

MINUTES

School District 4J Wellness Advisory Committee
Education Center—Parr Room
200 N. Monroe Street — Eugene, Oregon

October 26, 2006
4:00 pm

PRESENT: Bob Coll, Chair; Dennis Biggerstaff, Terry Brooks, Sue Ann Hinman, B. Loftis, Althea Selover-Olds, Kathy Tagwerker, Janet Calvert, Edmund Rivera, members; Beth Gerot, *ex officio* member; Chad Williams, Nicole Lalor, Barbara Bellamy, Jim Hart, Nancy Johnson, Hillary Kittleson, 4J staff

ABSENT: Rachel Hecht, Charlie Smith, Kay Mehas, Andrea Hallum

I. Agenda Review

Mr. Coll convened the meeting and welcomed members and staff. He reviewed the agenda and determined that members had received their agenda materials.

Ms. Kittleson used a flip chart to illustrate the main policy categories and subcategories. She said that those policy elements with temporary administrative rules were noted with an asterisk and the committee would continue its discussion of Healthy Party Guidelines, followed by the national school breakfast and lunch program. She said that physical activity and physical education would be discussed in November.

II. Approval of Minutes of September 28, 2006

Ms. Gerot, seconded by Ms. Brooks, moved to approve the September 28, 2006, minutes as submitted. The minutes were unanimously approved.

III. Information about Committee Tours of Cafeterias

Mr. Williams reviewed the schedule of cafeteria tours at Willagillespie Elementary School, Cal Youth Middle School and South High School. He said that committee members could observe, ask questions of student and staff and taste the food. He and Ms. Lalor would accompany tour groups and be available to answer questions.

Ms. Calvert encouraged members to eat a meal at the cafeterias, noting that regardless of the nutrition standards if the food did not taste good students would not eat it.

IV. Public Comment Time

Joy Marshall of Stand for Children expressed her appreciation for the committee's work.

V. Presentation: 4J's Nutrition Services Program

Mr. Williams used a PowerPoint presentation to explain school food service finance. He also distributed printed versions of the presentation. He reviewed the district's revenue sources, including federal and state reimbursement, commodities, breakfast and lunch cash, a la carté, vended meals and catering. In response to a question, he said that the at risk supper program was being piloted in three states, including Oregon: the district provided a free supper to students at high risk schools who were involved in an educational program that included dinner.

Ms. Kittleson pointed out the differences in revenue received by the district for free (reimbursed) and paying lunch and breakfast participants. A district with a higher percentage of free and reduced students had a very different revenue picture than the district. She noted that 4J's percentage was approximately 30 percent while neighboring districts were over 50 percent

Mr. Williams indicated that approximately 6,700 lunches and 2,028 breakfasts were served daily, totaling 1,470,296 meals annually. He reviewed the percentages of free and reduced students who were eating meals and indicated his goal was to increase those percentages, although the daily meal participation was increasing as enrollments declined. He said that participation at the high school level was still the greatest challenge. He compared the pricing of regular and organic foods, noting that organic foods were consistently higher in price. He listed some of the foods available through the Child Nutrition Commodity Program. He said there were two fewer deliveries in the current year than in previous years and while some of the commodity food was less desirable, commodities were necessary to the financial survival of the food service program. He compared the cost of commodity food and the same items purchased on the open market to illustrate how much money was saved by use of commodities.

Mr. Williams said the district could receive raw or processed food, such as chicken as is occurring at the Berkeley School District where staff is attempting to obtain raw food and do the processing in-house. Ms. Kittleson added that Berkeley had a central kitchen that processed the raw commodity foods for all elementary schools and while the director of the program was still not pleased with the quality, it was better than commodities received from an external processor.

Ms. Brooks discussed a recent article in *New Yorker* magazine about the Berkeley program and said that even with some innovative practices that program was struggling as much as other school food service programs. Mr. Williams indicated that the Oregon Department of Education was discussing problems with the commodities program but he did not anticipate any changes in the foreseeable future.

