

APPROVED: 1/11/23 Wellness Committee Meeting Minutes

Meeting Date: 1/11/23 at 8:00am, District Office

Meeting Called to Order: 8:01am

Pledge of Allegiance

Attendance:

Present: Kristen Crandall, Maria Barton, Andrea Cucci, Matthew Flusser, Carol Geldof, Marie Johnson, Peggy Kelland, John Lumia, Michael McFarland

Absent: Kurt Jesman, Brandon Opitz, David Seipp

Motion to begin: 8:01am - Mrs. Johnson; Mr. McFarland (1st, 2nd) all in favor

Meeting Minutes: 10/12/22 minutes will be reviewed and brought to the table at the March meeting along with January's minutes.

Nutritional Information: Mr. Flusser explained the smart snack calculator and how the nutritional content is added to determine a meal's requirements for fat, sugar, salt and calories. Can we expand options? Yes, if students were willing to buy them. The offerings don't always look healthy but they meet the requirements. The balance of business vs. healthy options bears on us - keeping students happy is the goal. We don't want to waste food if no student wants to eat it and therefore we keep offerings to what are most popular. Mrs. Johnson: also be mindful of expiration dates of inventory.

Mrs. Kelland and Mr. Lumia joined the meeting at 8:09am.

Ms. Geldof: Time waiting on line and the short timeline to eat lunch is a concern. Mr. Flusser: we have limited the options in most schools to expedite the cafeteria line. Ms. Crandall will also get on the agenda at a principal's meeting to discuss the concerns as they build their master schedules for the 2023-2024 school year. Discussion on how recess is scheduled and not used as discipline, as well. Mr. Flusser: Supply chain costs are staggering, this is another reason to limit choices on the line. Mrs. Kelland added they did not have options when she was in school, not even for white milk vs. chocolate milk.

Mrs. Johnson asked about the free meals and what can be done as this was good for WCSD and the students. What does this mean for a la carte sales? Mr. Flusser: both can be done without an issue. Participation was huge during free meals which required more staff and food but all are happy problems when feeding more students.

Ms. Kelland asked if NYSSBA or the BOE putting their authority behind free meals - would that be something that can be supported by WCSD Food Service. Yes, per Mr. Flusser, but of course the ramifications as to making enough food vs. not. But batch cooking occurs at the schools so this could be overcome quite easily if more food is needed on any given day.

Mr. Flusser explained offer vs. serve and how that method actually wastes food. Brief discussion on WJHS cafeteria and kitchen set up with kudos to WJHS administration for handling student flow. Ms. Cucci: have one kitchen and two cafeterias - brief discussion on how students want to be with peers and that may include spending time in the lunch line together, Mr. Flusser explained how breakfast works

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in the schools - elementary and secondary. Ms. Geldof asked about snacks during the school day at elementary schools and Ms. Crandall indicated she would find out what the practice is and report back to the committee. Processes within the elementary schools to assist with meal prep in each kitchen - some schools send lunch orders down daily. Ms. Crandall will get on the principal's meeting agenda for this item to ask for assistance as well.

Surveys: Homework for everyone to be done in the coming weeks as we formulate these surveys, get the word out to all about them. Per Mrs. Johnson: use rewind, social media, principal announcements and emails home to families, etc. Concerns on low numbers of participation so we need to make sure the questions are pertinent. Family surveys could be done for each student per Ms. Geldof which may provide more accurate data. Mrs. Johnson: better data assists in better decision making and more reliability. Mr. Lumia suggests that elementary students have the survey taken by raising their hands in the classroom and the teacher tallies and provides the results. Mr. Flusser stated that 60% of the population targeted provides more reliable data. Make the questions interesting. Ms. Barton suggested getting the PTA involved. Ms. Geldof: building principal could also provide the link as well.

Survey questions should focus on what? Overall wellness as this goes further than the food in the cafeteria. Each member is tasked with a couple of questions...follow-up will go back and forth between the committee over the next month and the March meeting will be the questions and "how" to get the word out to complete the surveys.

Ms. Cucci was thanked for providing the wellness wheel info to the Committee. Ms. Crandall apologized, as we just jumped right in the meeting and did not take the opportunity to introduce Ms. Barton to the committee. Ms. Barton shared her reason for interest and background and she was welcomed.

Motion to Adjourn: 8:59am by Mr. Lumia; Mrs. Kelland; (1st, 2nd). All in favor of adjournment.