

## McKinney ISD SHAC Meeting

January 12, 2017

Attendance: Jennifer Akins, Jean Begala, Julie Blankenship, Rebecca Ecker, Kim Frank, Lauren Hickman, Elyse Jensen, Amy Marland, Janet Nelson, Stephanie O'Dell, Naiya Patel, Tony Primerano, Chris Schell, James Shoemake, Lynn Sperry, Sonja Harrison,

Meeting called to order at 12:40pm by Julie Blankenship

October meeting minutes were reviewed and James Shoemake made motion to approve and Danielle Stewart second the motion.

James opened the meeting introducing the food served to us today, describing how these foods are healthy yet tasty.

Lauren Hickman reviewed the past year and stated that MISD passed the state audit with flying colors. No new USDA regulations for this coming year.

Danielle Stewart spoke about the promotions that are offered at MISD. MISD is trying to promote from the Healthy for Life information. Danielle and Lauren did food samples at MHS and were able to talk to students and show them comparisons of food in school vs the restaurants showing how healthy foods do taste good. Will continue PACK week at elementary level, which has shown to work well in teaching about different fruits and veggies of different colors.

Lauren introduced a new website called School Dish, new website for school nutrition. Good info for students, parents and staff.

The menu planning system allows menu changes to be on the website within 30 minutes. There is a good meal calculator to help total what was eaten in the day.

Lauren demonstrated how to use the menu and nutrition mode of the website to see nutrition levels for each meal or individual item. This will be a great tool for nurses to calculate carbs for the diabetic students.

Danielle reviewed the Student ViewPoint Survey of 2016. Breakfast remains an issue that needs to be worked on. The survey said 50% of kids stated they eat breakfast at home. 50% stated they would like a Grab N Go option for breakfast and Daniele is going to pilot it at Evens MS and at MNHS because they have started a similar program and have seen good progress. Lauren stated that the USDA is pushing the school breakfast program with more grains and fruit and not a large protein count. At MNHS

P.O.D. Market has worked well. More students take a pre-made salad vs a make your own salad which had to be discontinued at the district level because of cost of food and amount of food that had to be thrown away. The children who get free and reduced lunch can get food at the P.O.D. Market and this helps reduce the stigma of who is on free and reduced lunch. McKinney ISD is the first ISD to do a P.O.D. Market in a K-12 school district. This is seen mostly at higher education institutions.

Sonja Harrison stated that the good nutrition program helps our students not just learn but learn how to eat well which can carry over to the home.

As our meeting was coming to an end, in closing Julie stated that new regulations state that we need to address the Wellness Policy again to meet the new Wellness Policy standards/regulations. We will address that at the February meeting.

Meeting closed at 1:15pm

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