



## HEALTH AND WELLNESS COMMITTEE MEETING MINUTES

January 16, 2025

12:00 p.m. – In Person Meeting – Zaino Conference Room

**Committee members present:** Giuseppe Alviano, Anthony Servidio, Rowena Jeffrey, Karen Suarez, Mike Hardy, Doric Copsis, Courtney Hamilton (Aramark), Kerri O'Donnell (Aramark), Robert Stein, Dr. Theresa Williams, Roger Bloom, Elaine Lovell, Rachael Castillo

**Committee members virtual:** Todd Goodwin, Mary O'Neill, Andrea Ramos, Dr. Tahira A. DuPree Chase, Richard Canalini, Angela Diglio, Grace Machinski, Patrick McGovern, Laura Penfold

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The Health and Wellness Committee meeting commenced at 12:00 p.m. The meeting was held in person at the Zaino Conference Room.

- 1) **SEL (Social Emotional Learning)** –Dr. Williams reported on the third annual SEL Fair. It was a huge success. There were over 75 vendors. Members of the Nassau County police, mounted police and fire department attended. There were food trucks, workshops with live animals and a karaoke workshop. All were big hits. There were also Zumba and dance classes available.
- 2) **Food Service Equipment** – Mr. Stein discussed the new food service equipment that was purchased and provided photos of the installed equipment. This state-of-the-art equipment has resulted in serving line improvements and has enabled the District to provide more varied food options for the students. It's an exciting development.
- 3) **Governor Hochul visits MS Cafeteria**– Governor Kathy Hochul visited the Middle School and discussed free meals being offered to all students. The District is honored that Westbury UFSD was featured by the Governor.
- 4) **Aramark Report** – Courtney Hamilton, Food Service Director, advised the committee of a new chef, Lenny Traversa, who has joined Aramark. Mr. Traversa has been instrumental in creating new offerings:

HS – Chix Ceasar Wraps  
Chix Bac. Ranch Wrap  
Chix Ceasar Salad

Buff. Chix Salad  
Pizza- Chix, Bac. Ranch  
Pizza – Jerk Chix  
Philly Cheese Steaks  
MS – Buff. Mac & Cheese  
Enchalada Casserole

The students seem to be responsive to the healthier choices, such as the salads being offered. The pizza waffelaco is being featured this month. The base is a waffle with taco and pizza incorporated. Aramark will pilot it at the HS and MS and will then feature it at the other schools. Aramark also has different featured days coming up.

Aramark presented the committee with an Excel spreadsheet showing the average daily participation for snacks and a la carte choices, along with the total meals served by school comparing last year to this year. 1,697 breakfasts were served last year on average daily. This year it is about 1,700. The average lunch being served is 3,100.

**5) Food Service Comments**

Ms. Suarez inquired about special needs options for students with special dietary needs. Aramark is working with Dryden Street to schedule a meeting to discuss this matter. Other meeting dates will be set with the schools for meal samplings of menu items.

**6) Questions from the Committee** – The biggest complaint was that the food that comes in the bags is not as fresh as other choices. Committee members requested that Aramark provide more selections for certain students facing dietary issues.

It was also requested that the District incorporate healthier snack options, especially for students who are required to have their lunch early – i.e., a smoothie bar for Period 3 lunch which starts at 9:25. Aramark will work with the HS to expand and offer that type of snack. Aramark will bring a set of menus to the next meeting.

It was reviewed that water fountains are accessible to all students throughout the District. There was discussion regarding the District making cups available near the water fountains.

The meeting was adjourned at 1:15 p.m. The next meeting is scheduled for May 8, 2025, in the PPS Conference Room.

Respectfully submitted,

Michell C. Delmonte-Synnott