



HEALTH AND WELLNESS COMMITTEE MEETING MINUTES

January 11, 2023

12:00 p.m. – Virtual Meeting

Committee members present: Mary O’Neill, Robert Stein, Dr. Roger Bloom, Karen Suarez, Kerri O’Donnell, Rich Canalini, Dana Docar, Kevin O’Grady, Eleanor Dougherty, Grace Maschinski, Patrick McGovern, Rachel Castillo, Todd Goodwin, Debbie Wachter, Michael Hardy, Doric Capsis

Committee members not present: Andrea Ramos, Angela Diglio, Dr. Tahira DuPree Chase, Laura Penfold, Grace Maschinski, Elaine Lovell

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The virtual meeting commenced at 12:00 p.m. Mary O’Neill, Assistant Superintendent for Finance and Operations, welcomed everyone to the committee meeting. Robert Stein, Assistant Business Administrator for Operations, provided the committee with an update on items from the September 14, 2022 committee meeting.

1. **In person versus virtual committee meetings**

A vote was taken as to the preference of conducting in person or virtual meetings. The majority voted to continue virtual meetings.

2. **Menus**

Aramark has been posting menus online and they have been implementing new nutrition initiatives throughout the District.

3. **Follow up items from the September 14, 2022 meeting**

a. **Ventilation**

Bids are out for the High School ventilation project. The project will begin when we receive bids and choose a vendor.

b. **Vending Machines**

An update on the vendor machines was discussed.

c. Weight Room

The weight room issues are being addressed.

d. Hot Water

This issue was resolved. The hot water is available in the bathrooms at the High School.

e. Air Conditioning

The District has new architects. They will be doing an assessment of the District-wide classroom needs, inclusive of air conditioning needs, and will include that in their assessments.

f. Crosswalks, speed bumps, fence

This crosswalks, speed bumps and fencing issues have all been resolved, however the issue regarding the gate locks has not yet been resolved. Facilities is working on resolving this issue, which is currently being addressed by the Safety/Security Committee. It is not a health and wellness issue.

g. Water Bubblers

All water fountains and bubblers are up and running throughout the District.

4. Aramark – Current promotions and going forward.

Kerri – Aramark has introduced a 9th grade made to order taco bar at the High School. It is available to High School students twice to the three times a week. They are working to secure breakfast carts at Powells Lane. 80-100 meals have been added. They held a nutrition meeting with the students at the High School to review monthly menus. They will be conducting more meetings at the Elementary and Middle School. They are introducing new items i.e. Elementary School – Breakfast sandwiches, Parfaits at the High School will offer at lunch too at High School, varieties of pizza at MS and HS i.e. BBQ chicken to increase variety to the students.

Gary – Some new items are trickling in at the High School. One week will be a taco bar; the next week will be a deli bar. These new initiatives will be up and running as soon as possible.

Kerri – We just received Belgian waffle makers for the HS which will be made fresh every day on site. Students can add berries as a healthy option. They hired an office cook at the High School who is working with Kerri, Gary and the head chef to take on the role to increase variety and offerings to the student.

Canalini – Aramark has started serving egg sandwiches at the Middle School. They are doing well. Rich requested that they add more items such as these.

Suarez – Many children are not really eating their lunches. Some of the juices i.e. grape juice, have a lot of grape stains on the carton like when you freeze and refreeze them. They want to learn more about the grape stains.

Kerri – Grape juice does arrive frozen and is thawed on an as needed daily basis.

Kerri – As far as an egg sandwich or breakfast burrito choices, Aramark will look at that as an option for the High School.

Dana – Kids don't always like pizza in the am, so if you can add something with protein as a substitute, that would be helpful.

Kerri – As far as the kids not eating, we can have a meeting to speak with the students at Dryden to find out why they are not eating, we can maybe do a separate menu for them as a simple fix.

Suarez – They are getting chicken that needs to be cut. At that age, they need pre-cut food which could be why they are not eating.

Castillo - why are we selling snacks at lunch now? Some students are buying 6 or more bags of snacks at a time, which hardly seems nutritional.

Terri – We can run an analysis to see who is purchasing what and can customize the notes and make the decisions for the students.

Wachter – Why are we allowing them to purchase 6 bags of chips? I am concerned with the nutritional value of some snacks such as these, especially in this quantity.

Terri – There is no standard or limit to the number of snacks students can purchase. They are approved and meet the smart snack compliance requirement guidelines.

Wachter – As a committee representing the District, why are not limiting the number and types of snacks regardless of the guidelines, especially based on the nutritional value of some snacks available? Why is the District promoting snacks and chips as a healthy snack to eat? Students will do the same thing at home. As educators we are promoting and allowing a blanket snack that will be mimicked outside of school.

Goodwin – If we limit the kids as to how many snacks they can eat, I don't think it's a terrible idea. At Park, we don't allow students to purchase snacks until everyone has gotten their lunch. I don't disagree with Debbie that we should consider limiting the number of snacks they can purchase. I don't know if parents know that they can send a letter limiting the number of snacks.

O'Neill – Can Aramark run a report to find out how many snacks are being purchased?

Terri – Accounts can be tracked. We just started tracking recently.

Suarez – We have not been given information as to when things were starting, how the program is to be run, etc.

Gary – We were told Dryden only wanted one fruit snack one time per week.

O’Neill – we will get an analysis from now until the next meeting as to data as to who is buying snacks.

Goodwin – Please bold the menu date so it is legible when it is printed. It prints blank.

O’Neill – The next meeting is May 10, 2023. We can hopefully address the snack items at that time.

The meeting ended at 12:27 p.m.

The next committee meeting is scheduled for **Wednesday, May 10, 2023**. Meeting details will follow.

Respectfully submitted,

Michell C. Delmonte-Synnott on behalf of Mary O’Neill and Robert Stein