

Nutrition Committee Meeting Minutes of May 24, 2007 at 10 A.M.

Committee members present: Marge McCarrick; Catherine Lau

We are currently comparing types of **french-fry style potatoes** which are baked, versus those which are deep fried. Nutritional analysis shows a difference of more than twice the calories and ten additional grams of fat (13 g. per serving in total) in deep-fried french fries, versus only three grams of fat in crinkle-cut style, baked french fries. Thus, it has been decided that the crinkle-cut fries will be served at the Middle School. The High School 's menu is being analyzed in this regard; whether and how to limit french fry consumption is still under consideration. They will be eliminated on pasta days, but seasoned, roasted potatoes will be offered on the a la carte line. *Any suggestions from members regarding the serving of french fries are welcome; please send an e-mail to Marge McCarrick at marge_mccarrick@northshore.k12.ny.us .*

In response to concerns regarding sanitary conditions of utensils, **GWL** now has a **new utensil holder** with upright cylinders. The results of this change were satisfactory, so upright utensil holders are being ordered for the GH and SC elementary schools.

We would like to explore the possibility of prohibiting off-campus-purchased unhealthy fast foods from being brought in and eaten in the school cafeteria, as we have been working to educate students on the benefits of healthier eating habits and help to encourage an attitude of healthy eating both in and outside of school. We believe that this allowed activity undermines those efforts; we would like to continue this discussion further at our next meeting in mid-June. All suggestions from members are welcome via the e-mail address above.

Grass Roots Bakery muffins (currently being offered at the HS) will be reformulated to a lower-fat recipe. These muffins will be made available in September, and will have half of the fat of the current muffins; taste tests proved the flavor and texture to be just as yummy, too.

MARK YOUR CALENDARS: NEXT MEETING IS ON TUESDAY, JUNE 12 AT 10:00.

We hope to see you then; your input is very much appreciated!

Catherine Lau