School Administrative Unit #41
Hollis, Brookline & Hollis Brookline Cooperative School Districts
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4 Lund Lane, Hollis, NH 03049

SAU41 USDA Wellness Committee Minutes

Thursday, October 29, 2026

Via Google Meet | 3:30pm

3:30pm: Call to Order

Members in attendance: Beth Williams, Raphael Zack, Amy Cassidy, Lance Flamino, Emmie White, Melissa Mack, Kathleen Turner, Lynn DiZazzo

1. Introductions
2. Brief overview of the Committee for new members

Emmie opened the meeting with a brief hello and overview of the agenda. She reiterated that the USDA Wellness Committee is mandated by the state and regulated by School Board Policy JLCF: Wellness. JLCF was readopted by the school board's in SAU41 last school year and is in full compliance.

She continued by saying that the charge of the committee is to endorse staff and student wellness initiatives. They do this by setting wellness goals that each building should strive to reach throughout the school year. Every three years, the District is required to complete Triennial Assessments which compiles the goal completion data over a three year period. Emmie asked Lance to elaborate on the work he, she, and Amy did this summer.

Lance went on to say that the three of them completed the Triennial Assessment for all three school districts over the summer over a series of meetings. Emmie let the committee know where they can find all items related to the committee on the website.

3:35pm: Food Service Update

1. Amy to update the group

Amy shared all schools are following regulations and there is not much new to report - sugar in items being served is being looked at - such as milk, yogurt and breakfast cereal. Sugar reduced items are overall received well except yogurt in the COOP - working on this. Other than that we have been fortunate to have enough staff to incorporate a ton of fresh items each day…cantaloupe, grapes, honeydew, oranges are all served weekly along with salads and fresh veggies and dip multiple times a week.

3:45pm: Benchmark Assessment Goals and Instructions

1. Amy, Emmie, and Lance to provide overview of the First Wellness Assessment results
2. Questions

As part of our compliance, Emmie asked the school Wellness Coordinators to start work on their 2026-27 Wellness Goals Sheet. She reiterated that this sheet starts every year blank and Coordinators are asked to slowly fill it in throughout the year as goals are met. This year, the goals were tweaked so that every school has the same goal list. This made much more sense to have all schools on the same streamlined form than different versions.

She went on to share that she was very pleased with results thus far. Many goals have been started and some even completed in the first seven weeks of school. Most Coordinators made notes that work towards goals later in the year have been started which was great to see too. The start of the year is not intended to have all goals completed - work in progress all year is the intent. A lot of behind the work scenes happens so we can keep an “eye” on what happens at the school level.

Emmie, Amy & Lance thanked everyone for their time and effort in making this committee successful.

3:42 pm: Adjournment