

Student Health Advisory Council

Meeting Minutes for 9/26/2018

1602: Welcome to members by Cassi Stewart

1608: Wellness policy discussed and approved for upcoming year by members in attendance

1615: SFE food service presentation by Hunter Aaron

- Food services has an audit in October 2018
- Free lunches for staff
- Largest number of staff lunches
- Different options that are provided to students shown to members
- Healthy Helpers at elementary campuses

1620: Good Samaritan Food For Thought presentation by Leisa Stephens

- Backpack program that is brought to the schools for children to have healthy nutritional meals over the weekend
- Bag contains 2 proteins, 2 fruits, 2 breakfast items, 2 milks, 2 Peanut butter and jelly squeezes, fruit bars and extra protein pack (tuna or chicken salad) is purchased by good Samaritan
- This is not for just under privileged children. This is for children that are not receiving proper nutrition on weekends
- Signs and symptoms of not receiving proper nutrition discussed with members
 1. Dark circles under eyes
 2. Dry/scaly skin
 3. Always hungry/thirsty
 4. Fatigue
 5. Decaying teeth
 6. Poor immune system
- Sample food for thought bag passed around for members. Members were informed of food for thought contact person at their campuses

1630: Meeting closed. Members informed that next meeting will be February 26, 2019. Informed members that Shana Skipper with Family Services center will be doing presentation