

Wellness Committee Minutes

March 5, 2026

Attended: Nick Milone, Jeanette Slimmer, Shelly Lappi, Matt McFarland, Priscilla Barahona, Elizabeth Kriel, Morgan Miller, Vanessa Sanders, Natalie Sinclair, Livia Powell, Tammy Signor

Absent: Kristy Caywood, Christine Biggins, Crystal Grossman, Katherine Scheifer, Belinda Wallen, Penny Adams, Michele Pecaitis, Alison Flores, Jennifer Weigle, Tara Zimmerman, Rachel Hastie, Fleesa Winters, William Morris

Opening of Meeting: Nick called the meeting to order. Minutes from the December 18, 2025 meeting were approved by Priscilla Barahona and second from Jeanette Slimmer.

Initiatives: Food allergens to be aware of & inflammatory issues using better food choices.

Wellness Resource Review:

Each topic was highlighted by having on the projector screen.

Alliance for a Healthier Generation

USDA Dietary Guidelines for Americans 2025-2030 - concerns about sugar and sodium, local foods from local farms.

Penn State PRO Wellness – FTE and VIDA are on the map. PDE – Local Wellness Policy Resources

GENYOUTH School Wellness Portal – grants available to be used for breakfast expansion. We will use as smoothie cart.

Highmark Foundation – Grant for \$7,500. General wellness, backpack meals program. Jennette reported the nurses utilize services and so does Jen Weigle.

Committee Member Reports/Discussions:

Elementary Schools – Shelly reports they have Girls on the Run at FTE.

Family/Consumer Science – Liz reported that the PA Nutrition Education Network partners with SNAP. Food literacy connection and purpose in the classroom in April. In October, Liz received her Master's in Nutrition. Her Capstone was on Food Literacy including knowledge and preparation through the lens of mental health. This is information that pertains to all students and athletes. Presentation will be done in April for her classroom. Offered 2 sports nutrition classes in the fall. "Empowering Adolescence through Food Literacy from Reactivity to Resilience.". Explained crumble cookie and making into a more health snack. Importance of citing sources for her students of where she is getting the information as she is teaching them. Early learning for 3-5 year olds could have a yogurt parfait with granola.

Health Services - Jeanette thought all schools were involved with Penn State PRO Wellness. Dealing with medical emergencies. Educating students on good choices for lunch. Working on one child at a time to make better choices/changes with food. Students aren't eating breakfast and gave example of one student that didn't eat. Priscilla mentioned that the Middle School has a flex cart. 2nd chance breakfast was stopped in the classroom. Jeanette mentioned the Subway machine at High School. Nick reported that it is not available during food operating times. Food Services tried to offer food at the high school last year for afterschool but couldn't staff it. Matt reported it seems to be going well, Liz is opposed to the Subway machine due to the sugar based cookies. ACTI has milk vending. Active and Fit work out videos available.

Community/Others – Natalie reported the 13th Empty Bowl fundraiser will be held on Friday, May 1 at Gettysburg College from 4-7. Nick will be making a soup. The money goes to the gleaning project. There is no direct government funding. The Adams County Food Policy Committee will be at the Farmers Market on Saturday, April 25. Penn State Extension will have interactive event on May 9. Vanessa offered to promote it by sending information out through Peach Jar.

Food Services – Farm to School Network Updates – Lincoln will have displays, sampling and a farmer to talk. James Gettys had previously participated. FTE will be held on 3/25 and VIDA 4/1. Ordered 8 flats of strawberries from FFA for HS and LE to use as sampling. Procurement information – USDA requires to buy American with non-American being limited to 10%. Whole milk will probably be used next school year. 2% or whole milk for lunch can be used. Whole milk will not be served for breakfast. Milk is not funded by USDA. It is regulated by the state. Our vendor is struggling with cartons. Spring Grove offered a presentation with Rutter's to their students. Priscilla commented that the children prefer Rutter's to Swiss. Nick reported we are not tied to Swiss. It is not selected through the bidding process. The bid process is for grocery, paper supplies and a few others. Rutter's didn't meet sugar requirements prior to the start of school. They provided documentation in September. Possible return next year. Supply Chain Funding – USDA grant was received for \$15k. Commitment in sourcing local food. Emily and Penny went to CTA last year and wrote a report. We would have liked for employees to go again this year but the event is further away and not feasible. Received money that will be used for small wares. Conference in Lancaster about the journey of farm to school through K-12 and bringing back scratch cooking over the past 2 years. Harvest of the Month – Farmer came out and we did sampling. PA Preferred Days – We will have one in April and one in May. We will incorporate this into our recipes to add to the menu. Referenced Mud College Farm with salsa and salad. Beef Council – meat funded by USDA from private donations to offer at a lower cost

to the schools. We will pay 50%. We will be ordering from Bucher's for smashed burger bar, steak meat and stir fry in early May. Since the meeting the meat will be coming from Happy Valley Farms. They are part of the Beef Council. Elementary will have General Tso. Livia mentioned she has liked the sampling and especially this week. Middle School sampled today. Priscilla mentioned they had one of the best chicken products they ever had with good flavor. It was from Gold Creek. Portion sizes are bigger and meets the guidelines.

No updates from Family Navigators, Student Council, Social Services, Secondary Schools, Physical Education mostly due to committee members in attendance.

Health and Wellness Goals/Events:

Free Community Event – Keeping Kids Safe from Hidden Digital Dangers – Wednesday, March 25 in GAHS Auditorium at 6:30 p.m. Resource Fair begins at 5:30 p.m.

Free Student and Staff Event – Balanced Nutrition – Developing Sustainable Healthy Habits Cooking Demo – Hosted by Giant Foods, Adams County Food Policy Council, and GASD Food Services. Event will be called GASD Wellness Committee Warrior Wellness Night to be held on Tuesday, April 14 from 5-7 p.m. in the GAHS Café. This will be on a smaller scale than the event last year that was held at the Middle School. This event includes live healthy cooking demonstrations, lean animal and plant-based protein recipes, fresh seasonal vegetables from local farms, cultural spices to expand your palate and pantry, mindful eating and portion guidance, budget-friendly grocery tips, weekly family menu planning tools, food sampling and Q&A. Take home resources will be available that include a healthy weekly menu template, smart shopping checklist, featured recipes from the demonstrations and simple accountability tracker from building lasting habits. This event is for students, parents, guardians, staff and district board members. Sub Committee will meet to discuss planning for this event with dates to be announced. Matt will see how this goes to see if this is something that could be worked into professional development days for the 26-27 SY for generating ideas.

Next Wellness Committee Meeting will be April 16, 2026 from 3-4 p.m. in the Admin Board Room. This will be the last 25-26 SY meeting.