

Easton, Redding & Region 9 Boards of Education
Wellness Committee Meeting
October 23, 2015
JBHS Crowley Room 1

Attendance

In attendance were: Robin Abramowicz, David Breyer, Dan Geraghty, Elizabeth Giglio, David Kennedy, Colleen McLeod, Stephanie Noto, Stephanie Pierson Ugol, Laura Ponzio, Mary Ann Sheehy, and Student Reps: Alex Harvey and Kelly Kowalski

I. Call to Order

The meeting was called to order at 1:05 p.m. by Committee Chair Dr. Stephanie Pierson Ugol.

II. Review of the Minutes

Ms. Laura Ponzio moved and David Kennedy seconded to accept the minutes; they were approved unanimously.

III. Public Comment

None at this time.

IV. Committee Member Comment

None at this time.

V. Discussion and Possible Action

A. Curriculum Revision Update

Dr. Pierson Ugol told the committee that nutrition curriculum writing work has begun on the elementary level. She shared with the committee members an example of grade level expectations, and reviewed the Kindergarten Curriculum Map. David Breyer said that work is continuing on the middle school and high school health curriculum so it is aligned K-12. A kindergarten through grade 12 curriculum alignment group will focus on articulation and alignment tied to high school health and wellness outcomes over the course of the year.

B. Chartwells Dietician: Role & Resources

Ms. Stephanie Noto, the new Chartwells dietician, said that she is available to work with the teachers as needed. She is also the dietician for other districts in Fairfield County so she can share what is being done in the other school districts. She can provide lessons in the classrooms if teachers wish her to come in for additional support. Chartwells has a Nutrition Education Series with a Monthly Food Focus for Classrooms, Bulletin Boards and for Parents. She can send the link to teachers for the Food Focus and send resources to Dr. Pierson Ugol's assistant to incorporate into the new curriculum. Ms. Noto will share a quarterly newsletter.

C. Food Service Contract

Ms. Ponzio gave an update on the Food Service Management Contract (FSMC) status. In July 2015, the state department informed the district of the need to amend the FSMC contract for 2015-16 school year to remove all unallowable cost provisions. The unallowable cost provisions are the high school scholarship, nutrition grant and investment in new equipment which Chartwells provides to the district. The USDA

determined that the contract did not specify that price was a consideration so are requiring districts to go out to rebid a new contract by June 30, 2016, for school year 2016-17. There are 49 districts across the state impacted by this decision. The Districts received a bid from one vendor (Chartwells) so price was not a determining factor in the districts' decision to select Chartwells.

D. Chartwells Food Service Menu Review

Dave Kennedy shared information about Nutrislice, the new way Chartwells is publishing school menus on an inactive website and smartphone app. Parents can see carb and calorie counts for menu items. Parents can filter the information related to allergies their child may have. Dave shared the menu for Farm-to-Chef Week which took place September 14-16 at the high school. He said he was able to get produce from Sport Hill Farm in Easton and Halas Farm in Danbury for that week. On October 22, an apple cider press demonstration was held at the high school which was tied into a science experiment. Ms. Ponzio asked Mr. Kennedy if this demonstration can also be done at the elementary schools in November. Discussion followed about the menu items offered at the different schools. Mr. Kennedy said that district favorites are added to the menu. Mr. Kennedy said that the lead managers tell him what students like or dislike and he can look at sales to see what the favorite meals are at each school. On the high school level, students tell him their favorites. The menus are adjusted accordingly. Favorites at each level include: at high school, Italian, Mexican, Vegetarian; at middle schools, hamburgers, pizza, chicken patties, pasta, deli bar; at elementary schools, pizza, hamburgers, chicken parmesan, pasta, turkey dogs, fun lunch. Tastings will be planned at each school. Dr. Robin Abramowicz stated that there is a concern at SSES about the nutritional content of the meals and in particular the Nacho Fun Lunch. Mr. Kennedy said in addition to the basic lunch meal all students get fruit and milk. Mr. Kennedy said slicers were purchased for each of the schools and students are taking more fruit because it is being cut up. Mr. Kennedy was asked whether or not peanuts are served at the schools. Mr. Kennedy said that no peanut oil, almonds, or tree nuts are served in the kitchens; however, a box of food may come in from a food processor where nuts are processed (this information is noted on the box the food comes in). No food with nuts is served at the elementary level but may be served at the high school and middle school level. Parents can contact Mr. Kennedy to review recipes if their child is highly allergic to peanut products. RES Nurse, Colleen McLeod, explained the procedure in place at RES for a child with a specific allergy. The parent gets in touch with Ms. McLeod (nurse) and then Ms. McLeod goes over the labels with the lead manager at RES. Ms. McLeod said there are many students who are highly allergic to peanuts and tree nuts but they still buy meals in the cafeteria. If a child has an allergy the information is displayed on the cash register when the student is purchasing the meal. Protocols are in place for the safety of the children.

E. Redding Elementary and Samuel Staples Elementary Schools Parent Lunch

Mr. Kennedy said that parent lunches have been planned for Redding Elementary on Thursday, November 19, and at Samuel Staples Elementary on Wednesday, November 18. This will give parents the opportunity to see and taste the food children are eating each day.

VI. Public Comment

None at this time.

VII. Adjournment

The meeting was adjourned at 2 p.m.