

Wellness Committee Meeting Minutes

* Agenda

- Welcome Back: Ice Breaker/Introduction
- Kitchen Tour & Sampling
- Updates
 - SHIP
 - Nutrition
- Feedback Form
- Wrap Up
 - Wellness Policy

* Attendees

Kari Botnen, Bobbie Jo Grummons, Mary Panek, Erica Pawletzki, Kristine Schaefer, Lauren Stordahl

* Updates

SHIP Work

- Robot Coupes
- Hydration Stations

Nutrition

- Staffing - getting there! Less than 10 openings?
- Audit Year
- Wellness Wednesday
- Free Meals for all students on the horizon?
- Supply Chain - improving but still some issues
- Sodium guidelines implemented
- Food Service Back to School Curriculum

* Action/Discussion Items

- **Review Wellness Policy before next mtg. & bring suggested ideas & revisions**
- Concerns were raised about Universal Meals. Many think that adjusting the income guidelines would be more beneficial to the district
- Plans for NS to meet with the Student Advisory group before the end of the year are under way
- Creating an educational piece for parents & teachers in regards to menus & "plate building" is a goal for next year
- Based on feedback, the main topics of concern or where the committee would like to focus their attention in the near future is on Nutrition (menus, plant forward, samplings etc.), Staff Well-Being, and Tobacco/Vape Free Resources

* Final Announcements

- The Wellness Policy is up for Triannual Assessment - we will share the results of the assessment at the next meeting and discuss.