

Wellness/Nutrition & Physical Activity Advisory Committee

February 21, 2019

District Office Board Room

Members

Aaron Bradford, Food Service GM

Jessica Miller, Parent

Willow Shanahan, Physical Education Teacher

Lisa Gideon, School Nurse

Marge Cody, Community Member

Matt Ishler, Principal

Connie Smejkal, Board Member

Kim Fry, Superintendent

1. Focus areas for 2019-20:

The committee agreed on the following focus areas for the 2019-20 school year:

- Encouragement of Free & Reduced Meal Application completion.
- Continued promotion of breakfast participation.
- Support Rochester Primary School to secure grant funding for a walking track.

2. Food Service Updates – Aaron Bradford, Food Service Manager

The following regulation changes were reviewed:

- 49% non-whole grain (from 100%) The district will continue to serve whole grain bread.
- Future 20 min. seat time for eating
- Recess before lunch

Discussion occurred about the timing of the new requirements and the impact the changes will have on schedules, classroom instructional time and employee costs.

The A-Z Salad Bar program is being extended to 6-12. Last week was “F,” students had the opportunity to try a fennel and apple salad.

The Chef in the Classroom program will be starting at RPS soon. Aaron will go in to class, read a nutrition related story and then students will have a fruit tasting. School Nurse, Lisa Gideon volunteered to work with Aaron on this project.

Discussion occurred regarding staff and parent use of the So Happy App for carb counts and other nutritional information.

3. Review of Progress Toward Wellness Policy Goals

The committee completed a review of the district's progress toward the goals identified in Policy 6700 Nutrition, Health and Physical Fitness.

4. Upcoming Meeting Dates

The committee's next meetings are scheduled for March 4, 2020 and May 20, 2020.