



White Plains CSD Wellness Committee Meeting Agenda

January 15, 2026

1:30 PM-2:15 PM

[CLICK HERE FOR RECORDING](#)

Welcome & Introductions

- Welcome Remarks
- Member Introductions & Ice Breaker

Committee Chairs Introductions

- Food & Nutrition Services: Magalie Porretto
- Physical Activity & Education: Christopher Trieste
- Secondary – Nutrition Promotion & Education: Magaly Racioppo
- Elementary- Class Parties, Celebrations & Food Marketing: Robert Spedafino

Food & Nutrition Program Updates – Magalie Porretto

- Share basket update.
- Offer vs Serve and what makes a meal.
 - Changes to service to support student choice.
- Big “9” Allergies & Labeling
- Adult/Staff Purchases in our Cafeterias
 - Creating an account
 - Adding funds
- USDA newly released Dietary Guidelines for Americans, 2025-2030

Culinary and Service Updates– Chef Patrick Firmender, Brigaid

- Menu Updates and New Products
- Expanding fruit, vegetables and meat alternate offerings and variety
- Harvest of the Month
- Installation of new shelving in cold storage areas

Physical Activity & Health Updates – Christopher Trieste

- Program updates

Employees Assistance Program (EAP)– Michelle Liebleim

- Service overview and explanation of benefits.

 800-252-4555

 [Educators' EAP | ESI Employee Assistance Group](#)

 [Benefit Overview - White Plains Public Schools](#)

Printable Brochure: [TotalCareEAP-EmployeeBrochure.pdf](#)

Wellness Spotlight

- Open member discussion to highlight Wellness events/initiatives happening across the District and Community

Meeting Wrap-Up

Questions, Comments, and Suggestions

- Upcoming Meeting Dates – School Year 2025–2026:
 - o March 19, 2026
 - o May 14, 2026



WPCSD Wellness Committee Meeting

January 15, 2026

Member Introductions



Wellness Committee Chairs:

**School Meals: Nutrition
Promotion & Education
(Cafeteria) Chair:**

Magalie Porretto
*Director of Food & Nutrition
Services*

**Physical Activity & Education:
Chair:**

Chris Trieste
*K12, Coordinator of Physical
Education & Health*

**Secondary –Nutrition
Promotion & Education
(classroom & school campus)
Chair:**

Magaly Racioppo
Nursing Coordinator

**Elementary – Class Parties;
Celebrations; Food Marketing
Chair:**

Robert Spedafino
Assistant Principal, Post Road

Ice Breaker: Share one small thing you did recently that supported your well-being.

FOOD & NUTRITION PROGRAM UPDATES



SHARE BASKET



**STUDENTS CAN PLACE UNOPENED, ELIGIBLE FOOD
OR DRINK ITEMS THEY DON'T WANT INTO THE
SHARE BASKET FOR OTHERS.**



Eligible Items

- Prepackaged juice boxes
- Whole fruit
- Packaged crackers, bars, muffins, cereal
- Commercially bagged fruits/vegetables
- String cheese



Not Allowed

- Opened or partially eaten food
- Home-brought food
- Fluid milk
- Refrigerated juice
- Bulk or unpackaged items (e.g., salad bar)



How it Works:

1. Place unwanted, eligible items in the basket/bin.
2. After the last student goes through the lunch serving line, food and nutrition staff will set up near the basket for 5 minutes.
3. Students selecting items must scan or enter their student ID number
4. After 5 minutes, staff will close the share basket
5. Students should only take what they will eat.



Redistribution and Donation

At the end of lunch, leftover shelf-stable items go to the nurse for redistribution or donation.



Food Safety Rules

- Do not redistribute fluid milk.
- Throw away any open, damaged, or questionable items.
- Always follow local health department food safety rules.

Share Basket Update

The new Share Basket procedures have been rolled out and implemented at all Elementary Schools and Eastview Middle School.

District staff were trained on Superintendents' Conference Day with the recorded training session available for new hires.

The new Share Basket procedure now ensures all students who chose to participate in items from the share basket are checked for allergen safety.

Offer vs. Serve

Offer verse serve is a meal service model that allows students to decline some food components of a reimbursable meal while still qualifying their meal to be free of charge.

This program is designed to reduce food waste while ensuring students get nutritious meals.

Give

Give students flexibility to choose foods they will eat.

