

Manhasset SCA  
Joint Munsey Park/Shelter Rock Parent Council  
April 22, 2010, 9:30am  
Meeting Summary

Mary Jane Reilly began the meeting at 9:40, welcoming the Munsey Park parents to Shelter Rock. She introduced Ed Garofolo, chair of the Community Education Committee, who spoke about the upcoming budget and board vote. Mary Jane then welcomed Zari Ginsburg, SR Chair of the Health and Wellness Committee, who introduced our featured speaker, Elisa Zied, Registered Dietician and her topic, *Feed your Family Right*.

Mr. Zied spoke about the eating and leisure habits of children today, and how the combination of these two factors has led to a rise in childhood obesity. She explained that children need to learn good food choices and be more physically active in order to be healthy into their adulthood.

The main focus of the presentation was about raising healthy eaters. She said that parents need to be authoritative, in other words they need to make the decisions about what the child eats and they need to be firm. Eating as a family is important, and it does not necessarily mean dinner. Eating breakfast together can be an alternative to dinner and the rewards are still reaped. We need to schedule more fitness into our child's day.

Ms. Zied gave the parents simple food rules:

- Keep healthful foods accessible, and less healthy foods out of sight
- Buy most foods from the basic food groups
- Let kids choose their own treats
- Buy small plates
- Eat only when sitting at a table
- Don't eat family style
- Offer dessert with dinner
- Keep mealtimes pleasant and positive, without distractions.

The meeting ended at 10:45am.

Elisa Zied, MS, RD, CDN <http://elisazied.com/> is a leading national nutrition expert, consultant, writer, author, New York State Dietetic Association media excellence award winner, and American Council on Exercise certified personal trainer. Since 2004, she has been a national media spokesperson for the esteemed American Dietetic Association. Elisa is most passionate about helping families make food and fitness decisions each day that support optimal health, but that are realistic to incorporate into a harried, hectic lifestyle. For almost 15

years, she has maintained a private practice in NYC through which she has worked with countless families and individuals to help them achieve and maintain healthy body weights and manage diet-related diseases and conditions. Elisa has also worked with Live Light, Live Right, a multidisciplinary program for overweight and obese children based at Brookdale Hospital in Brooklyn, New York.