

WELLNESS COMMITTEE MEETING

March 23, 2023

1:30 PM – 2:15 PM

Zoom meeting will be recorded

Please read the attached District policies in advance of the meeting:
District Student Wellness Policy 5405; Charging School Meals (Meal Shaming)
Policy 8505

Agenda

1. Welcome:
 - a. School Wellness happenings
 - b. Quick review - Role of Committee Member (for new members)

2. Food & Nutrition Program Update:
 - a. Chef Patrick, Brigaid - Short term goals/current projects;
 - b. Stephanie Noto – Portion Sizes / maximizing calorie guidelines; menu modification support; Smoothie Sampling

3. Triennial assessment results: (Subcommittee guidance attached)
 - a. Wellness Policy updates
 - i. Federal requirements
 - ii. Suggested updates by Subcommittees

4. Subcommittee – Breakout sessions (1:55 – 2:10):
 - a. Creating Practice Implementation Plan
 - b. Chairs – report back

5. Closing and Reminders
 - a. Lunch pass & online feedback form
 - b. School Level Communication – sharing information back to school; person responsible for wellness implementation
 - c. Final meeting for SY 22-23 May 18, 2023