

## Nutrition Committee Meeting

October 7, 2011

Present: Maria Pflieger, Linda Schulz, Karl Van Dorsten, Tami Doll Barbara Hoffman, Carol Pischel, Vicky Schantz, and Cynthia Dailey (parent)

Welcome

Introductions

Agenda Items:

1. [www.myplate.gov](http://www.myplate.gov) This website was linked to our website for families. The food pyramid switched to myplate this summer. There is lots of good information on the website for parents and staff to use. There are even some recipes that are healthy on this website. Some of the recommendations for healthy nutrition would be ½ of our grains should be whole grains, half the plate should be fruit and vegetables, dairy should be low fat and proteins should be lean. There are some handouts we can use for our families.
2. Let's Move Child Care Initiative: This is a new initiative for the White House. The website for this initiative is [www.healthykidsfuture.org](http://www.healthykidsfuture.org). They have 5 goals for this initiative focusing on physical activity, screen time, food, beverages and infant feeding. There is lots of great information on this site that we can utilize for our families.
3. BMI: So far this fall I have computed 120 of our 160 students BMI's and only 55% of our students are in the normal range for BMI. This is not a diagnosis of being overweight. A physician must diagnose a person with being overweight. We will calculate BMI's in January and April. BMI's will be sent home to parents along with some nutrition information.
4. Nutrition Questionnaire: This year when reviewing nutrition questionnaires it was discovered that a lot of kids watch 4-6 hours of TV a day. This question did not include electronic games. We discussed adding another question to the nutrition questionnaire regarding amount of time spent playing electronic games. We also discussed what we could do to help decrease the amount of time the kids spend watching TV. We are going to send home ideas that parents can do with their children that get them away from the TV and electronic devices. We will also try to educate through handouts to be given out with the BMI sheets and Tuesday Notes Home regarding physical activities.

5. Fun Nutrition Activities for the Classroom: Five different handouts were given for the staff to take back to the classroom teacher. They included ideas on making healthy snacks and dramatic play.
6. Other: We discussed serving sausage and bacon (turkey) at breakfast. They are not credible by USDA food program and shouldn't be fed every day. Just make sure you are serving the required food for breakfast. When serving rice cakes they need to be weighed. They usually take 3 times the normal serving so they are not ideal to serve since the serving will be so large. There was a question on using thermometers to logging food temperatures. Barb will check and get back to everyone on how and when exactly should we be checking the temperatures of our food.

Minutes submitted by Vicky Schantz, RN