

WELLNESS COMMITTEE MEETING WITH MS. CHORY – 10-11-11

Present: Mari Millery, Susan Saar, Jennifer Schindler, Ms. Chory

Ms. Chory said the water cooler has been available at lunchtime the entire year, so far, except for the first week of school. The children are allowed access to the water cooler as well as the water fountain during lunch. The salad bar has been available every day (except for the first week of school) and she has seen a minimum of 5 or 6 veggies always on the salad bar: lettuce or spinach, tomatoes (90% of the time), red cabbage, corn & black bean salad, baby carrots, potato salad, green peppers, etc. We can ask Ms. Forrester about the salad bar options.

The next School Nutritional partnership Meeting will be on Friday, October 21 at 7:45 am, probably in the library. Ms. Forrester, our School Food Manager, will be there in case we have some questions.

Questions for Ms. Forrester:

- Salad bar options – how many a day, variety available?
- Can we see how the food is set up for lunch?
- Would we be able to make some suggestions about the displaying of the food? Could we make up some food labels for you to use?
- What is happening with the educational portion of the sampling – when will it start, how often will it be offered, and can we see the curriculum they will be using?
- Could we assist with the nutrition curriculum to accompany the sampling?
- Can we have another Food Expo?

Ms. Chory wants to start the sampling of the new foods either this Friday (Oct. 14) or Friday next week (Oct. 21). For grades K and 1st, the plan is to provide the food samples on a tray that will be passed around during snack time (?). They will try to reach two classes per snack period. For the older kids, grades 2 – 8, the food samples will be set up on top of the salad bar for them to take. Each new menu item is to be promoted from Monday to Thursday, and on Fridays they can taste the food samples. Ms. Chory will talk to Ms. Forrester about having another Food Expo. We discussed education to go with the introduction of food choices (education leading up to the introduction of a new food). Ms. Forrester will be carrying out all the education to occur 5-7 minutes during snack time. We discussed whether we could help with this education.

Ms. Chory encourages us to organize cooking workshops in the evening for families. She suggested piggybacking off the Executive Board Meeting permit, which would mean we would have to do it on the first Monday of the month, from 6 – 7 pm or before the monthly PTA meeting from 6 – 7 pm, which is usually the third or fourth Thursday of the month. Maybe we could ask the EB to move their meeting to the library so that we can have the cafeteria. She said an induction burner might be ok, but to double check when we have a chef onboard. She said making applesauce or fruit salad with the kids might be a good idea.

We briefly discussed a Photo Voice project, and Ms. Chory said it may be possible to provide a few children with cameras, but then thought maybe the weekend would be a better time to use the photographs. We decided to wait on this for the moment and move forward with some of the other issues.

Ms. Chory gave us a brief tour of the kitchen, which wasn't set up for lunch, but we noticed the placement of the fruit in a tower basket at the beginning of the lunch line, and we noticed the location of the salad bar, which is displayed on a slanted metal tray (on a rolling apparatus) near the end of the lunch line. We learned that children who bring their own lunch are still permitted to walk through to take a piece of fruit or some salad. If they take the main menu item, then their parents are billed (and there have been some issues related to this).