

WELLNESS COMMITTEE MEETING

March 24, 2022

1:30 PM – 2:15 PM

Meeting Recording:

https://zoom.us/rec/share/2vJBr_Fou6ze5j_nOYt-KiwIF7e4saAyTka6cslA91eEb8NT5Ik93A1MxS_YQret.1dJ1OEZnfArZMBmu

Agenda

1. Welcome

- a. New Member Introductions
- b. What's Happening in the Schools - Wellness Activities or Events

2. Role of Committee Member

- a. Update school principal on Wellness Committee Meeting
- b. Meeting recording will be shared w/ school principal
- c. Principals will be updated at 3/28 Operations Meeting (request for interview, Smart Snack compliance)
- d. Educate school principal and community about smart snacks, food sold and available in schools.

3. Subcommittees (Suggested Committees and Members attached)

4. Student Wellness Advisory Committee

5. Smart Snack/Competitive Food

- a. Review USDA's "All Food Sold in Schools", School Day

6. Triennial Assessment Review

- a. Last request for each committee member to complete an interview and forward to Dawn

7. Physical Education & Activity Update

8. Food & Nutrition Program Update

- a. Future of free meals
- b. Summer meal changes
- c. Spread the word

9. May 19, 2022 – Last Wellness Meeting

10. Committee members – Next steps:

- a. Identify the building level group to support H&W or share directly with principal
- b. Subcommittee "Chairs" meeting TBD
- c. To meet with your subcommittee by May 1
 - i. Establish goals based on Wellness Policy