

Healthy Food & Lunch Committee

10.15.2019

Chaired by Shawn Iliff and Mike Klemetson

1/ Present: Shawn Iliff, Kristin Hieronymus, Mitchell Jordan

2/ What is new in 2019-20

- ❖ Culinary arts classes, concessions, learning through doing
- ❖ School lunches - salads, fresh fruits and veggies at all schools

90 kids now have food handlers permits

3/ What do want to accomplish through this committee this year?

Action steps?

Incorporate some proteins on the salad bar - meats / cheeses / hummus / beans

Offer more whole grains and reduce carbs/sugar/high fructose corn syrup

Have the culinary class prepare part of lunch 2 times per month on Wednesdays for the Jr/Sr High as well as the elementary schools ie: soup

Replace morning fruit juice with whole fruit

Offer a fruit cobbler for a breakfast

Continue working on Jr/Sr High greenhouse to be able to grow fruits & veggies

Bring awareness to the meetings and make them open to anyone that is interested

E-mail all staff when there is a Healthy Food & Lunch Committee Meeting

Announce meetings via district, school, and PISOSE Facebook pages

4/ Next meeting: December 19th, 4-6pm at Jr/Sr HS Student Success Center