Encourage

Encourage students to take at least a minimum number of components for a reimbursable meal.

Reduce

Reduce plate waste and unnecessary cost.

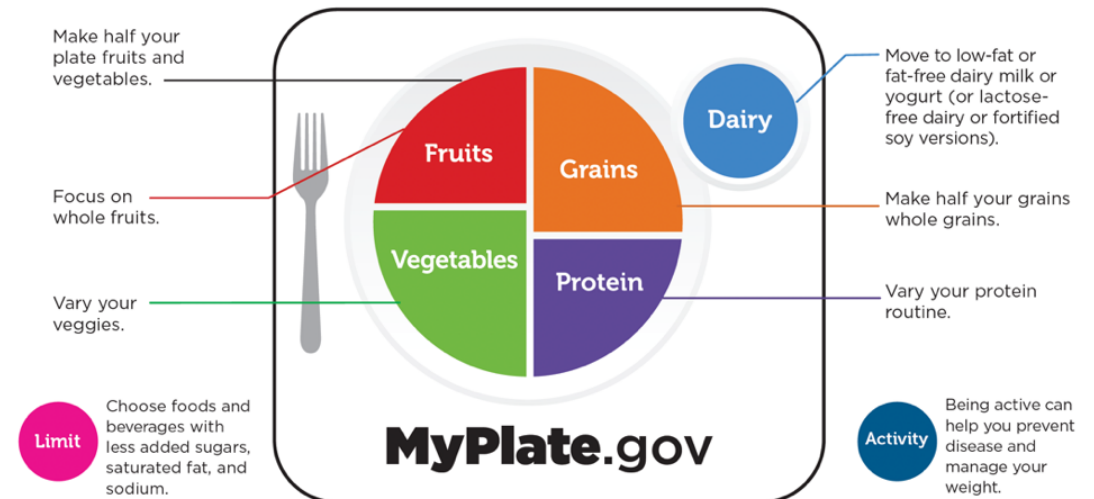
Promote

Promote healthy eating habits.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Start simple with MyPlate

Healthy eating is important at every life stage, with benefits that add up over time, bite by bite. Small changes matter.



DGA Dietary Guidelines for Americans

FNS-921
January 2022
USDA is an equal opportunity provider, employer, and lender.

“Big 9” Allergens & Labeling

The “Big 9” are the nine leading causes of food allergies identified in the US.

In line with FDA guidelines, we have added labels to all in-house prepared packaged menu items. These new District logoed labels include ingredients and the Big 9 allergens where applicable.

Labeling supports students making the right choices for them and provides additional support for F&N Staff to best guide students with restrictions.



Adult/Staff Purchases in the Cafeteria

We invite all adults/staff to dine with us in any of our cafeterias across the District.

Reminder: Adult customers will be charged accordingly including Tax and adequate funds are required.

Although not required to make a purchase, staff have the option to set up a meal account which will allow you to deposit \$ for future purchases. No need to carry cash! Just ask the cashier for a request form to set up your meal account.

Your participation positively impacts the Food & Nutrition Program.

Thanks for the support!



District Staff Meal Account Request Form

Please complete the information below and return to foodnutrition@wpcsd.k12.ny.us to request an adult cafeteria meal account.

Staff Information

Name: _____

School/Location: _____

Employee ID (the number used to clock in): _____

Email Address: _____

Reminders

- All adult purchases made regardless of form of payment must be paid in full at the time of purchase.
- Staff meals are not free and are subject to district pricing and applicable tax.
- A meal account will be created for you to use in the WPCSD cafeterias. Any funds remaining on your account at the end of the school year will roll forward into the next school year.
- You can add money to your account in the cafeteria with cash and/or check (made payable to "WPCSD Food & Nutrition"), or with a card online at MySchoolBucks.com.
- If paying with cash, we request exact change when possible. If you do not have exact change, we strongly encourage you to deposit the remaining balance into your account. Please note, we cannot accept bills larger than \$10 if cash change is requested.

Signature: _____ Date: _____

Once your account has been created you will receive an email from the Food & Nutrition Department with your account number and directions on how to utilize MySchoolBucks.com to fund your account if you chose not to use cash or check.

Thank you for your support!



