

**Nutrition Committee Meeting**  
**May 23, 2012 0730**  
**District Administration Building**

Members Present:

Leslie and Joey Carlson- Parent-Student reps from Middle School, Jeanette and Tianna Olsen- Parent-Student reps from High School, Holly and Tierney Schramski-Parent-Student reps from Elementary School, Barry Zappa and Nancy Scharhag-Physical Education Instructors, Gary Puig-District Dietary Coordinator, Barry Rose-District Superintendent, and Kay Capra- District School Nurse.

Discussion Items:

Current Nutrition Policy was reviewed and discussed. No changes were recommended at this time.

Gary Puig reviewed the new Nutrition Standards and changes he anticipates for the next school year. We are currently in line with a lot of the new regulations. We will need to add some fruit and vegetable choices and incorporate more whole grains instead of whole wheat into our breads and rolls. Gary will attend an inservice this summer.

The District anticipates that they will be applying for the USHealthier Schools Grant. Kay and Leslie discussed some curriculum nutrition standards that still may need to be met at the high school level. Nutrition education may be incorporated into the physical education classes. Leslie will address this with the curriculum committee.

Kay and Barry Zappa will be attending the Best Practices in Physical Education and Health in Stevens Point this July. They are hoping to bring back new ideas.

The DVD, Weight of a Nation was discussed. The district has this on loan until the June 1<sup>st</sup>. Anyone wishing to view it should contact Kay.

Mr. Rose is open for suggestions on how to improve the meals here in our district. He wants our students to understand the

importance of healthy eating, and making good nutrition choices, and he wants our schools to continue to provide healthy meals and snacks. Students and parents were invited to share ideas. We will look at teaming with our Healthier Cumberland Coalition and Community Education to offer classes for parents on shopping, choosing and preparing healthy meals.

Meeting was adjourned at 08:35