

Wellness Committee Meeting #2 SY 2024-2025 Minutes:

Meeting began at: 12:30 PM on Thursday, January 23rd, 2025

Attendance:

Amanda Tarantino
Charity Campbell
Maria Simon

Meeting Overview:

- Recap on the committee's current wellness goals for the current SY
 - Increase in nutrition education initiatives
 - Nutrition education awareness and availability using marketing and promotions

Topics of Discussion:

1. Progress in goals
 - a. Hydroponic farming for all 2nd graders – last group of 2nd graders @ Village & Strand will complete their 6-week hydroponics course on 2/12
 - b. Harvest of the Month Program
 - i. Began offering samples of the Try it Tuesday samples and the Farm Fresh Friday item along with a QR code that links to the farmer's website and discusses how the featured item was grown. Teachers have been speaking about these local farmers to their students and encouraging them to try the local food when they come through the cafeteria.
 - ii. CNS staff have noticed more interest from students in the HOM features because of teachers encouraging their students to try them!
 - iii. Videos of the farmers at their farms, usually featuring their fruit/vegetables and/or working on their farms, are featured on our digital display boards at lunch in the cafeterias for students to learn more about the produce featured and the local farmer being highlighted
 - c. National Nutrition Month – March 2025
 - i. CNS will be highlighting a new food group each week, and will be featuring a new recipe with the food group item
 1. 03/03 – fruit group – coconut water
 2. 3/07 – grain group – orzo salad
 3. 3/14 – protein group – tri-colored bell pepper salad
 4. 3/21 – dairy group – cottage cheese Jell-O
 5. 3/28 – protein group – mung bean salad
 - a. Maria will be completing a press release on this to spread awareness of the event to all stakeholders

Next Meeting

May 2025 – time to be determined

Meeting concluded at 1:15 PM January 23, 2025