The Simple Way to Pay FOR SCHOOL MEALS

myschoolbucks.com

 View account balances and meal purchases

 Schedule automatic payments

 Make payments anytime, anywhere from our mobile app

SIGN UP FOR YOUR
FREE ACCOUNT IN

3 Easy Steps!

1

Go to
myschoolbucks.com

2

Create your account

3

Pay with your
credit/debit card
or electronic check

Download
our FREE
app today!



USDA newly released Dietary Guidelines for Americans, 2025-2030

New Dietary Guidelines and the “New Pyramid” were released January 7, 2026. We are awaiting guidance from NYSED office of Child Nutrition and the USDA regarding impacts and changes to K-12 meal patterns and requirements.



[Eat Real Food](#)

The New Pyramid





Menu Updates & New Products

Build your own salad bar has returned to the High School daily offerings!

Bento Boxes – Hummus, Breakfast Bars, Sunbutter Dipper and Nacho

Expanding Breakfast Options – new bars, yogurt and croissants

Updated Breakfast Service Model

Coming Soon! NYS Tortilla Chips and NYS Chili Con Carne



- We are working to increase the variety of daily fruits, vegetables and meat alternates available to students to help students select foods they will eat, eat what they take and help reduce waste.
- Some examples include: Cupped/dried fruit, yogurt options, and vegan taco.



Harvest of the Month - Potatoes



The Harvest of the Month
featured produce is...
Potatoes!



POTATO puns ap-peel to me....

Nutrition Facts	
Serving size	1 potato (148g/5.2oz)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	

Health and Nutrition Go Hand-in-Hand.

Make half your plate fruit and vegetables
and be active every day.

HOW MUCH IS ENOUGH?

One medium baked potato (5.1 ounces or 173 grams), including the skin, provides (2):
Fiber: 3.8 grams, Vitamin C: 28% of the RDI,
Vitamin B6: 27% of the RDI, Potassium: 26% of the RDI

WHY CHOOSE POTATOES?

Potatoes are a good source of antioxidants, which may reduce the risk of chronic diseases like heart disease and diabetes. Resistant starch in potatoes is a source of nutrition for beneficial gut bacteria. Potatoes are naturally gluten-free, which makes them an excellent food choice for people with celiac disease or a non-celiac gluten sensitivity.

HEALTHY SERVING IDEAS

- ★ Baked potatoes with skin is one of the healthiest ways to cook potatoes.
- ★ Smashed potatoes using olive oil in place of butter and leaving the skin on.
- ★ Roast potatoes with lots of fresh herbs.
- ★ Add to soups in place of noodles.

DID YOU KNOW ...?

- ★ The potato is about 80% water and 20% solids.
- ★ The average American eats about 124 pounds of potatoes per year.
- ★ Thomas Jefferson gets the credit for introducing "French fries" to America when he served them at a White House dinner.
- ★ In October 1995, the potato became the first vegetable to be grown in space.



Harvest of the Month Featured Recipe

Roasted Purple Potatoes

Yield: 9 Servings (1 Cup)

Ingredients:

PURPLE POTATOES, SMALL, FRESH
OIL, CANOLA
SALT, PREFERRED STYLE

Amount:

5 Pounds
¼ Cup
1 Teaspoon

Equipment/Tools:

KNIFE
CUTTING BOARD
LARGE MIXING BOWL
FLAT SHEET PAN OR BAKING SHEET

(Optional): PARCHMENT PAPER (Disposable oven safe pan liner) – makes for easy clean-up

Preparation Steps:

1. Preheat oven to 375 degrees Fahrenheit.
2. Using a large pot, bowl or clean sink scrub potatoes with cold water.
3. Once potatoes have been cleaned, towel dry and transfer to a large mixing bowl.
4. Add the oil to the potatoes and toss well to coat all the potatoes.
5. Add the salt to the oiled potatoes and mix well again.
6. Transfer the oiled/seasoned purple potatoes onto a lined cooking pan in a single layer.
7. Roast for 20-30 minutes at 375 degrees Fahrenheit, rotating halfway through cooking to ensure even cooking.
8. Increase the oven temperature to 425 degrees and cook the potatoes 5-10 more minutes until the skin is crispy.
9. Potatoes should reach 140 degrees Fahrenheit internally and be fork tender.
10. With the back side of a spoon, lightly smash each potato.
11. Return pan of smashed potatoes to the 425-degree oven for 10-15 more minutes until crispy.
12. If you will not be eating your potatoes right away, store them above 140 degrees for no more than 4 hours. Just prior to serving place back in 425-degree oven for 5 minutes to crispen back up.
13. Enjoy!

