

BOARD OF EDUCATION  
FAIRFIELD PUBLIC SCHOOLS  
FAIRFIELD, CT

*Wellness Policy Subcommittee  
of the Wellness Coalition*

April 9, 2010

Human Resource's Conference Room  
501 Kings Highway East  
Fairfield, CT 06825

10:00 a.m. – 11:30 a.m.

Minutes

1. Committee Members Present: David Abraham, Lori Mediate, Joann Fitzpatrick, Analiese McCay, Michelle McCabe, Dr. Susanna Jalkut, and Anna Cutaia-Leonard
2. The meeting was called to order at 10:10 a.m.
3. The minutes of the meeting on March 5, 2010 were approved.
4. Mr. Abraham shared two pamphlets, "101 Tips for Family Fitness Fun" and "Healthy Kids, Healthy Families" with the group. Dave has used these pamphlets in the past and has given presentations on the obesity epidemic amongst children in America today.
5. Mr. Abraham shared that most schools will be participating in the All Children Exercising Simultaneously (ACES) project this year on May 5, 2010. Schools will take part in 10-15 minutes where all students engage in some type of activity at the same time.
6. Ms. Fitzpatrick shared information on the various types of pizzas that we serve in our schools. Those vendors include Schwans, Gilardi, Bosco and Nardone. Recently, the Food Service Department tested the Nardone products and decided to start carrying their products. Ms. Fitzpatrick also acquired letters from Bosco and Schwans with statements about the trans fats and hydrogenated vegetable oils found in the products. The Schwan Food Company letter states that the pizzas that Fairfield use contain no partially hydrogenated vegetable oils and 0 grams of trans fat per serving. The Bosco's Pizza Company letter states that their products contain less than .5 gram of trans fat per serving. The trans fat in the small

amount of oil is added to the dough and naturally occurs in the cheese. The committee was very pleased with the work that was done on the pizza. Ms. Fitzpatrick stated that the department will lean toward using the Nardone's pizza but will still use others. She will also look further into the cheese on the Galaxy Pizza.

Ms. Fitzpatrick shared that the government is changing the meal patterns and nutritional requirements required for school meals. She will share these with us when they are finalized and shared.

Dr. Jalkut requested more legume-based meals. Ms. McCabe requested the increased availability of soy and rice milk in the cafeterias. Ms. McCabe also requested a special way to recognize that May is Allergy Awareness Month. Ms. Fitzpatrick stated that although the menu for this May was already put into place she would keep it in mind for next year.

7. Ms. McCabe requested that school menu items be in alignment with the labels posted online. The different use of terms causes confusion for some parents and makes it difficult to know what is being served on specific days. The posting of labels online is a work in progress. Ms. Fitzpatrick will follow-up with the IT department to see if an interactive menu is possible.
8. Ms. Cutaia-Leonard will be working with a school to run a hand washing pilot to determine strategies to improve hand washing frequency.
9. In Open Discussion, Dr. Jalkut shared information from some research she conducted on HandClens Alcohol Free Hand Sanitizer. HandClens contains Benzalkonium Chloride, an antibacterial germ-killing ingredient. She stated that there are numerous consequences related Benzalkonium Chloride as identified in the research. Dr. Jalkut will forward the research to the other committee members. She is requesting that the school district look into alternatives. She identified one option manufactured by the Clean Well Company. It is made with plant oils, 99.9% effective, contains no Benzalkonium Chloride and no alcohol and comes in a foam pump.

Additionally, Ms. McCabe requested that a new member be added to the Wellness Policy Subcommittee. Michelle Sterns is the Chair of a new standing committee of the PTA Council, the Green Committee. Ms. Cutaia-Leonard will contact Ms. Sterns.

10. The next meeting was changed to June 4 at 12:30 p.m. Agenda items for the next meeting include: Questionable Food Protocol on an additional item that contains trans fats, a menu update, and hand sanitizer update.
11. The meeting adjourned at 11:20 a.m.