

Minutes
Joint Committee of BOE and BOH
February 9, 2004
10am-2pm
James Monroe Building Conference Room E

Purpose: To study the feasibility of developing education curriculum for proper nutrition and exercise for students in grades k-12.

Board of Education Members: Susan Genovese and Scott Goodman

Board of Health Members: Julie Beales, MD., Sheila Elliott, Pharm.D., and Hunter Gaunt, Jr., MD

Present: Joe Hilbert, Carol Pollock, Peggy Pavior, Catherine Digilio Grimes, Christina Pitsenberger, Chapman Slye, Maureen B. Hijar, Barbara Yager, Vanessa Wigand, Pam Howze, Joyce Garner, Christy Mason, Gwen Smith, Margot Fritts

Minutes: Kathy Sergent, Nutrition Liaison, VDH

Minutes from the January 8, 2004-No changes were required.

Review of Nutrition Standards-Catherine Digilio Grimes, Director School Nutrition Programs, DOE

Overview presented on the current federal regulations regarding menu planning and the USDA School Meal Initiative for evaluating school menus. The individual school divisions are responsible for menu planning and meeting the nutrient requirements based on the age and grade level of the students fed under the National School Lunch and Breakfast Program.

Competitive food sales were discussed both the federal requirements and current Virginia State Code regarding these sales. Competitive food sales include any foods or beverages sold in competition with the National School Lunch and Breakfast Program. This includes school site vending machines, bake sales, candy sales, sales of foods and beverages in school stores, etc.

USDA regulations prohibit the sales of foods of minimal nutritional value in food service areas during meal periods. Food of minimal nutritional value include soda water, water ice, chewing gum, hard candies, jellies/gums, marshmallows, spun candy, candy coated popcorn, fondant, and licorice. Virginia has strengthened this regulation by adding the requirement that no food or beverage may be sold in schools in competition with the lunch or breakfast program from 6am until the end of breakfast and from the beginning of the first lunch period to the end of last lunch period.

Products sold ala carte in the National School Breakfast and Lunch Program must contain at least 5% of the RDA of one of the following nutrients, Vitamin A, Vitamin C, riboflavin, niacin, thiamine, iron, calcium, or protein.

A handout was provided reviewing the nutrition policies from other states. Several states have nutrition policies regarding food and beverages sold to students that are stricter than Virginia's regulations.

Another handout provided an outlines of the recommendations for school nutrition standards as prepared by the Virginia Action for Healthy Kids Committee.

Questions:

Could Virginia make requirements stricter than those currently in place?

What is the procedure to make changes in the regulations?

Can the Boards be provided with a summary of states with stricter requirements?

Current Efforts to Address Healthy Eating-Charlottesville Child Obesity Task Force

Peggy Pavior from the Thomas Jefferson Health District presented information regarding the focus of the task force is to work as a team to improve health in schools and the community. The task force is looking for community based solutions.

Charlottesville City Schools have implemented the following changes:

- Reduced fat snacks offered at the snack bar
- Increased use of "baked" snacks vs. fried snacks
- Include a nutrition column in the school newsletter sent home to parents
- Offer fruits and vegetables daily for grade 5+
- Wellness Platter, meets the RDAs for grades 5-8

Albemarle County Schools Pilot Changes presented by Christine Pitsenberger

- Sodas, iced tea, and empty calorie snacks removed from vending machines
- Changed times vending machines available to students
- Charge higher price for less nutritious snacks than healthy snacks

Stafford County Schools-Efforts to address obesity issue presented by Chap Slye

- Fresh fruit offered at breakfast and lunch everyday
- Students must buy a meal before they can purchase an ala carte snack
- First year to use milk vending machine
- No deep fat fryers at the elementary school level

Other schools divisions in Virginia are providing healthier options for student food and beverages choices.

Arlington County
Goochland County
Page County

Smythe County
Fairfax County
Alexandria City

Henry County
Rockingham County

Related issues: Students have ~20 minutes to eat

Some students have their lunch period at 10am

Vending machines used to get students fed quickly

Students can still choose to eat an unbalanced meal, even when healthy choices offered.

How to communicate with and educate parents regarding these changes

Some juice/juice drinks not any healthier than soda

Food Service programs are expected to be self-supporting; changes need to be realistic with progressive implementation

Resources:

Catherine Digilio Grimes provided a resource with over 300 children's books with a positive food and physical activity theme. The resource "The Michigan Team Nutrition Booklist" was compiled Michigan State University Extension.

Discussion and Comments

The following information was requested by the Boards prior to the next meeting.

- What counties and cities in Virginia have done beyond the 5% federal guidelines?
- What state and federal regulations are currently in place that apply to school nutrition, competitive sales, health education, etc.?
- What recommendations does school nutrition programs have regarding stricter standards for Virginia?
- What do the Boards want to recommend as a state?
- What is the process to make the recommended changes happen in Virginia?

The next meeting is scheduled for Monday, March 8, 2004. 10:00am