

Subject: January Nutrition Mtg Minutes

January 19,2006

Present: Marge McCarrick, Elizabeth Laderer and Robyn Cartagine

- \* We will no longer be selling Trix and Cocoa Puffs for breakfast.
- \* As per someone's request raisins are available to purchase for snack.
- \* Someone asked what the number of trans fats is in our chicken nuggets. The answer is "0".
- \* There are 2g of trans fats in the pizza currently being served. Therefore, Marge sought out and will now be buying a different brand of pizza which not only has no trans fats but shaves off 4g of fat 16g of cholesterol, 30mg of sodium and still tastes good. Way to go Marge!
- \* Yogurt, although not a big sellor will continue to be offered. Marge thinks sales will pick up in the spring.
- \* Soup will be offered twice in February.
- \* A letter regarding Lunch Accounts was sent out.
- \* Marge is currently exploring the feasibility of having parental access to their children's meal accounts.
- \* We will post a nutritional analysis, water vs. snapple, in the Middle School to see if we can affect the same kind of change we saw after posting the data for baked potato vs. french fries.
- \* The "Wellness Policy" drafted by Marge will now be presented to Rob Cheblicky for review.
- \* There have been a number of students disposing of untouched apples. Marge will brainstorm to find a solution to this problem.
- \* Elizabeth Laderer who joined us, is the President of Septa. She addressed concerns about allergies to dyes, pesticides and other less desirable items found in some food and snacks. Marge will see if

she can get the co-op to agree to choose organic foods. Marge will also approach her vendor about

getting organic snack bars and things of that nature as an alternative to what is currently offered.

The next meeting is on February 16, 2006, in the High School cafeteria.