

## Student Nutrition Advisory Council in Amherst Exempted Village Schools

This month's success story is coming from Amherst Exempted Village School District. Nutrition Service Supervisor Deanne Kelbley has created the Student Nutrition Advisory Council (SNAC) at 2 of the schools: Amherst Jr. High School (6th-8th grade), and Steele High School (9th-12th grade). SNAC started this year and has met once a month since September. During these meetings, the students have taste tested new items, talked about regulations, as well as School Nutrition guidelines. This also gives the students the opportunity to give Deanne feedback on the current menu. Doing the taste tests have allowed them to give input on future menus, and learn that Deanne has to reach out to Amherst Schools' food distributors to find out availability on those items. Discussing regulations and what is allowed to be served has allowed the students to fully understand why we just can't sell anything (a la carte &/or on the menu). For example, the students went to Deanne asking if they could buy a pickle in a pouch in the a la carte line. This gave Deanne the opportunity to show them the nutrition label, and explain that the sodium content is too high to sell (as a la carte &/or on the lunch menu). SNAC will also give students the option to earn volunteer hours, by helping set up, serve and clean up for the annual Retiree Breakfast that happens in the Spring. Overall, the Student Nutrition Advisory Council has been a way students can be more involved in the Nutrition Services Department and learn more about what we do and why we do it!