SHOPPER'S TIPS

Choose potatoes that are firm, smooth and free of sprouts. Avoid potatoes with wrinkled skin, soft dark areas, cut surfaces or those green in appearance.
Don't wash potatoes before storing them and keep potatoes in a cool, dark place with good ventilation. A perforate plastic or paper bag offers the best environment.
Don't store potatoes in the refrigerator! When stored at colder temperatures, the starch in a potato converts to sugar, resulting in a sweet taste and discoloration.



Scratch-made Pumpkin Chocolate Chip Bread





New upgraded shelving has been installed in the walk-in refrigerators at several locations.



Physical Activity & Health Updates

K-5 Physical Education & School Community Physical Activities:

- Integration of Fitness Challenges, Basic Nutrition, Health Habits, Cooperative Games in P.E. classes (A part of the – P.E. elementary school curriculum)
- Upcoming Events Including: Jump Rope Event to Support Down Syndrome Awareness, Family Fitness Night (PR); Annual Health Fair (MAS); Walk to School, Jump Rope for Heart Health (GW)

Secondary (6-12) Physical Education & Health: Awareness of Desha's Law

- Knowledge of location of AEDs – prepare to notify adult – prepare to assist by retrieving AED
- Presentation and training in PE classes (by end of Jan.)



Michelle
Liebleim

Phone: (800)252-4555

EAP Website: www.theeap.com/educators-eap

WPCSD District Link: [Benefit Overview - White Plains Public Schools](#)

EAP Printable Brochure: [EDUEAP-Employee Brochure](#)

WPCSD Employee Benefit Summary [Printable Flyer](#)

WELLNESS

Open member discussion to highlight Wellness events/initiatives happening across the District and Community.

Do you have any events you would like to highlight or share with the group?



Meeting Wrap-up
Questions, Comments &
Suggestions

**Future Meeting Dates
SY 25-26:**

Held on Thursdays 1:30-2:15pm

March 19, 2026

May 14, 2026



*THANK YOU
for your hard work and
ongoing commitment to the
Health & Wellness of our
students and community!*





Your Peak Performance EAP Benefits

800-252-4555
www.EducatorsEAP.com



What is the EAP?

Counseling — Confidential support via telephone, live/in-person, tele-health, and through text, chat, and audio messaging.

Work-Life Benefits — Assistance with eldercare, childcare, financial, parenting, legal problems, plus more

Coaching —in 18 areas.

Online Self-Help Resources — Thousands of resources at www.educatorseap.com

Online Training Center - 14,000+ video courses.

Talkspace Go App - 400+ interactive programs, live weekly therapist-led classes, meditation, etc.

Lifestyle Savings Discounts - Discounts, and rewards in a variety of categories.

Supervisor Consults



EAP LINKS:

[Watch the Orientation Video!](#)

[Your EAP Benefit Summary](#)

[Self-Help Resources](#)

Your EAP can help with virtually every area of life



PERSONAL

Personal Stress	Eating Disorders
Anxiety	Life Transitions
Alcohol Abuse	Pregnancy/Post Partum
Drug Addiction	Personal Trauma
Depression	Sexual Concerns
Medical Conditions	Domestic Violence
Grief/Bereavement	Learning Disabilities
Gambling	Smoking
Weight Control	Men's/Women's Issues
Anger	Nutrition
Chronic Pain/Illness	



FAMILY & RELATIONSHIPS

Marital	Teen Issues
Parenting	Domestic Partners
Caregiving	Physical Abuse
Childcare	Family Relocation
Eldercare	Sandwich Generation
Education Planning	Military Life/Separation
Adoption	Disaster Preparedness
Family Pets	Communication
Special Needs Child	Keeping Children Safe
Blended Families	



FINANCIAL & LEGAL

Debt	Criminal Law
Credit Card Issues	DUI/DWI
Financial Loss	Landlords & Tenants
Bankruptcy	Homeowner Concerns
Budgeting	Taxes
Retirement Planning	Insurance
Wills & Trusts	Consumer Law
Real Estate Law	Contracts
Car Buying	Personal Injury
Immigration	Child Custody
Divorce	Social Security
Civil Suits	



WORK & CAREER

Employee Conflict	Time Management
Work Related Stress	Skills Development
Coaching	Project Management
Supervisor Conflict	Motivating Self & Others
Team Development	Valuing Diversity
Career Planning	Managing Change
Management Skills	
Supervising Others	

800-252-4555

EducatorsEAP.com



Who's covered?

