

**MENU PLANNING SUBCOMMITTEE MINUTES
GREENWICH PUBLIC SCHOOLS
FINAL**

DATE: 4-5-19

PLACE: Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT 06830
IT Room

ATTENDANCE: Lorianne O'Donnell (BOE)
John Hopkins (BOE)
Dave Nanarello (BOE)
Jayne-Marie Lockett (BOE)
Nerlyn Pierson (PTAC Health and Wellness co-chair)
Lisa Suriano (absent)
Sara Seidelmann, MD
Elissa Diamond-Fields, DC (PTAC Health and Wellness co-chair, joined at 9:08 am)
Stephanie Knuth (joined at 9:12 am)

1. Meeting Opening

Call to Order – 9:05 am

2. Menu Planning Group Discussion

Committee approved the minutes from the 3-29-19 meeting.

The team shared and discussed menu guidelines from innovative and forward leading districts/organizations and then engaged in discussion on themes. Some of the themes included eliminating processed meats, reducing meat offerings, increasing protein based foods, purchasing organic and possibly offsetting costs by reducing meat offerings, eliminating hydrogenated oils, chemicals, dyes and nitrates, increasing legumes, reducing dairy, purchasing fresh vs. frozen, offering vegetarian options several times a week, offering more nutrient dense meals, purchasing locally and using seasonal foods, using non-GMO products, organic flours, whole grains, pasture raised products for meats, and organic milk/dairy, incorporating more healthy fats and being aware of high glycemic foods.

The team also engaged in discussion on the effects of poor intake of certain nutrients so increasing whole grains, fruits, nuts, seeds, vegetables, omega 3's, and the healthy fats (poly unsaturated) with the removal of highly processed fats. The [Center for Good Food Purchasing Program](#) sets 5 core values for their program that would be worth exploring as we develop our guidelines and seek improvement. The core values are local economies, nutrition, environmental sustainability, valued workforce, and animal welfare. The Food Services

Department will reach out to the Center to establish a contact to serve as the committee's resource for information on the program.

The team shared thoughts on key message points for a communications to be used in developing the first message to the community.

The committee was informed of the opportunity to engage students in our efforts via the Central Middle School capstone project on healthier foods in the lunchroom.

Handouts included the Greenwich Food Services Did You Know Handout and the GPS Food Services Menu Report which highlights observations from the menus of the following school districts: Greenwich Public Schools April Menu, Greenwich Academy Menu, Westport Menu, New Canaan Menu, New London Menu, and Boulder Menu including a biography on Boulder's Chef Ann Cooper.

Next steps include the following:

- Two members of the committee will draft the food guidelines for discussion at our next meeting
- Administration will draft a communication of our work to the community

3. Adjournment

Meeting ended at 10:07 am

Respectfully submitted,
Lorianne O'Donnell