

Eden Prairie Schools Wellness meeting notes:

Date of meeting 5-8-18 (3pm @ Eden Prairie High School Room 163)

Attending: Kristin Treptow, Roxann Roushar, Herman Moncada, Zella Sahar, Sujata Costello, Chuck Knuth, Jane Lough and Mary Cryer

Agenda:

1. Sampled two unbreaded fish items, a unbreaded teriyaki chicken & rice dish, and steamed colorful vegetables as options for menuing next year.
2. Discussed how Eden Prairie Schools will participate in a SHIP grant (School Health Improvement Partnership). It has been a few years since EP Schools has applied for and received funding from a SHIP grant. In past years the money has helped improve breakfast options, created a dairy station and marketing ideas/materials for vegetables. If we receive funding this next year the funding could be split for some foodservice improvements and also to promote an active mind and body initiative. The Yoga Calm program is a key part of this wellness initiative. This program was introduced to the schools this past fall and with more funding, the trainers from 1000 Pedals will be able to work more one on one with teachers to help promote "mindfulness" relaxation activities (breathing & activity designed to calm and focus our/kid's minds).
3. Discussed the Student Survey and how the results are in from over 3,000 students participating. The data has not yet been fully analyzed so at a future meeting we will discuss its findings.
4. Toured the high school commissary kitchen (storage, extra-large walk in freezer, the cook-chill system for making sauces and soups, and the bakery where all the breads for the schools are made daily.

Next year school wellness meetings are listed below:

School Year 2018-19

- September 18, 2018
- November 13, 2018
- January 15, 2019
- March 12, 2019
- May 14, 2019