- ✔ You & your household members
- ✔ Dependent children **up to age 26** who do not reside with you





Confidentiality

All contacts and counseling records are confidential – except when required by law to disclose:

- ✓ **Threats of Harm to Self or Others**
- ✓ **Abuse of a Child, Elder, or Persons with Disabilities**

ESI Has More Ways to Meet Individual Counseling Needs



ESI counselors match members with ongoing counseling that best meets their needs and lifestyle.



Employees and family members are eligible for 3 counseling sessions *per life event, per contract year, based on the EAP plan.**

* Counseling sessions include in person, telehealth, text, voice, and video messaging.



Each caller is matched with the best counseling option: text, voice, and video messaging, telehealth, and local in-person counseling.



Coordination with the health insurance offered by your organization.



Best time
to call is
8AM-8PM EST

Financial & Debt Education

- ✓ Budgeting
- ✓ Debt counseling
- ✓ Mortgages and home ownership
- ✓ Financial planning referrals
- ✓ Self-help resources on the Member site that include a collection of calculators, budget templates, financial forms ***and more!***



Best time
to call is
8AM-8PM EST

Legal Benefit

Designed to help you with personal legal issues

- ✓ Traffic Violations, Divorce, Custody and more
- ✓ There is no charge for your initial phone consultation (*up to 30 minutes*)
- ✓ If you need to hire an attorney, the billable hourly rate is discounted by **25%**
- ✓ Legal library on the EAP website which includes: Will and Power of Attorney templates, contract samples and more
- ✓ The legal benefit is not available for issues related to employment or medical concerns
- ✓ Legal referrals are completed during standard business hours



Best time
to call is
8AM-8PM EST

Child & Elder Care Resources

Child Care Referrals

- ✓ Family Daycare, before and after school care, in-home nanny agencies and day camps

Elder Care Referrals

- ✓ In-home care, day care and social programs, transportation, housing options and care managers
- ✓ Self-help resources on the Member site that includes a collection of locators, articles and tools



Best time
to call is
8AM-8PM EST

Peak Performance Coaching



- ✓ Personal Finances
- ✓ Budgeting
- ✓ Saving & Spending
- ✓ Home Purchasing
- ✓ Student Debt
- ✓ Effective Communication
- ✓ Basic Supervisory Skills
- ✓ Workplace Conflict
- ✓ Work-Life Balance

- ✓ Resilience
- ✓ Practical Aspects of Retirement
- ✓ Relaxation Coaching For Beginners
- ✓ Fitness
- ✓ Nutrition
- ✓ Weight Loss
- ✓ Stress
- ✓ Nicotine Cessation
- ✓ Substance Misuse



**Best time
to call is
8AM-8PM EST**

Lifestyle Savings Benefit

Enjoy discounts, rewards and perks on thousands of the brands you love in a variety of categories:

- ✓ **Health and Wellness**
- ✓ **Auto**
- ✓ **Electronics**
- ✓ **Apparel**



Lifestyle Savings Benefit

- ✓ **Restaurants**
- ✓ **Beauty and Spa**
- ✓ ***And more!***

Online Training Center

Our Extensive Library of Training Center Courses

- ✓ Sales & Customer Service
- ✓ Teamwork & Collaboration
- ✓ Building a Respectful Workplace
- ✓ Communication & Conflict Management
- ✓ Safety & Risk Management
- ✓ IT & Software
- ✓ Working Remotely
- ✓ Health & Wellness



- ✓ Digital Wellness
- ✓ Goal Setting
- ✓ Mindfulness, Relaxation, Meditation
- ✓ Building Resilience
- ✓ Budgeting, Saving, Investing
- ✓ Relationships & Parenting
- ✓ Compliance issues: harassment, discrimination, substance abuse



Personal Research Assistant

Assists Members searching for local community resources and solutions

- ✓ Scholarship and financial aid resources
- ✓ Home-based service needs
- ✓ Support groups
- ✓ Summer camp options



Best time
to call is
8AM-8PM EST

A person is seen from the side, sitting at a desk and using a laptop. The laptop screen displays the Educators EAP website, which features a navigation menu at the top with links like EMPLOYEE, EMPLOYER, EMPLOYEE EAP, ABOUT US, RESOURCES, and BLOG. The main content area has a header with the 'Educators EAP' logo and a sub-header 'Educators' EAP'. Below this, there is a large image of a woman and a child, and a paragraph of text. The person's hands are visible on the laptop keyboard.

