

North Shore Schools Food Service Committee Meeting Minutes

Date: November 5, 2004

Time: 10:00-11:30

Location: NSHS Cafeteria

Present: Amy Aranoff, Laura Calderi, Nancy Caporale, Robin Cartigine, Cathy Convey, Emily Dalto, Filanthe Efstathiadis, Tonya Grinde, Marge McCarrick, Paula Michaud, Monika Sebetic

| <u>Topic/Agenda</u> | <u>Discussion</u> | <u>Action</u> |
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| <p>1.) Review of minutes of 10/7/01</p> <p>2.) Chairperson's Report- M. McCarrick</p> | <p>Minutes approved as written.</p> <ul style="list-style-type: none"> • M. McCarrick reports that turkey hotdogs will be served for the first time in several years. They will be sliced down the middle and flipped inside out for safety. Elementary students are excited about having hotdogs at school. N. Caporale will investigate Applegate brand hotdogs with fewer nitrates and nitrites. If the price is reasonable, Marge can go to the buying Co-op to possibly adopt this brand. • Roasted chicken pieces were tried for the first time this month. The HS and MS sold the same number of meals as on chicken nugget days. The number of meals sold at the elementary level decreased by almost a third. Chicken nuggets sold 281 vs. roasted chicken 206 at GH, chicken nuggets 321 vs. roasted chicken 249 at GWL, chicken nuggets 251 vs. roasted chicken 173 at SC. Will continue with chicken nuggets for now while searching for a better nugget or alternative. Marge has a vendor who might be able to provide chicken strips at a reasonable cost and will follow-up. A. Aranoff will investigate Bell and Evans organic chicken products. • Baked spaghetti was tried for the first time on the menu with virtually no change in the counts vs. plain spaghetti. • Committee would like to focus on foods that the students will eat, and try to offer the most nutritious choices that appeal to students within the limits of a federally funded program. | <p>Post on Web site.</p> <p>N. Caporale to follow-up with Applegate.</p> <p>M. McCarrick to follow-up on possible chicken strips.</p> <p>A. Aranoff to follow up with Bell and Evans.</p> <p>Continue to offer baked spaghetti.</p> |
| <p>3.) Snack Review Subcommittee - first meeting of the year.</p> | <p>The first meeting will be Nov. 12, 2004, at 10:00am in the cafeteria near M. McCarrick's office. Volunteers are F. Efstathiadis, N. Caporale, C. Lau, and P. Michaud. All persons welcome.</p> | <p>P. Michaud will email District members to inform them of the meeting.</p> |
| <p>4.) Food Service Survey Subcommittee</p> | <p>Most members with surveys are either done or almost done with data entry. Goal is to have the data entered and given to C. Convey by Nov. 12th. Members are to continue with data entry. Members are to be congratulated for all their efforts. Thank you.</p> | <p>P. Michaud to follow up with C. Convey and other members on Nov. 12, 2004.</p> |
| <p>5.) Individual School Reports- MS</p> | <ul style="list-style-type: none"> • Observation was done for 1 day at the MS. Mac and cheese, not from a pkg., was a big hit. Almost every student finished every bite. Bread was popular. Few students took any sides, though some took salad. MS students do for the most part eat most of the lunches. • Most students paid for Snapple, instead of drinking the free drinks, fruit juice or milk. • Discussion ensued regarding the choices made by students and lack of interest in fruits or vegetables. Fresh fruit offered daily are apples and oranges, but children rarely choose them. Students like the salad which is served every 2 or days, but the cost prohibits | |

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| <p>6.) Concerns and suggestions</p> | <p>selling it daily. Note that salad plates are available daily, but students need to ask for them. Salad dressing is served in squeeze bottles instead of bins.</p> <ul style="list-style-type: none"> • Students seem to prefer carrot and celery sticks and cucumbers with ranch over canned vegetable provided by the government in the school lunch program. • Vegetables, like broccoli, have been added to pasta in the past, but didn't sell well. • Lines moved quickly through both cashiers. The seating was organized. Marc Ferris (principal) or Pat Sullivan (assistant principal), and a teacher are present at every lunch period. The lunch monitors are organized at different stations- hall door, outside door, walking around the tables. Behavior in the cafeteria is much improved over last year. • N. Caporale and L. Calderi shared their guide to "Family Nutrition Made Simple" with the committee. Information included top 6 ingredients to avoid (sugar, aspartame, hydrogenated fats, refined, enriched and fortified, nitrates and nitrites and monosodium glutamate), tips to encourage kids to eat fruits and vegetables, sources of good fats, foods that boost immunity and drain immunity, sandwich ideas and other recipes and suggested reading. Look for this information on the back of the lunch menu. • Carle Place plays classical music in the cafeteria to lower the din. Reward systems, like free time, have helped encourage good behaviors. • Question was asked as to why teachers in the MS are assigned to lunch, but not in the elementary schools. • Noise is still a problem in GWL because the cafeteria is under the gym. A. Aranoff will speak with C. Razzetti and PTA reps at GWL for sound proofing. • Possible speakers for education in an evening program discussed. L. Calderi and N. Caporale to investigate funding and possible date of Feb. 2005. • Not sure where nutrition is in the curriculum within the NSSD. • Lack of activity and diet cause more disease in our society than smoking, drugs and alcohol combined. Parents are encouraged to get "Super size Me" from the video store and watch it with their children. The documentary follows a man who eats only fast food for 1 month and the physical and emotional changes in his life. • If a parent of a diabetic child has concerns with the food service, call Marge at 705-0250, and she will assist you. Recently a student at SC used a cup measure for food in the cafeteria. All students enjoyed using it. Portions will be rechecked in the elementary and MS. • Parents are not allowed to eat in the lunchroom with children. Discussion followed. Maybe children should be given the chance to interact with their peers on an informal basis during the day at lunch and during recess. Other parents have expressed an interest in eating lunch with their children, especially if the parent works evenings or nights. | <p>Call N. Caporale 671-0067 or L. Calderi at 676-1162 for a copy of the guide.</p> <p>Consider music at NS.</p> <p>P. Michaud to follow-up.</p> <p>A. Aranoff to follow-up. L. Calderi and N. Caporale to investigate target Feb. as a possible date.</p> <p>P. Michaud to follow up with R. Cheblecki before the next meeting. Call Marge with concerns.</p> <p>Marge to check portion size at various schools.</p> <p>No consensus reached.</p> |
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