

Revenue

1. Lunch Sales – Estimated increase \$11,800 - Meal sales have been lagging the budget amount. Sales revenue is currently projected to be short \$126,031 from the budget. By adjusting the menu the FSMC anticipates another \$11,800 in sales revenue.

Revenue

2. A la Carte Sales **Update** – Estimated Increase \$18,900 - The Food Service Advisory Committee comprised of parents in the nutrition field, staff, and School Committee representation authorized the expansion of the a la carte items offered under the framework of offering snacks as a part of a balanced diet for the entire day. In accordance with the Harvard Healthy eating guidelines and the school lunch program's My Plate the several new a la carte options have been piloted at Pierce and are being added to other K-8 schools. These items are low in fat, sugar and salt content to be in accord the federal school lunch program's approved list of snacks.

Expenses

3. Food Costs – Estimated \$5,000 reduction by changing the brand of bagels sold. This item was requested when Whitsons first began, but was rejected by the Director of Operations. Circumstances changed over time and I am now comfortable with this change.

Expenses

4. Paper – Estimated \$3,500 in savings. Whitsons and the Town's Health Department both prefer the fruit (apples, pears, peaches) to be wrapped in plastic bags. This is not requirement of either entity and some citizens have voiced a desire to see less plastic waste produced.

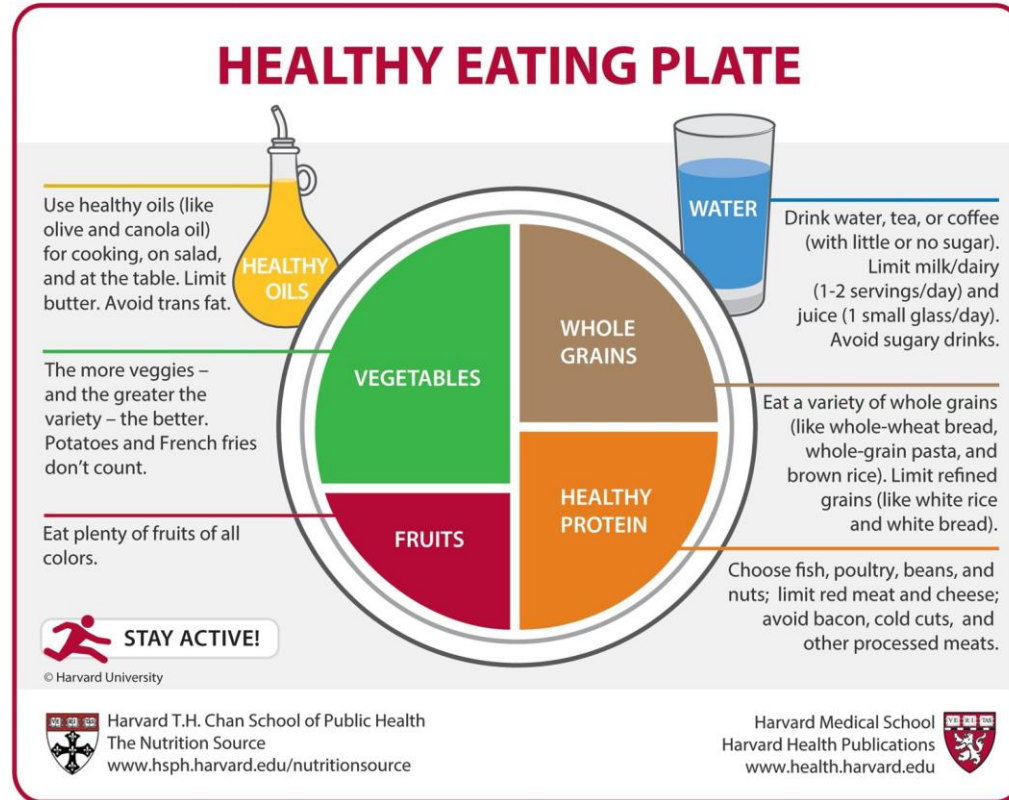
Expenses

5. Kitchen Staff – Estimated Savings \$9,600 – Recommendation to stop using day-by day subs to fill vacant positions. Instead I recommend reassigning staff to fill these vacancies for schools with the lowest meals produced and served per hour.

Expenses

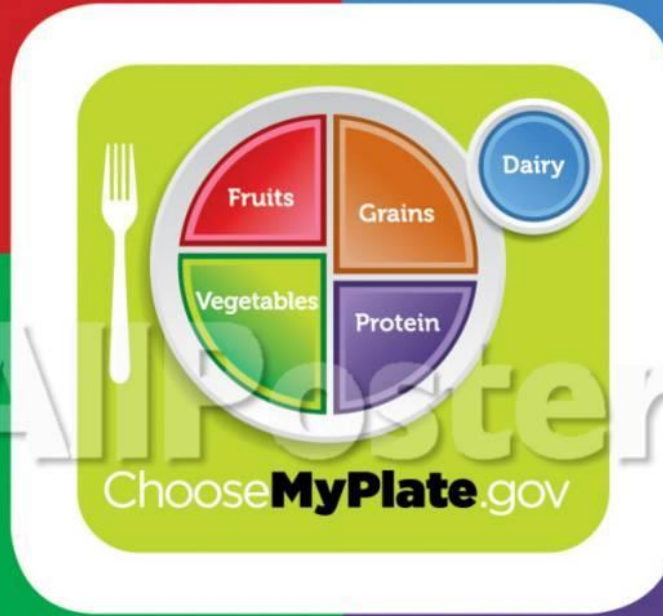
6. Performance Bond – Savings of \$9,555 – This savings is already reflected in the budget projection. The purpose of the performance bond is to have insurance should a contractor or vendor quit or go out of business before the contract is completed. The FSMC cannot obtain a bond as they do not have signed contract. Should the committee want this bond after the contract is finalized, the bond would be prorated to reflect the remainder of the year.

Harvard Health Eating Plate



Make half your plate fruits and vegetables

- » Choose fresh, frozen, canned, or dried fruits and vegetables.
- » Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.
- » Use fruit as snacks, salads, or desserts.
- » Keep raw, cut-up vegetables handy for quick snacks.
- » Choose whole or cut-up fruits more often than fruit juice.



Switch to skim or 1% milk

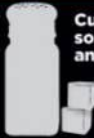
- » They have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories.

Make at least half your grains whole

- » Choose 100% whole-grain cereals, breads, crackers, rice, and pasta.
- » Check the ingredients list on food packages to find whole-grain foods.

Vary your protein food choices

- » Choose a variety of foods including seafood, beans and peas, nuts, lean meats, poultry, and eggs.
- » Keep meat and poultry portions small and lean.
- » Try grilling, broiling, poaching, or roasting. These methods do not add extra fat.



Cut back on foods high in solid fats, added sugars, and salt

- Choose foods and drinks with little or no added sugars.
- Look out for salt (sodium) in foods you buy.
- Eat fewer foods that are high in solid fats.

Eat the right amount of calories for you

- Enjoy your food, but eat less.
- Cook more often at home, where you are in control of what's in your food.
- When eating out, choose lower calorie menu options.

Get your personal daily calorie limit at

www.ChooseMyPlate.gov and keep that number in mind when deciding what to eat.



Be physically active your way

Pick activities that you like and start by doing what you can, at least 30 minutes at a time. Every bit adds up, and the health benefits increase as you spend more time being active.