



Kerrville Independent School District

Student Health Advisory Council Meeting

Oct. 18, 2023

Welcome by Cheryl Manchester, Director of Special Programs

Broad Overview of Menu

Childhood Obesity

Scott Anglesey, Child Nutrition Director goes over Wellness Policy Review

One parent was looking more for the activities being listed

Heather Engstrom: I would think parents would want to know more about the how

Parent comment: where are these standards coming from? Are these TEKS? Which classes are they covered in?

Engstrom: share link with TEKS information with parents

Anglesey: add more information to CN website

Stakeholder Engagement review – trying to find a way to get more student involvement on this

Engstrom: one idea would be to host a SHAC meeting at the high school to engage the culinary arts students there

Responsibilities –

Nutrition Stands and Other Competitive Food – try to share these guidelines on the KISD CN website

Record Retention – following the district policy on this

Promotion and Marketing – going to be doing more on campuses and in lunchrooms, and also getting it out to the parents; partner with PR Department to share this out on social media, and get out to parents

Parent comment about paper menus being sent home with students in the past – Anglesey says digital menus on website are available, can click on item for nutritional facts, suggests using Principal smore communication with parents to share out

Engstrom: District smore accounts, create a smore for CN department to push out, PR Department to push out

Employee wellness questions – what does that mean? Anglesey –

Parent question: are there incentives for employee health right now? Engstrom: Nothing at this time

Molly McLaughlin, ECC Nurse – we are doing something at ECC this fall among employees

Everything will be posted once finalized, the CN page and SHAC page

Triangle Assessment – Local Policy

Question about metrics: how do we know these recommendations are working for students? Maybe share these goals and data out for parents

Anglesey will start compiling these ideas, will update in upcoming SHAC meetings to keep everyone aware of the progress

Child Nutrition Menu Planning Presentation

Attack hunger and obesity in students – 1 in 7 students are food insecure; 1/3 school-aged children are overweight or obese – National statistic

Programs that drive Menu Development:

- National School Lunch Program
 - Lunch
- School Breakfast Program
 - Breakfast

If dealing with a high eco dis population, it makes sense to be apart of both programs

Program Funding

- Federal Meal Reimbursements
- Free Meals – students pay \$0, reimbursement is \$2.75 for breakfast, \$4.35 for lunch
- Reduced Price Meals – students pay \$.30/\$0.40, reimbursement is \$2.43/\$3.95
- Paid Meals - \$1.75 for breakfast/\$3.00 for lunch – reimbursements \$0.38/\$05.50
- If you see up increase the prices it is because it is required
- Revenue from meals and a la carte sales
 - Adult meals
 - Second meals for students
 - Individual snack items
- USDA Foods
 - Frozen vegetables, canned fruit, ground beef
 - Put in orders for USDA foods in winter of current school year for NEXT school year

Food Components

- Included in every meal:
 - Meat/meat alternative
 - Grains
 - Vegetables
 - Fruit
 - Milk

Offer vs. Serve – Breakfast

- Must offer all 4 components
- Student may select all 4 components
- Students must select at least ½ cup fruit or vegetable and two other full components
- A “full component” at breakfast would be the daily minimum requirement based on the age/grade group

Offer vs. Serve – Lunch

- Must offer all 5 components
- Student may select all 5 components
- Students must select at least ½ cup fruit or vegetable and two other full components
- A “full component” at breakfast would be the daily minimum requirement based on the age/grade group

Vegetable Requirements

Question about food waste

- We really try to figure out what is being taken, and only make that, so we aren't overproducing
- Batch producing – start with 100, and as items are being taken, we can make more with what we hold back

Question about student input and food trends

- Putting that back in place post-Covid now
- Surveys starting up again, students 5th grade and up
- One thing they saw was the request to have smiley fries again at high school from elementary level
- Do try to look at what's in the community, what do students like, and what is available to purchase

Still trying to get back into pre-covid systems

Nothing is fried, everything is baked – French fries, potato fries, etc.

Adjourn