



SoWashCo Wellness Committee: Meeting Minutes

Date and Time: March 21, 2022

Attendees: Kari Schmitz, Kerri Kvasager, Chloe Richter, Bobbie Jo Grummons, Melanie Garms, Lauren Stordahl, Lynn Walek, Mary Panek, Bridgett Looney, Jo Park, Kristine Schaefer, Almarely Guerrero Sanchez, Lilly, Rochelle Sward

Topic:	Action Plan/Decisions:
<ul style="list-style-type: none"> • Meals 2022-23 School Year 	<ul style="list-style-type: none"> • Free meals will go through June 30, 2022 • It is encouraged that families that qualify for free/reduced lunches apply. Applications need to be submitted annually and do not carry over year to year. • We anticipate breakfast and lunch participation to decline. However, the last 2 years of free lunches brought many kids who normally didn't eat with us, and we hope they will continue.
<ul style="list-style-type: none"> • Nutrient Regulations 	<ul style="list-style-type: none"> • Effective July 1, 2022 • Milk: Schools may offer K-12 students flavored low fat milk in addition to nonfat flavored milk or low-fat unflavored milk. This is something that is already in place in our district. • Whole Grains: At least 80% of grains served in our school breakfasts and lunches each week must be whole grain rich. • Sodium: The weekly sodium limit for school lunch and breakfast will remain at the current level in school year 2022-23. For school lunch only, a 10%

	<p>decrease in the limit will take effect for school year 2023-24. This approach aligns with the U.S. Food and Drug Administration’s (FDA) voluntary sodium reduction targets for processed, packaged, and prepared foods in the U.S.</p>
<ul style="list-style-type: none"> • Guest Speaker Almarely Guerrero-Sanchez - Chemical Health Specialist with Youth Service Bureau, Inc. 	<ul style="list-style-type: none"> • Discussed what the Youth Services Bureau offers to our community. Resources like individual/group counseling, parental support, community events, and consultation to staff. • Discussed how we can get the conversation started in our secondary schools, particularly at the middle school level. This can look like parent or drug counselors as guest speakers in schools. • Resources: <ul style="list-style-type: none"> - Changetochill.org - Kidshealth.org - MN Adult and teen challenge: mntc.org - Canvas Health - Hazelden.org
<ul style="list-style-type: none"> • Goals for the Committee: Next Meetings: Monday May 16, 2022 4:00-5:30pm 	<ul style="list-style-type: none"> • Meet in Person! • Bringing Youth Advisory Committee to our meetings, perform taste testing of new/available product. • Kitchen tours for committee members • Look over Wellness Policy for revisions and updates. • Expand our committee: Recruit student representatives, parents, and district staff. • Farm to School Initiatives • Health Teacher Spotlight