



# Wellness & Nutrition

## Trinity Area School District Wellness & Nutrition Committee Meeting

September 19, 2020 7:30 am-8:00am

Mrs. Frazee Classroom

### Agenda

Food Service Director – Nicolle Bazant Pleil

In attendance today was Mrs. Frazee, Mrs. Lois Chisholm, Kellie Smith presenter, Emma Malinak, Allison Sampson, Erin Popek, Jacob Sanders, Gage Nalepka, Lucie Towers, Lilyanna Ritenour, Samantha Schury, Ara Robinson, Tom Ross, Hunter Strickland, and Bodie Morgan.

1. Students sampled a high fiber breakfast item that could be offered as part of a complete breakfast. UBR makes a cookie round that is soft and has a cinnamon flavor that is sweet but still meets the strict guidelines. It has 6 grams of fiber and a normal breakfast with us normally only contains 4 grams. Students were also given a slice of white Wonder bread and a slice of 21 grain bread so they could see and taste the difference between a low-fiber and a high-fiber bread product. Students were also given a carton of cold milk.
2. Kellie Smith our intern who is working on her Master's Degree from Marshall University gave a power point presentation on fiber so that students could learn why fiber is important and how to increase their intake on a daily basis. Our students appeared to enjoy this type of learning activity.
3. We then were able to point out offerings that are available daily in our cafeterias that contain high amounts of fiber and it's our hope that students will continue to make good choices with their dietary intake.
4. This was another great meeting and we look forward to the next one.