

Wellness Meeting/Minutes  
1<sup>st</sup> Quarter  
Wednesday, September 25, 2019  
8:00 – 11:00

- I. Welcome
  - a. Each person shared something good
- II. Menu Review
  - a. Stacy Adams shared how the meal plans were developed. They make sure they have a favorite of students each day.
  - b. Changes in the % of Whole Grain – allows for pasta, biscuits and tortilla shells to not be whole grain
  - c. Backed off of the sodium reduction
  - d. Cafeteria changes
    - i. Elementary now has two hot lines
    - ii. Top choices
      - 1. Pizza pack
      - 2. Sunbutter
      - 3. Salads
      - 4. Cheeseburger
      - 5. Chicken nuggets
    - iii. Middle school
      - 1. Grill station
      - 2. Pizza, corndog, hot dog
      - 3. Sunbutter
      - 4. 2 hot lines
    - iv. Junior High and High school
      - 1. Home Zone
        - a. Pasta Bar
        - b. Home cooked
        - c. Wings
        - d. Oriental
        - e. Backed potato bar
        - f. Nachos are big
- III. Set up the next 3 meetings
  - a. Wednesdays at 8:00 are good
  - b. Quarter 1- September
  - c. Quarter 2- November
  - d. Quarter 3- February
  - e. Quarter 4- April
- IV. Adding community members to our committee
  - a. Each person is supposed to bring a community member to the next committee meeting.
- V. SHI- complete it/update it

- a. Complete modules 1,2,3,4,10,11
- b. Complete all tabs
- c. Make sure your goals in SHI are shown in Indistar form

VI. Indistar Form

- a. Demonstrated how to get to the form
- b. Discussed each area.
- c. Goals from SHI
- d. BMI data