



**SHEEPSCOT VALLEY REGIONAL SCHOOL UNIT #12**  
**665 PATRICKTOWN ROAD, SUITE 2,**  
**SOMERVILLE, MAINE 04348**

Tel: 207-549-3261 / Fax: 207-549-3082 / [www.svrsu.org](http://www.svrsu.org)

Howard Tuttle, Superintendent of Schools  
Deborah Taylor, Director of Curriculum and Technology  
Delia Dearnley, Director of Special Services

Larry Dancer, Director of Operations  
Belinda Waterhouse, Business Manager

RSU 12 Ad Hoc Nutrition Committee  
Thursday, January 11, 2018  
RSU 12 Central Office  
Start Time: 3:45pm

Present: Keith Marple, Anthony Anderson, Belinda Waterhouse, Will Sugg, Colene Doucette, Brenda Lincoln, Amanda Lincoln

1. Introductions
2. Reviewed the Goals
  - a. Meeting the federal requirements by using whole, real, foods.
  - b. Hydration for students - hydration has an impact on learning.
  - c. Collect information about school nutrition. Develop a nutrition resource center.
  - d. Make evidence-based recommendations to meet and exceed the nutritional, hydration, and wellness needs of all RSU 12 students.
3. Reviewed Action steps from last time
  - a. Researching Resources - Will
  - b. Calling a few Food Service Directors - Keith
  - c. Finding new members - Belinda and Howie
  - d. Financials and menus - Belinda
4. Research shared by Mr. Marple and Mr. Anderson
  - a. About how healthier food helps with learning
  - b. Recommended nutrition standards beyond school meal programs.
  - c. Recess schedules and how they impact plate waste.
  - d. Nutrition Director for California has Ted Talks that may be helpful.
5. Recommendations to the School Board for budget time and beyond.

Unanimous approval from Board committee members for the following recommendations

  - a. Cooking from scratch is a priority - need more staff to do this. Number one priority.
    - i. One additional staff member in every kitchen
    - ii. Fresh, local food
  - b. Full-time food service director with a nutritionist/dietician certificate.
  - c. We need to go beyond USDA regulations.
  - d. Summer cooking
6. Discussion on what it is like for students in the lunchroom
  - a. Some schools have recess before lunch. Hard to say if they are eating more.
  - b. Windsor recess before lunch, Palermo has both, depends on the grade level. Whitefield recess after lunch, Chelsea-need to find out.
  - c. Discussed offer versus serve. Five options. Must take three. It does save on food waste. Slows down the line. Having more servers may help.
  - d. What about staggering lunches/recesses? Is this possible?
  - e. Research how other schools serve 80-100 students in a short amount of time. Are there other ways to do it?
  - f. How many students bring their own lunch? - about 60%



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- g. Should we survey students and families to find out more?
7. Decided to recommend to the Board that we dissolve the Ad Hoc Food and Nutrition Committee and fold the goals into the District Wellness Committee.

End Time: 4:45pm

Respectfully Submitted,

Howard Tuttle, Superintendent