

School/Community Wellness Committee Minutes

Meeting: September 29, 2010

- 1) Bryan Yenter called the meeting to order at 5:35 PM. Members Present: Bryan Yenter, Michelle Steiner, Holly Pagenkopf, Judi Schindler, Sara Anderson, Anne Moen, Kim Widiker, Hillary Nichols, Ben Wilson, Brad Hause, Jill Koenitzer. Others Present: Al Brown, Earl Grover, Virginia Biedron, Ken Jost
- 2) Dr. Brown and Kim Widiker presented an overview of Human Growth and Development and how it fits into the Wellness Committee mission.
- 3) Dr. Brown explained the structure of the Wellness Committee within the school district and the mission of the committee.
- 4) The committee discussed District Nutrition Standards and the FDA Daily Allowance Recommendations. Some changes have been made to improve food service: Strive for Five campaign is implemented and will move the district toward higher than the District Nutrition Standards. The food service department has increased frozen vegetables, and this move will also move the district toward higher than the District Nutrition Standards. Modification of bus route arrival times will also improve the ability for children to eat adequately while at school. The committee should read District Policy EFG: District Nutrition Standards and EFH: Student Nutrition. Contact Bryan Yenter with any items you would like addressed at future meetings. The Committee will focus upon refinement of District Nutrition Standards.
- 5) The committee discussed the A la carte items offered to HS students primarily. The MS students have access to these items in the morning. The committee should reflect upon A la carte. Be prepared for further discussions on A la carte.
- 6) The School/Community Wellness Committee has a Recommendation Form now available for members to present recommendations to the whole committee. This Form should now be used to present improvements. Any potential changes will be discussed with the Wellness Committee, input from students, and finalized recommendations sent forward to Administrative Team.
- 7) Pop Tarts are not served at Roselawn, MS, or HS. Even the whole grain Pop Tarts are removed from the food service.
- 8) Cold cereal is offered at MS/HS in individual servings. Cold cereal is offered at Roselawn in bulk containers.
- 9) Nutrition-based articles will be included monthly to parents in a PEP grant newsletter.
- 10) Food service personnel will receive additional training. Other professional development opportunities are available for other staff.
- 11) Water stations are available at the MS/HS.
- 12) Food temperatures are recorded for every meal. Milk cooler temperatures are checked every morning. There is little food waste.
- 13) We will survey the students to gather additional information.

Next Meeting: Wednesday, October 20, 2010, 5:30 p.m. HS/MS IMC