

## Wellness Committee Meeting Minutes

02/28/2018

### Attendees:

Kathleen Haines  
Adrienne McManis  
Stephanie Reilly  
Cathy Macaluso  
Alicia Heverly  
Jamie Messenger (parent)  
Jaleia Perry (student)

### Discussion topic:

- **Wellness week (May 21-25)**  
Discussed activities for each day of wellness week and different jobs needing to be filled. Will include information on next board agenda for approval.
- **Nutri-slice app**  
Discussed an app that is available for parents to use which helps facilitate parents/students knowledge of food calories/content etc
- **Meat –Less Monday**  
Discussed a new initiative to provide healthier meat less choices for students. Meat is offered as an option on Monday but is not served as the main choice.
- **Nutrition Intuition**  
Discussed a nutrition hand out that is available monthly on the schools website. Options to make the information more available to students / parents (place on remind/ copies sent home)
- **Parent suggestions**  
Preparation of foods and interest in new items. Willingness to reach out to other parents through HSA to better follow policy guidelines for school parties.
- **Student suggestions**  
Student expressed wants of other students with what items they prefer or not prefer to see on the menu
- **Will schedule follow up meeting post wellness week**