

## **Nutrition Committee Meeting Minutes from November 30,2006**

Members Present: Robyn Cartagine, Agatha Nadel, Sandra Rios Bailey, Elizabeth Guercin, Nancy Caporale, Pamela Emanuel, Angela Parker, Marge McCarrick, Catherine Lau

Marge McCarrick reported that she has been given an abundance of beans from the government. She will try to use a recipe given to her by Robyn, and welcomed any other recipes from the group.

A meeting of the Tri-State Wellness, Curriculum and Service Committee was held. This committee consists of representatives from the following departments: Phys. Ed, Admin., School Nurses, Food Service, Nutrition Committee, Health Teachers and Psych. Services. The meeting was mainly introductory. The next meeting will be held on December 14, 2006 @ 8:30am in the Alumni Room. Robyn Cartagine and Agatha Nadel will split the responsibility of being the Nutrition Committee Representative for these meetings. In the spring of 2008 the Tri-State WCS Council will come to evaluate us.

In answer to a question raised regarding “open campus”, Marge checked into the school policy regarding leaving campus, and found that the 9<sup>th</sup> graders can’t leave for lunch; however, the 10<sup>th</sup> graders can leave with written permission from their parents and the 11<sup>th</sup> and 12<sup>th</sup> graders need only sign out.

Marge met with the H. S. Principal, Mr. Rozakis regarding closing the campus for 9<sup>th</sup> and 10<sup>th</sup> graders, and allowing 11<sup>th</sup> graders to leave with a note from their parents. He said that we would have to make a request in writing, and then he’ll bring it to the Board of Education.

We are looking for a solution to the long lunch lines at the Middle School and a solution to the noise problem. Elizabeth Guercin said that one way to do it would be to split the lunch period within the grade, when half of the grade has lunch while the other half has recess, and then switch.

Pamela asked about the feasibility of a 10-minute snack break during the day so that the kids have a snack earlier, rather than being compelled to throw out half of their lunch so that they can buy snacks. Her son is in a private school and this is what they do. E. Guercin said that it might be hard to [properly schedule] the time for that because of the large number of students.

We spoke about ways to get some different foods. However, some things such as organic fruits and vegetables are very costly. Marge informed us that there are grants available if we can get someone who knows how to write them up. We also spoke about the possibility of having each SCA, PTA, etc., provide a small donation towards specialty foods, and, if funds are available, perhaps even on a monthly basis.

Marge stated that she has an abundance of apples coming in.

A memo went out in the Glen Head Elementary School, from the Principal, Mrs. Nemo, asking parents not to send in Goodie Bags full of candy for school parties.

When the suggestion was made that maybe we can encourage parents to send in fruit, Pamela Emanuel brought up a good point about where to store the fruit so that it would not become laden with bacteria before the kids got to eat it as some parents send party provisions in first thing in the morning. Marge suggested that the fruit could be held in the refrigerators in the cafeteria. A suggestion was made to develop a policy for healthy party snacks. We would like to have a uniform policy for the entire district.

Pamela brought up the fact that her daughter pays \$1.00 for water with her lunch. Marge said that the small waters are available at the elementary schools for .50.

FYI, the State comes in periodically to analyze our menus. We must meet certain specific school food service guidelines.

Marge provided the following answers to questions Middle School Parents asked Robyn:

- All of the oil we use in our food preparation is trans-fat free.
- Marge will try to provide more nutritional information for all meals to aid diabetics and others in their choices. Also, anyone with a concern can call Marge.
- We currently use Tyson brand chicken nuggets. We can taste test to see if we can find a better alternative.
- A parent also suggested the new Capri- Sun drink - I believe it is called "Rocket" - as an alternative drink. "Rocket" is a water/fruit juice drink.

Currently we have a product called WADDA Juice, which is a water and juice mixture.

We ended the meeting with Catherine Lau asking if a representative from each school would ask their respective PTA's for an allocation of \$100.00 per month to provide seasonal specialty foods [e.g., kiwi, avocado for guacamole, etc.] for the children.

The next meeting will be held at 10A.M. on January 19, 2007 in the Alumni Room at the High School.

R. Cartagine