

**Birdville ISD School Health Advisory Committee
Notes from December 7, 2009**

Members Present:

1. Deb Nelson, co-chair
2. Rebecca Furrer, co-chair
3. Michelle Risenhoover
4. Kari Motheral
5. Amy Painter
6. Carrie Growald
7. Patricia Worsley

Guest Speaker: Judy Sargent with Child Nutrition Services

Nutrition Challenge:

1. Space and Time...as breakfast ends, must get kitchen cleaned and turn around to begin serving lunch in a very short period of time.
2. Must be able to provide nutritious meals that kids will eat while continuing to meet the guidelines of Texas Nutrition Policy.

Observation: There is an increase in discipline related issues mid-morning that correlate with students being hungry and not having eaten breakfast.

Budget Guidelines: Nutrition services in BISD oversee a budget of \$10 million with no tax dollars utilized for this. It is a business within a school district that is self supporting as nutrition services pay for their benefits, worker's compensation, equipment, utilization, trash pick up, etc. When the price of the food is calculated, these expenses need to be calculated into it.

52% are free and reduced lunches in BISD vs. Dallas or Fort Worth ISD where there are approximately 80%.

Funding received from the Federal government is for the 52%.

Nutrition Guidelines: The Texas Nutrition Policy Guidelines are actually stricter than the Federal Guidelines. They require a 785 calorie lunch and a 550 calorie breakfast. In addition, the guidelines regulate the percentage of protein, fat, vitamin, carbohydrates, etc. which also dictates portion sizes.

The students make choices from a food selection instead of just serving food with no choices.

The Five Food Group Choices that must be offered: milk; meat; two fruits; two vegetables; bread

Summary:

Food education: incorporate nutrition education in to PE programs and consider re-implementing the CATCH program at the elementary campus levels.

Encourage principals to partner with cafeteria managers so that each campus has a unique choice of healthier snacks appropriate for their campus. Be sure there is no confusion for students and staff that the meal items are choices.

New Items of Business:

1. Develop a SHAC Awareness Letter
2. Work through the PTA to promote SHAC awareness in the district.
3. Identify who the PTA presidents are in the district and invite them to attend a BISD SHAC meeting to develop a working relationship.
4. Develop a mission and vision statement for the BISD SHAC.