Visit the EAP Website!

- ✓ Learn About the EAP
- ✓ Thousands of Resources
- ✓ Download the EAP Mobile Website (App)

 **EducatorsEAP.com**



TotalCare EAP
Public Safety EAP
Educators' EAP
Higher Ed EAP
HealthCare EAP
Union AP

[Member Login](#)[Contact Us](#)[EMPLOYEE](#)[EMPLOYER](#)[EXPLORE EAPS](#)[ABOUT US](#)[RESOURCES](#)[BROKER](#)[PROVIDER](#)[Login](#)[MEMBER LOGIN](#)

Educators' EAP

Educators' EAP is designed specifically for educators. We offer twice the number of solutions for personal problems and a targeted menu of benefits and resources addressing the unique professional issues they face. Our Peak Performance Benefits are redefining the EAP. We start with all the traditional EAP counseling services designed to address significant life problems and we add Work/Life benefits to address the everyday problems involved in juggling work and family. But that's not all. We go one step further to deliver benefits designed to enhance quality of life not just for your employees and their family members, but for managers and supervisors, too. And we help all employees to achieve their Peak Performance best through training, coaching and wellness.

Check the topics below to learn more.

[Employee Video](#)[Employee Brochure \(PDF\)](#)

Accessing Your Self-help EAP Benefits



1. Log on to www.EducatorsEAP.com.
2. Click the **Member Login** button.
3. If you've already created a Username and Password, simply enter that information in the appropriate boxes.
4. If you have not registered, click on **REGISTER**.

A screenshot of the Educators' EAP login page. The page has a white background with a blue header. The main heading is "Sign in to your account". Below this are two input fields: "Username or email" and "Password". To the right of the "Password" field is a link labeled "Forgot Password?". Below the input fields is a checkbox labeled "Remember me". At the bottom of the form is a blue button labeled "Sign In". Below the "Sign In" button is a link labeled "New user? Register". At the very bottom is a link labeled "For Technical Support, please contact us here". Annotations with orange lines point to the "Sign In" button, the "Forgot Password?" link, and the "Register" link.

Sign in to your account

Username or email

Password

☐ Remember me

[Forgot Password?](#)

[Sign In](#)

New user? [Register](#)

[For Technical Support, please contact us here](#)

Sign In

Update Password

Register

Registration

5. Fill out the Registration Form and create your own Username and Password, then click **REGISTER**. You only need to register once.
6. Please Note: You will receive a link at the email address you provided and will need to verify your account before logging in and accessing the site.

The image shows a registration form titled "Register" with a legend indicating that fields marked with an asterisk (*) are required. The form includes the following fields and instructions:

- Organization ***: A text input field. Instruction: "Type the first few letters of your organization and then choose one of the suggestions."
- Username ***: A text input field.
- Password ***: A text input field. Instruction: "At least 8 characters and contain at least 1 uppercase letter and 1 digit."
- Confirm password ***: A text input field.
- Email**: A text input field. Instruction: "You must use a valid email address to verify your account."
- First name ***: A text input field.
- Last name ***: A text input field.

At the bottom of the form, there is a link "[← Back to Login](#)" and a blue button labeled "Register".

Labels on the right side of the form, connected by orange lines to the corresponding fields, are:

