories, total fat, saturated fat, cholesterol, carbohydrates, sugar, protein, partially hydrogenated oils, additives, coloring, fiber, sodium and vitamins.	
a.) Elementary Schools	Almost all of the 23 snacks at the elementary schools meet the standard of the NY State School Lunch Program Association "Choose Sensibly Criteria." This standard is 7g total fat, 2g. saturated fat, and 15 g sugar, and 360mg sodium. One type of pretzel, too high in sodium, will be eliminated. 2 other types of pretzels will still be offered. For now the Committee elected to retain the pudding, and fruit juices, and frozen treats which were over in the sugar standard. The government sponsors the pudding. The frozen treats and juices (grape 100% juice and fruit punch 50% juice) are low in calories and fat. The juices are offered free with lunch, but can be purchased a la carte.	Marge to make changes.
b.) Middle School	Over 50 different snacks are offered at the MS. Most meet the Choose Sensibly Criteria. Some, especially in the ice cream category, do not meet the standard. They were reviewed and discussed. The Committee recognizes the need to simplify the choices. Some will be eliminated, starting in the 2004-2005 school year.	Marge to review the snack menu, sales, and decide how to simplify the menu (reduce the choices) in the MS.
c.) Direction of the Committee	The Committee recognizes that the NY State guidelines are a minimum standard. The Committee will move in the direction of offering snacks that do not contain partially hydrogenated oil, additives and coloring. This year new brand of Baked Lays chips with only 1.5g. fat, 0 saturated fat, 2 g. of sugar, 0 partially hydrogenated oils, 0 coloring, and almost no additives. These were offered this year, and the students are buying them. The Committee notes that as plain snacks like chips, get more complicated (Baked Lays vs. Baked Lays with Cheddar Cheese and Sour Cream), they have more additives and coloring. Frito-Lay has come out with a "natural snack" line in the grocery stores that do not have partially hydrogenated oils, additives, or coloring, but are not currently offering snack sized servings.	Marge will check with vendors for new snacks, as they are available to the public.
d.) Vending machine for after school sports in the MS.	Discussion regarding a vending machine for gatorade, PowerAde, and water for students staying after school.	P. Michaud will speak to Dr. Morse Principal in the MS.