In response to a question from Ms. Brooks, Mr. Williams explained that revenue from catering and vended meals had increased. He said that vended meals were those meals provided to organizations in the community for which the food service program charged a fee per meal. Regarding the district's price for school breakfast and lunch, he said that the district charged the maximum allowed for students qualifying for reduced price meals. The district's prices for paid breakfast and lunch are the highest in the area.

Ms. Brooks asked if it was accurate that Oregon was one of only two states that did not get matching funds from the State. Mr. Williams said that the State did provide some funding but it was a limited flat amount that totaled about \$50,000 annually. He said many other states gave districts a fee per free and reduced meal.

Ms. Lalor used a PowerPoint presentation, copies of which were distributed, to review school menus. She said there were two types of menu planning for school breakfasts and lunches: nutrient standard

menu planning (NSMP) and food-based menu planning (FBMP). She compared the requirements of each type of menu planning and said that the district was also allowed to do “offer” versus “serve” in order to decrease waste. She said while students did not have to take each item on the menu, they did have to take an entrée and one other item. She said under FBMP portion sizes were required, with smaller portions for elementary secondary students. She noted that soy was considered a protein choice under NSMP but not under FBMP; NSMP had to follow School Meal Initiative (SMI) Guidelines and condiments such as ranch dressing were included in the nutrient analysis while FBMP did not follow the guidelines.

Ms. Calvert asked if there was a limitation on the amount of ranch dressing that could be taken. Ms. Lalor said there was not and the amount of dressing used was incorporated in the nutrient analysis.

Ms. Kittleson pointed out that the nutrient analysis was based on a week time period to determine if standards were met and that usage patterns were part of that analysis.

Ms. Lalor distributed the SMI Guidelines and explained the standards. She said that one-quarter of nutrients had to come from breakfast and one-third from lunch. She illustrated the simplified and weighted approaches to nutrient analysis and said the district used the weighted approach, which used historical trends of consumption. She discussed school breakfast and lunch menus and highlighted efforts to limit fats and sugars and offer protein and whole grain choices. She said that efforts were made to make the food experience fun in order to encourage meal participation.

Ms. Calvert asked if the salad offering bar could be substituted for other items. Ms. Lalor said an entrée was required in addition to the salad. Mr. Williams added that students could take second helpings from the offering bar.

Ms. Brooks asked if students could only make a selection from the offering bar instead of also taking an entrée. Mr. Williams said that students could simply pay for the offering bar as an a la carté item, but it was preferable that they paid for an entrée so that the program would receive reimbursement.

Ms. Lalor distributed copies of elementary, middle and high school menus, nutritional analyses of menus, federal menu planning guidelines and offering bar information.

VI. Continued review of Temporary Administrative Rules

Ms. Kittleson asked committee members to review the Healthy Party Guidelines on pages 8 and 9 of the document *Eugene School District Wellness Policy: Worksheet on Temporary Administrative Rules (as of October 26, 2006)*. She emphasized that the guidelines applied only to celebrations and school parties and the food was given, not sold. She said the guideline included foods that were encouraged and discouraged and the only item entirely banned was soda pop. She said the list of suggested healthy foods for snacks and parties on page 9 was not part of the administrative rule and could be modified annually if desired; it was intended to provide parents with options for items they brought to school.

Ms. Brooks asked about the source of the list of suggested healthy foods. Ms. Kittleson replied that it was developed by speaker sponsored by Lane Coalition for Healthy Active Youth (LCHAY) and modified by Ms. Lalor. She invited suggestions for food items to be added to the list.

Ms. Kittleson directed the committee to the Nutrition Standards and guidelines on page 3 and asked if any changes to the district’s rule were suggested.

