



La Vega ISD SHAC Committee Meeting
School Health Advisory Committee (SHAC)
Held In-Person February 6, 2025 11:30-12:30 p.m.

1. Call to Order:

The meeting was called to order at 11:30 AM by Ms. Sabrina Miles.

2. Introductions:

Ms. Miles led a round of introductions as participants shared their names and roles.

3. Presentation by Mr. Porter:

Mr. Porter, the Child Nutrition Director, presented on the district's wellness policy. Key points from his presentation include:

- Every student receives a free lunch and breakfast, along with a small “supper” and snack for after-school programs.
- The USDA is reviewing school district nutrition standards, focusing on reducing sugar, sodium, and fat.
- Mr. Porter noted concerns about losing food variety and certain manufacturers due to these changes.
- Changes to school nutrition policies are expected within the next one to two years.

4. Wellness Policy Review:

Ms. Lisa Drafahl led a review and discussion of the wellness policy. Participants were divided into four groups to review the policy and propose recommendations, updates, and changes, which will be shared with Dr. Shields.

5. Highlights from the Wellness Policy:

- **Triannual Process Assessment:** An audit conducted annually, with suggestions to incorporate triangular pieces into the yearly review.
- **Triannual Review:** Mr. Porter emphasized the importance of reviewing the wellness policy during the triannual review process.
- **Current Wellness Policy Status:** Mr. Porter indicated that, as of now, there is nothing in the wellness policy that needs to be removed. He also mentioned grants available to support the policy's objectives.

6. Discussion on Student Feedback & Meal Concerns:

Several concerns were raised regarding the food provided to students:



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- Some students do not find the food appealing and end up throwing it away, as they lack food at home. No surveys are currently available for students to provide feedback.
- **Mr. Porter's Response:** A survey will be distributed within 30 days to gather student feedback on meals, which will be shared with the principals.
- **Ms. Lewis' Concern:** The Junior High (JH) often runs out of food, causing the first group of students to receive a different meal (e.g., PB&J instead of a hot meal). Parents have also voiced concerns about second lunches not providing fresh fruit or a hot meal.
- **Parent Feedback:** Parents request that all students receive the same meal, as some students miss out due to food running out.
- **Mr. Porter's Response:** He apologized and assured that the issue would be addressed promptly.

7. Secondary Meal Options:

Ms. May from the Elementary suggested a "second chance breakfast," which would provide a small bag containing whole grain and milk for compliance.

- The policy requires that students have either a fruit or vegetable at lunch, but not the same two vegetables.
- **JH Policy:** At JH, students cannot have two fruits during breakfast or lunch unless they are different items.

8. Other Policy Recommendations:

- **Farmer's Market:** Ms. May suggested adding the district's "Farmer's Market" to the wellness policy or the compliance section. There are also potential grants for indoor stand-up gardens, and fresh produce like strawberries could be used for enrichment.
- **FFEP (Fresh Fruit and Vegetable Program):** Mr. Porter discussed the FFEP grant system, where USDA selects schools to receive produce for use in the curriculum, including exotic fruits like dragon fruit.

9. ACE Program:

Mr. Porter inquired whether anyone had discussed the ACE program. Since no one had, he proposed showing it at a later time and visiting each campus to provide more information.

10. Big Decisions Program:

Mr. Glynn and Ms. Beavers shared insights about the "Big Decisions" program\:



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- **7th Grade:** 217 total students, with 203 students served.
- **9th Grade:** 218 total students, with 79 students served (42 boys and 37 girls).
- **ECHS:** Approximately 60 students were excluded. The team discussed ways to get more ECHS students engaged in the program.
- The program focuses on healthy relationships and helping students define what is healthy or toxic in friendships. Students also engage in activities related to marriage and commitment.

Ms. Veronica with Brazos Kids Dental, Waco Kids Dental and Hewitt Kids dental discussed they have different presentations that they come in and can donate toothbrushes, water bottles shirts, shirts and volunteer our staff.

Mr. Porter would like to see Packs of Hope and connect with the Pirate Foundation “Pack of Hope” and hunger doesn’t stop at a certain age and asked for a donation of toothbrushes and she agreed.

She asked for additional opportunities to connect with the families and come to family events.

The next meeting will be March 19, 2025 at 11:30 AM location TBD.

11. Meeting Adjournment:

The meeting was adjourned at 12:37 PM.

Action Items:

- Mr. Porter will distribute a survey within 30 days to gather student feedback on meals.
- Mr. Porter will address food shortages and ensure all students receive the same meal.
- Ms. May will explore the possibility of adding the Farmer’s Market to the wellness policy or compliance section.
- Mr. Porter will schedule a visit to show the ACE program at a later time.