

NUTRITION MINUTES 2015

Date: May 14, 2015

Attendees: Kay Capra – School Nurse, Committee Chair, Gary Puig – Food Service Director, Jeanette Olsen – High School Parent, Taylor Olsen- High School Student, Leslie Lancette – Director of Learning, Mary Patrin – Elementary Staff, Kathy Splett – UW Ext. WNEP Coordinator, Ryan O’Connell – High School Phy. Ed/Middle School Health Teacher. Unable to attend: Sue Rouzer-Cumberland Healthcare Dietician, Jodi and Dwight Griffith- Middle School Parent and Student Reps.

Discussion Items:

HUSSC Grant- After spending many hours on the application our school did not meet the weekly requirements for legumes. Gary said the kids just waste them. Jeanette Olsen commented that they could be incorporated in chili, hot dishes, etc. Kathy Splett added that some schools are grinding white beans and adding them to the mashed potatoes. Gary reported that students are wasting a lot of beans when put on the trays. The concensus of the committee was to keep exposing the foods to the students and find new menu ideas to help incorporate the legumes into the menu.

Nutrition Policy – Minor revisions were made in 2013. This year we would like to concentrate on education for both students and parents of students. Cumberland Healthcare had expressed interest in partnering with us. Be Well Barron County may have some funding that we can use to help off set some of the cost of classes. It was decided that the last hour of school works well for both middle and high school students. We can use our high school family consumer Ed classrooms for both student and parent classes. Kay will be in contact with Sue Rouzer from the hospital and Rebecca Volk from Be Well Barron County.

Classrooms – Non-food rewards will be encouraged. Students and community members both acknowledged that what is being allowed in our classrooms does not follow our school policy. We need to educate students at all levels all of the time. Classrooms

need to be consistent and in compliance with our policy. Students will be discouraged from bringing in caffeine and/or sugary drinks, and high sugar, high fat foods. Foods and drinks will not be routinely allowed in classrooms. If teachers make routine exceptions for students the food/drink must meet our nutritional policy guidelines. Parties and celebrations will still be allowed for special occasions. Principals will be expected to enforce these guidelines.

Education- When ever possible nutrition topics should be incorporated into our curriculum to reinforce the health, safety, and cost benefits of healthy eating and to reinforce healthy lifestyles now and in the future for our students. Ryan O'Connell stated he recently viewed a documentary about sugar in our diets, called Fed Up that was very informative. A good discussion followed. The meeting was adjourned at 8:30.

Respectfully Submitted,

Kay Capra R.N.
Nutrition Committee Chair