

N The American School Food Service Association's: **utrition Advisory Councils**

What are NAC's?

A NAC or a Nutrition Advisory Council is a group of students who are interested in good nutrition and promoting their school food service program. The council is *officially* registered with the American School Food Service Association.

Organizing a Nutrition Advisory Council (NAC) in your school benefits both the students and your school nutrition program. A NAC serves as a link between students, school foodservice personnel, administrators and the community. Not only is a NAC a vehicle to spread the word about the important role good nutrition plays in students' lives, but it provides important feedback from students on what they like-or don't like—about their school food service program. By involving students with NAC you will reinforce the idea that school nutrition programs are for them.

Keep in mind that you can organize a student team or council at any time to assess or address issues involving the school food service program or nutrition environment without officially registering the group with ASFSA...but consider what ASFSA can provide to your school or student group.

A school provides these 3 ingredients:

- Approximately 10-15 enthusiastic students
- A dedicated school foodservice professional
- A willingness to explore new idea

• ASFSA provides:

- National recognition
- An official NAC Charter certificate
- The official NAC handbook filled with activity and publicity ideas, meeting guidelines and nutrition information
- 10 copies of "The Advisor" newsletter (printed 4 times a year)
- Membership cards (up to 25 for each charter)
- Logo slicks for newsletters, flyers and promotions
- Eligibility to participate in the Annual NAC of the Year competition

You can start your NAC program today by filling out the charter application and sending it to ASFSA with your \$25 chartering fee. Charters are good for one calendar year. There is an annual re-chartering fee, and you will be notified when it is time to re-charter. For more information contact the ASFSA Service Center via the following email address: servicecenter@asfsa.org