



SAU41 USDA Wellness Committee Minutes

Thursday, December 4, 2025

Via Zoom | 3:30pm

Members in Attendance:

Emmie White, Cydney Brown, Lance Flamino, Tena Ferenczhalmay, Katie Turner, Lynn DiZazzo, Melissa Mack, Adam Wallis, Amy Cassidy, Paula Izbicki, Stacie Sanborn, Linda Lannin

3:30pm: Call to Order

1. Introductions

The group started the meeting with introductions.

2. Brief overview of the Committee for new members

Lance Flamino started off by welcoming new members. Melissa Mack is joining for her first year.

Emmie White explained the goals and purposes of the group. It is a state requirement to have this group, and she expanded to say that it is specifically a requirement under policy JLCF- which is adopted under all three SAU41 school districts. The goal is to set wellness goals for the schools and to make sure the goals are met.

3:35pm: Food Service Update

1. Amy Cassidy to update the group

Amy Cassidy explained that food service is heavily regulated by the USDA already but with school celebrations and events, it gets more complicated.

Amy then described that products served at the schools have been changed in favor of aligning with new regulations on sugar content. SAU41 schools have made those changes and are compliant with the new regulations at this time.

Finally, Amy mentioned that she is currently in her tri-annual review period by the state- the Brookline School District specifically. These reviews are done every few years to all Food Service programs. She stated that it will be helpful to read the results of the review to help in determining where the group is headed in the future.

3:45: JLCF- Wellness

1. Emmie White to present changes in the governing policy as proposed by the State

Emmie shared her screen to point out changes made in school board policy JLCF.



School Administrative Unit #41

Hollis, Brookline & Hollis Brookline Cooperative School Districts

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Committee members to give insight and suggest changes before sending the policy to the school boards for adoption

Emmie welcomed feedback from committee members before pushing the policy through to the school boards in the coming weeks. The window for feedback remains open.

4:00pm: Benchmark Assessment Goals and Instructions

1. Amy, Emmie, and Lance Flamino to provide insight and instructions for school building Wellness Coordinators

Lance Flamino discussed meetings going forward. He plans to meet in January, March, and May on the second Thursdays of those months. He will send an email to confirm the dates.

Lance Flamino mentioned to look at the baseline assessment and policies before the next meeting and that he is open to changes if needed. The school Wellness Coordinators were then instructed to complete their beginning of year forms ahead of the January meeting so that the committee could discuss the goals.

2. Questions

Melissa Mack asked a question about a blank form and filling it out in completion.

Paula Izbicki answered by saying that some items do not get checked off the list, and that is okay!

Lance Flamino offered to share the previous year's versions so the committee members could have a frame of reference. In tandem, Tena Ferenczhalmy and Emmie White offered to support any coordinators who have questions.

Tena Ferenczhalmy asks about targeted submission dates. Emmie White will send a follow up email regarding sent out for submission dates and with a recap of the meeting.

4:15: Adjournment