

Wellness Committee Meeting Minutes - December 18, 2025

Attendance: Nick Milone, Jeanette Slimmer, Matt McFarland, Penny Adams, Priscilla Barahona, Michele Pecaitis, Jennifer Weigle, Morgan Miller, Vanessa Sanders, Fleesa Winters, Livia Powell, Tammy Signor

Absent: Shelly Lappi, Kristy Caywood, Christine Biggins, Crystal Grossman, Katherine Schiefer, Belinda Wallen, Elizabeth Kriel, Alison Flores, Tara Zimmerman, Rachel Hastie, Natalie Sinclair, William Morris.

Minutes were approved from the October 23, 2025 meeting.

Wellness Policy and Compliance

Smart Snack and Competitive Foods Review. Previously reviewed the policy and minor revisions were made. This is for snacks in the classroom and seasonal celebrations. These would include whole grain snacks. Read nutrition labels. Added sugars and obesity is something that the USDA stands strong on. Promote wellness with healthy snacks. Farm to school initiative with buying different types of foods locally. Looks and taste presentable. This month we are having baked sweet potatoes with added ingredients to enhance.

Fundraising Review. Policy for administrative guidelines was reviewed. Exemptions can be given for fundraisers. Can't compete with food service or during meal time for breakfast or lunch. This is a USDA guideline to protect reimbursable meal. Revisions were made to the form. If a student/group wants an exemption they need to fill out a form with motive, purpose and how to be facilitated in writing for review with building principal and Nick. Competitive foods can't compete with the National School Lunch Program. Energy drinks for example have caffeine in to get the body started. This isn't offering a healthy lifestyle. Not restricted in the policy, we don't serve this. We want to encourage breakfast in the morning.

Local School Policy Review / Checklist – We do a self-audit annually and it is on the website. Triannual assessment was done and posted. Wellness committee meets regularly. Need a board member to join us.

Inflammation Issues / Event to Plan

Most of the meeting was spent talking about the concerns of allergens and general food nutrition. Food Policy Council, Penn State and Wellness Sub-Committee do discuss things further. We should hold a smaller event this year with internal staff. Renee and Jeanette are interested in assisting. Renee mentioned students with a belly that hurt based on their food choices, sugar, IBS, anxiety. Last year's wellness event was a broad-based event and larger scale. Feel we should do a bigger event every other year. Matt mentioned this is a good opportunity for all staff to attend, this impacts the classroom, general education should be offered to the families. Nick mentioned carb counts, allergens, USDA meal patterns and by next year there will be an advanced level of reporting. We could offer cooking segments, meal prep, cost of goods, demos of food and promote on social media for people that can't get here. These could be done as a series for parents. If in person have activities for the children to do. Ruth's Harvest was mentioned as a participant. There are foods that should be taken off their list due to not always being healthy. Jen mentioned that families can make easy recipes and can have access to a crock pot for cooking. Concern was mentioned that 13 registered to see Tara and Rachel and no one attended. Priscilla suggested the students choosing better options with passing by the fruits and vegetables the way they are displayed and choosing them. Michele liked idea of teaching them how to make something, learn it and take home to make there. Need timeline and to develop the next step.

Committee Member Reports – No updates from Family/Consumer Science, Family Navigators, Community/Other, Student Council, Health Services, Elementary Schools, Secondary Schools, Physical Education mostly due to committee members not in attendance and/or ran out of time with another

meeting following this one we needed to end our meeting.

Food Services – Nick Milone

Ben from Mud College came into James Gettys for offering tasting of food and talking to a farmer. Lincoln and Franklin Township will have an opportunity as well with a demo. Nick commented that we had 30 lbs. of asparagus for the holiday meal with none left over. It was roasted and lightly seasoned. Harvest of the month is cabbage and it will be made into slaw.

Next meeting is February 19 at 3 p.m. - Board Room of Administration Building.