

DRAFT: Wellness Committee Minutes

Meeting Date: Monday, 6/8/20

Meeting Called to Order: 8:00am (motion: Mrs. Kelland, second: Mr. Rubin)

Pledge of Allegiance

Minutes Approved: (to be and approved at first meeting of the 20-21 school year)

Attendance (Remote)

Present: Kristen Crandall, Matthew Flusser, Kurt Jesman, Peggy Kelland, Mary Merenda, Marie Johnson, Robert Rubin, David Seipp

Absent: Rebecca Barry, Justin Feldman, Christopher Knight, John Lumia, Susan Riordan

Minutes: Motion to approve the 5/19/20 minutes by Mrs. Kelland second by Mr. Rubin, all in favor unanimous

Main focus of the meeting was to review the surveys sent to the community on 5/19/20 and to all students in grades 7-12 on 5/26/20.

Community responses totaled 625 and student responses were at 386 – by far the most we have ever received.

Mrs. Kelland mentioned that the survey comments suggested non-sweet cereal options for breakfast. Additionally, many students do not buy lunches due to scheduling conflicts. The fact that there are no after school buses, every day for students to participate in activities, is a budgeting problem.

Ms. Crandall shared that the high school principals are aware of the scheduling concern and yet students wish to get in as many classes as possible. Principal Seipp concurred.

Mr. Flusser also shared that there are non-sweetened cereals in all schools - Cheerio's as an example. That is in addition to the many unsweetened snack options as well.

Mrs. Johnson shared the concern from the surveys on food allergies - gluten and dairy and how to find the information on the monthly menus as well as the skipping lunch were concerns.

Mr. Flusser and Ms. Merenda confirmed that specific allergies are addressed with the nurse in the building and food service. The more commonplace allergies (i.e.: nut) are handled without any issues. The menus do include the common allergy information.

Mr. Flusser also shared about the expansion of the vegetarian menu offerings in the coming 20-21 school year. The Food Service department recognizes the growing need for both vegetarian and gluten free options and with more items available on the annual bids, this is a possibility.

Mr. Rubin asked about allergies and the nutritional labeling on the package. Mr. Flusser shared that the gluten free options are individually packaged much of the time due to cross contamination. Since a small portion of each school community requests these options they can be kept frozen until needed when they are packaged as is.

Mr. Flusser shared that there were many useful comments that assist the department in building menus. For example, a daily pasta may be offered with choices of toppings based on the responses received. Truly constructive comments can help in building the program.

Ms. Crandall thanked the entire committee for their service in this past school year. Working with them was very rewarding.

Motion to Adjourn: 8:16am (motion Mrs. Johnson; seconded Mrs. Kelland)