



Nutrition Advisory Committee (NAC) Seattle Public Schools

Achievements 2006-2007

The major achievements of the first session of the NAC in the priority areas of focus included:

Nutrition Education:

- Created the Nutrition Education Policy and Procedures for the Seattle School District. The Policy was passed in August 2006.
- Reviewed the Great Body Shop Health/Nutrition Curriculum. Provided recommendation to the Seattle School Board that this curriculum be used as the adopted nutrition education curriculum for the district.
- Developed articles on nutrition topics for school newsletters.
- Developed topics and content for district wide menu backs.
- Created internal procedure for reviewing and approving nutrition education lessons provided to Seattle School classrooms by partner organizations.
- Hosted Joan Nachmani, Philadelphia School District Nutrition Education Director, to provide presentation and insight to developing a district wide infrastructure for nutrition education.

Menu Options:

- Worked with SPS menu planning dietitian to develop and implement menu planning priorities for school year. Priorities include: elimination of trans fats from school meals, increasing fiber content (increase whole grains and fruits/vegetables), and reducing irradiated foods.
- Provided input, recommendations, and recipes for the Ethnic Food Project.
- Provided assistance to Nutrition Services department in reviewing ingredient lists of current food products and posting nutrient information to department website.

Policy Implementation:

- Met with school stakeholder groups to build awareness of and strategies for implementing Nutrition policies.
- Researched and disseminated resources to schools on benefits to “Recess before Lunch”.
- Worked with district snack and beverage vendors to provide education on acceptable competitive foods sold in schools.
- Assisted dietitian in developing “Healthy Toolkit for Schools”.

Conservation, Cost Containment:

- Worked with labor union, custodial staff and nutrition services to develop a waste composting program for the Seattle Public Schools Central Kitchen.

Research and Evaluation:

- Conducted Focus Groups in two high schools to gather student input on the school meal program.
- Developed and delivered a web based survey to parents at 12 selected schools to assess attitude, behavior, and preferences of parents with regard to the school meal program. Results will guide Nutrition Services planning.
- Partnered with other organizations to conduct assessments of school based interventions to advance knowledge on best practices.