

Northern Lehigh SCHOOL DISTRICT

**Wellness Committee Meeting Minutes
2023 - 2024**

Monday, May 6th 5:00 pm

In Attendance:

Gale Husack	Robert Kern	Eric Hill	Sherri Molitoris
Chad Christman	Natalie Snyder	Nichole Fink	Christopher Mann
Gary Fedorcha	Angela Williams	Todd Breiner	Scott Pyne
Rhonda Frantz	Matthew Link	James Schnyderite	Michael Strohl
Mathias Green	Tania Stoker	Lori Bali	Tim Weaber

Also in attendance: Allison Chruschal

I. Welcome and Introduction:

- A. Building a complete wellness committee team including a representative from the following areas to represent NLSd: Board Member, Administrator, Principle, Physical Education Teacher, School Nurse, Food Service Staff Member, Parent, Student, and other Community Members
- B. We need representatives from the school community to help maintain and reinforce our school’s wellness policy and build a culture of wellness. If you are interested in being a part of the wellness committee- please email me personally at nfink@nlsd.org

II. Health Updates:

- A. Allergies/Intolerances- Nursing staff sending all food allergy/intolerance information to the food services director via email updating and FSD updating in primero edge point of service system. This is done at begging of each school year and is ongoing as students are enrolled in the district.
- B. Annual Screenings: Eye exams, physicals, hearing tests, etc.

III. Food Services Updates:

- A. Meal programs:
 - a. National School Lunch Program- CEP- Universal Free Meals (second year operating under this program)
 - i. Food Service Staff trained annually on what makes a reimbursable meal and encourage students to take all meal components.
 - ii. All food served in cafeterias meet nutritional guidelines for the following: calories, fat, sugar, sodium
 - iii. All ala cart items are “Smart snack” Compliant.
 - iv. “Lunch and Learn” Model at High School and “Merged” lunches at Middles school starting next school year 2024-2025. Lunch will be 60

minutes long with all students in the district able to eat at any point within that time frame 10:17 am-

- v. Site visit to Central Bucks East- Got ideas for how to implement and customize meal service style at NLSD.
 - vi. Consolidate reimbursable meal offerings for next year- survey to be sent to students to gauge preferences for grab and go style meal offerings.
 - vii. Use of pitch counters during both breakfast and lunch in order to expedite meal service.
- b. National School Breakfast Program- CEP- Universal Free Meals (second year operating under this program)
- i. Grab and Go breakfast at Middle School and High School
 - 1. Using pitch counter and tally sheets for meal counts
 - 2. Offering all meal components and food service personnel encouraging students to take all meal components to make meal reimbursable.

B. Meal participation:

- a. Breakfast- 33%- Looking for ways to increase meal participation at breakfast. Slatington Elementary serving least number of breakfasts each month. Possibility of grab and go breakfast for next year.

- b. Lunch- 63%

C. Backpack Buddies Program Update:

- 1. 107 students served district wide (thanks for the SE cafeteria monitors for assisting in putting bags together weekly)
- 2. Giant Round up at the Register funds earned will be used to purchase nonperishable food to continue to support the back buddies program.

D. The USDA released the final rule, Child nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans- Effective July 1, 2024, however the USDA is not requiring schools to make any menu changes until the following school year 2025-2026- trying to give adequate time to adapt to the nutrient restrictions.

- a. Restrictions to added sugar, and sodium.
- b. Added sugars- first year focusing on high added sugar foods such as cereals, yogurts, and flavored milk. Second year making sure added sugars are not greater than 10% of daily intake for the weekly average.
- c. Sodium- Finalizes one 15% sodium reduction from current limit for school lunch, which schools must implement by July 1, 2027. One 10% sodium restriction from current limit for school breakfast implemented by July 1, 2027.
- d. Milk-maintain offering both flavored and unflavored milk in fat free and low-fat varieties.

e. Whole Grains- maintain 80% of grains offered each week need to be whole grain versions.

E. Future/ Ongoing work:

a. Completion of data entry of all ingredients, recipes, menus, and menu cycles in new primo edge. Parents, students, faculty, and staff will be able to see the nutritional information of all our products via the school café app starting next school year 2023-2024.

V. Round Table Discussion Topics:

A. Vending machines- considering vending machine for students at High School to purchase snacks after cafeteria is closed. Survey to students to gauge interest.

Vending machines must not be run during breakfast or lunch meal service times due to competition of sales and must comply with smart snack guidelines.

B. Snacks for state testing- PSSA and Keystones- must be smart snack compliant.

C. Snacks provided in the classroom- Considering healthy snacks for rewards in the classroom.

Currently provide birthday baskets for student's birthdays at the elementary level- 3 different types including ice cream basket, snack basket, and toy basket- all smart snack compliant

D. Snacks sold ala cart at all 4 schools: All are smart snack compliant meaning they are within a certain fat, sodium, sugar, and calorie limit. Over the summer plan on having an ala cart snack list with pricing available on our school website under cafeteria tab

E. Fundraisers- keeping fundraisers healthy- doing walk- a -thons, etc instead of selling candy for example.

- Limiting to no more than 5 non smart snack compliant fundraisers per year at the elementary level, and no more than 10 non smart snack compliant fundraisers at the secondary level

VI. Future Meeting Dates: TBD

I would like to host minimum of three meetings per year during the following months: October, January, and April.