



HEALTH AND WELLNESS COMMITTEE MEETING MINUTES

May 5, 2026

12:00 p.m. – In Person Meeting - Zaino Conference Room

Committee members present: Rowena Jeffrey, Courtney Hamilton (Aramark), Kerri O'Donnell (Aramark), Robert Stein, Dr. Roger Bloom, Dr. Tahira A. DuPree Chase, Brian Sudran, Tracy Provenz, Todd Goodwin, Mary O'Neill, Mike Hardy, Anthony Servidio, Giuseppe Alviano, Dr. Roger Bloom

Committee members not present: Andrea Ramos, Richard Canalini, Grace Machinski, Laura Penfold, Dr. Theresa Williams, Elaine Lovell, Rachael Castillo, Philip McCarthy, Doric Capsis, Karen Suarez

The Health and Wellness Committee meeting commenced at 12:00 p.m. The in-person meeting was held in person at the Zaino Conference Room.

1) **Aramark Report** –

New Chef - Aramark hired a new chef who is working with the food service teams at all the schools.

Smoothies – Aramark has started serving smoothies on the breakfast menu at the High School which has resulted in very positive reviews from the students. The smoothies contain frozen fruit and yogurt. Aramark is reviewing numerous flavors and recipes for the smoothies and plans to expand their availability in the near future.

Career Day – Courtney Hamilton (Food Service Director) visited the Park and Drexel Avenue Schools and did a presentation on careers in food service. The presentation was well received by the students. At the Middle School, Aramark hosted a Caribbean Day Lunch with jerk chicken, arroyo chicken and empanadas.

Student Nutrition Meetings – Aramark plans to have additional Student Nutrition Meetings at all the schools prior to the end of the school year. In these meetings Aramark listens to the students' needs and suggestions. It is also a good opportunity for the students to get to know the nutrition team. Aramark stated that they have been aligning more cultural foods at the High School and Middle School.

The Student Viewpoint Survey - Aramark is in the process of conducting a student viewpoint survey. The survey invites input from students around the District. Currently 29% of the students have responded. Aramark commented that the response rate is higher than what is usually seen in the districts they serve. The Middle School and Park Avenue had the highest response levels. So far, the feedback has been positive. Aramark stated that the feedback helps them with future menu planning. One of the negative comments in the responses is that the students commented that they did not have enough time to eat.

After School Student Athlete Dinners – A question arose regarding dinner meals for student athletes participating in after school sports. It was noted that some student athletes have an early lunch period and they may not consume anything else prior to the afternoon athletic sports programs. Aramark does make afternoon snacks available under the School Lunch Program. The District investigated this issue last year with the CACFP (the organization that funds the dinner program). Unfortunately, under the dinner program, student after school sports activities do not qualify for dinner meals. Fortunately, all after school educational programs do qualify for the dinner program, an example would be the CCLC programs. If student athletes would sign up for the CCLC program prior to sports activities, they would qualify for meals. A question arose regarding the possibility of adjusting mealtimes so students could eat later in the day but after discussion it was realized that it can be difficult to fit all requirements into the school schedule so some early lunch periods are necessary. It was brought up that the Westbury UFSD had the highest participation rate among area schools for the CCLC program.

Dinner Program – Aramark reported that students preferred the hot meals for the dinner program. As the Dinner meal participation was not as robust as expected, Aramark is working with Faculty representatives to notify students of the available dinner meals. The CACFP dinner program encourages students to eat dinner meals in the cafeteria. The dinner program started late this year due to the Federal Administration's budget issues in the Fall.

Meal Participation – Aramark noted that there has been a decline in student enrollment in the last few years that has affected meal counts but that participation per student is increasing. Year to Date: Lunch participation is at 86% and breakfast participation is at 56%.

Food Service Comments – Two athletic coaches requested specific fruits (i.e. orange slices, strawberries) for the field day events at the end of the year (as part of the Fresh Fruit and Vegetable Program). The School's Lunch Manager will work to fulfill the requests.

Questions/Comments from the Committee – The annual Chopped event is coming up on May 19th and will be held in the in the High Schools 9th grade cafeteria. It was noted that several Staff and Faculty Members were planning to participate again this year. The Districts Athletic Awards Dinner is scheduled for Tuesday, June 2nd. Participation is expected in the range of 250 to 300 people. Dinner is from 6-7, awards to follow.

Dr. Chase commended the committee on their spirit and participation and making the extra effort and going the extra mile for Westbury. She thanked the committee for their participation.

The meeting was adjourned at 12:41 p.m. This was the final meeting for the 2025-2026 school year. The Health and Wellness Committee will convene again next year.

Respectfully submitted,

Michell C. Delmonte-Synnott