

## **ER9 WELLNESS ADVISORY COMMITTEE**

### **MINUTES – MEETING February 11, 2011**

Present: Jeff Brown, Claudia Downey, Marie Mas, Ann Metcalf, Meg Whitbeck, Peggy Zamore

The meeting was called to order at 1:10 pm.

#### **Update on Cornell University Nutrition Study**

M. Mas reported for M. Basak-Smith about the status of the study. Parental permission is being sought to study 4<sup>th</sup> graders in both districts in regards to their lunch food choices. A “report card” would be issued for the students tracking their food choices; researchers would then observe whether any changes in student choices occurred after the report card had been sent to parents.

#### **Presentation: National School Lunch Program**

M. Whitbeck, Resident Dietician from Chartwells, discussed the program in terms of the reimbursements per meal, the guidelines for determining how many calories are offered per meal and the composition of those calories, and the food group offerings per meal. Chartwells follows federal requirements, ER9 requirements, and their own standards for determining menus and setting recipes.

#### **Nutrition Lessons**

Dieticians from Chartwells have designed free, 10 minute nutrition lessons for grades K – 12. Teachers may access these lessons at [www.eatlearnlive.com/teacherresources](http://www.eatlearnlive.com/teacherresources) . Last year’s lessons focused on cultural foods and sustainability; this year’s lessons focus on eating locally, eating breakfast, eating for energy. A meeting for teachers K – 12 in ER9 will be scheduled in the coming months to introduce these lessons.

#### **Update on ER9 Food Service**

Ann Metcalf reported that getting fresh produce can be challenging due to the weather that the area has been experiencing. Choices are somewhat limited.

### **U.S. Healthiest Challenge (HUSSC)**

M. Whitbeck presented information about the U.S. Healthiest Challenge. It is an initiative to recognize schools participating in the National School Lunch Program. Monetary awards are given to model schools. ER9, through school principals and school representatives, can submit an application with assistance from M. Whitbeck, Dietician.

### **Review of ER9 Wellness Policy: Fundraiser Section**

It is encouraged that school fundraising projects not involve food items, and if they do, there are guidelines that must be followed.

### **Chartwells \$2000 Grant for 2011 – 2012 School Year**

Next year's grant will be given to John Read Middle School. The school will submit a grant request with its plan for use of the money.

The meeting was adjourned at 2:20 pm.

Respectfully submitted by Claudia Downey