Ms. Brooks asked if the food service program had considered working with nutrition standards on a daily rather than weekly basis. Ms. Lalor said it was something the food service program could strive for and when new products were available through the commodities program it would make achieving that goal much easier. She noted that meal selection by students was also a factor and some healthier offerings, such as the hummus plate, were not popular with many students.

Ms. Brooks commented that research suggests that a child might have to see a new food many times before they tried it and asked how long the program would offer a new food. Ms. Lalor said the hummus plate had been on the menu for over a year and the program would continue to introduce new foods to students; the cost of an item and its appeal to students were factors in deciding how long to make it available. She said an item might be removed from the menu for a period of time, and then returned as the program continued its efforts to offer healthier choices.

Ms. Calvert asked how students were encouraged to try strange food when their inclination was to select something familiar. Mr. Williams said that students were given samples of new foods as they came through the cafeteria line.

Ms. Brooks suggested that an integrated nutrition curriculum in the classroom could help introduce new foods through cultural/ethnic events. She expressed concern about offering juices as not all were of equal value. She asked how the nutrition of juices was evaluated. Ms. Lalor said that juices were introduced for students who were lactose intolerant or allergic to milk but were available to all students. She noted that a student could take both milk and juice.

Ms. Brooks felt that the question of juices was part of the bigger beverage issue.

Ms. Kittleson asked the committee for comments on the Competitive Foods section. Ms. Lalor explained criteria for elementary a la carté items: priced at less than \$1.00 and consistent with healthy guidelines. She said the items that met the criteria were milk, juice, fresh fruit and graham sticks. She said water was also sold.

Ms. Calvert expressed surprise that water was sold when there were water fountains available. Ms. Lalor said it was a question of personal preference. Mr. Williams said that water sales were fairly low.

Ms. Kittleson determined there were no suggestions for changes to the Competitive Foods language relating to a la carté. She asked Ms. Brooks to elaborate on the amendment she was proposed for the language related to beverages.

Ms. Brooks said the language she was proposing came from the Massachusetts Public Health Department and was straightforward and easy to administer. She explained that the amendment would prohibit the sale of soft drinks, fruit drinks with minimum nutritional value and sports drinks on school property. She reviewed the list of beverages that would be allowed, noting that water and seltzer could not contain added sweeteners and coloring. She said if a compromise on the list was necessary it might be made in the area of flavored water instead of artificial sweeteners and dyes.

Ms. Kittleson commented that the major differences from the temporary rule were elimination of sports drinks and limiting juice portions to 12 ounces.

Ms. Lalor said that a 16 ounces portion for juices was recommended by the food program as smaller portion containers were cans and could not be resealed. She said that plastic, resealable containers were 16 ounces.

Ms. Calvert pointed out that cranberry juice was not drinkable as 100 percent cranberry juice. Ms. Brooks said it would be diluted with other juice such as raspberry or grape. She said the intent was that the beverage be 100 percent fruit juice and not diluted with other additives as that would assure some nutritional value. She was said her amendment was intended to provide some flexibility in choices.

Ms. Tagwerker said there were coffee carts in some high schools although they were not part of the food service program and that would violate the proposed restrictions on caffeinated beverages.

Ms. Kittleson agreed that the issue of coffee carts should be addressed by the committee.

There were no objections to Mr. Coll's suggestion to continue the discussion at the next meeting in order to complete the agenda and adjourn on time.

VII. Items from the Committee

Ms. Loftis asked if the sale of fry bread by the Native students' program would be a concern. Ms. Kittleson said she thought those sales had been discontinued.

Ms. Brooks shared that the Oregon Department of Education had commissioned an organization to evaluate school wellness policies from districts around the state. She said 157 policies were reviewed and a majority of those simply reiterated the Oregon School Board Association school wellness policy but the 4J School District policy was regarded as unique and Eugene and Portland were both considered outstanding for their work on wellness policies.

Mr. Coll adjourned the meeting at 5:30 pm, reminding the members that the next meeting was scheduled for Thursday, November 30.

(Recorded by Lynn Taylor)