- Organization Name
- Username
- Password
- Email
- First and Last Name

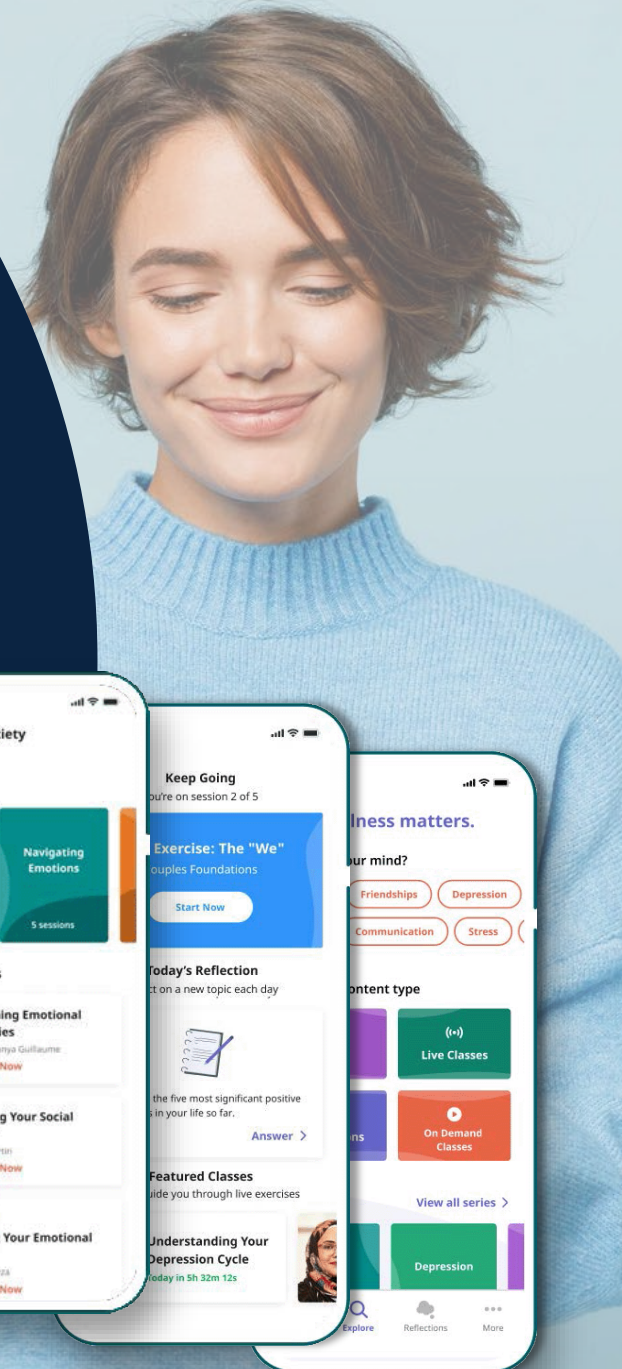
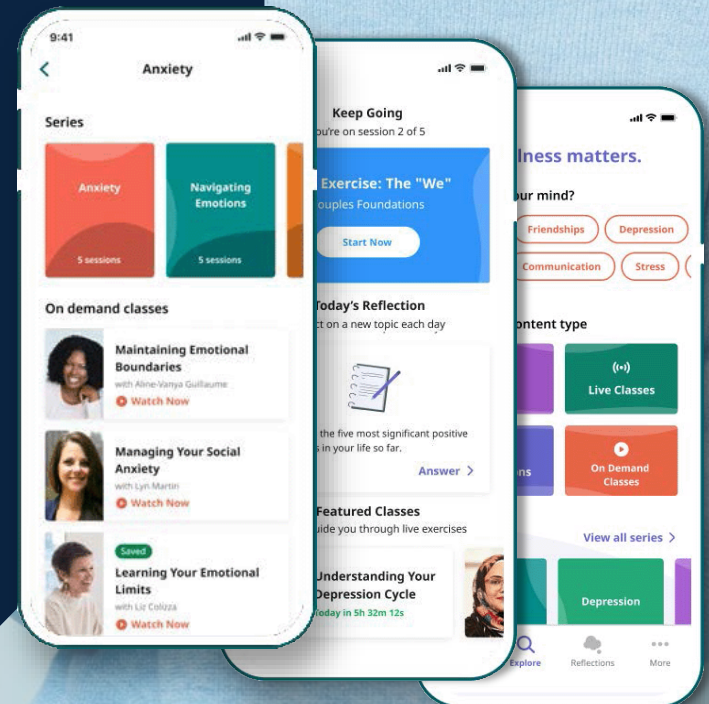
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NEW!

Talkspace Go App

All members can improve mental health and wellbeing in just 5 minutes a day with self-guided programs for individuals, couples, and parents.

- ✓ 400+ self-guided, interactive courses
- ✓ Live weekly therapist-led anonymous group classes
- ✓ Assessments, meditation exercises, journaling, & reminders
- ✓ Address anxiety, stress, burnout, trust, & more
- ✓ Use organization code: **ESIEAP**





CONTACT US



800-252-4555



EducatorsEAP.com



More Benefits for Employees

More Services for Management

Better Results than any other EAP



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