

## Wellness Meeting- Wednesday, March 27, 2024

Held on Zoom@ 11:00AM- Noon

**In Attendance:** Meredith Bailey, Jennifer Lentz, Sam Kirk, Michelle DiMaio, Nicky Miller, Devin Lorigan, Gina Kairys, Katie Wotus, Justin Nolder, Trisha Brice, Hillary Brown

**Minutes:** No Changes noted except for spelling which was corrected

**Meeting-** started with Introductions and icebreaker- Easter Tradition/Plans.

**Old Business:** None

**New Business:**

Tri-annual Assessment-

- Armstrong Food Service will crosscheck between board policy and triannual assessment. Members to let Meredith know of any goals/procedures that need to be added.
- Suggestions include add parent/ student/ board member/ public person to meetings.
- Shannock Valley Elementary to have a water cooler for students to access. Meredith will check with Women & Healthy Environment to see if they can help provide this.

Goals:

- Help the overweight/obesity BMI: Dayton Elementary 32%; Shannock Valley Elementary 35%, West Shamokin High School 50%.
- Provide surveys to students, taste testing for parents, focus groups.
- Concerns on amount of sugar in breakfast.
- Looking into more grants to get kids active.

The Food Bank provided a free produce pickup in which 250 families came on March 11, 2024. Next distribution is on April 8, 2024, May 13, 2024 and June 10, 2024.

Armstrong School District did not qualify for the Fresh Fruits & Vegetable Program this school year.

Adagio provides nutrition education monthly to the elementary schools.

The USDA has proposed meal changes in which includes limiting added sugars, providing whole grain 100% throughout the week, incorporating a 5% limit on non-domestic food purchases....this can restrict foods which are offered each day in the schools,( pineapple, mandarin oranges, spices).

General Mills provided some education regarding food production: acknowledges the need to balance sodium, whole grains, and sugars with what students will also like to eat. Example: Reduced sodium biscuits and new reduced sugar parfait yogurt. Some students that have taste tested the new yogurt prefer the vanilla flavor over the regular yogurt. It takes a minimum of 8 months to create products to bring to shelf.

### **Round table**

Armstrong School District Food Services has purchased 4 hydroponic planters for Shannock Valley Elementary, Dayton Elementary, Lenape Elementary, and West Hills Elementary. Armstrong High School Consumer sciences utilizes a planter from a prior grant.

The Fuel Up to 60 NFL Program will be in April.

The Summer Feeding program will have 8 delivery sites distributed by Armstrong High School. Shannock Valley Elementary, and Dayton Elementary will be distribution sites. ASD will provide Rural Non-Congregate meals.

Trisha Brice (Dietician ACMH) stated that ACMH has wellness initiatives to help with food insecurities. One of which is a new in-house food pantry and the open house for that is this April 4, 2024. They also will be adding an outpatient dietician. The Diabetes Educator, Michelle Shearer, can share a lesson with students- information to be shared with Meredith and Devin.

Michelle DiMaio (Teacher) stated that food insecurities are so sad. Hoping the schools can get more nutrition. More real foods-not processed.

Hillary Brown (R.G.S.YMCA) stated that soccer is starting, and R.G.S.YMCA teamed up with the NFL for flag football. The R.G.S.YMCA provides swim lessons year round and there is current funding for people who cannot afford it. May 18<sup>th</sup> they will be holding Safe & Healthy Kids Day. They will be having Day Camp again this year and will participate in the Summer Feeding Program.

Katie Wotus (Greater Pittsburgh Food Bank) stated that the Summer Impact Grants Application will be sent out on Monday through email.

Justin Nolder (Executive Director, Outdoor Discovery Center) stated that they have received an ACMH Grant for Nature & Wellness Series. One of which will be on August 12<sup>th</sup>- Yoga for Kids. He stated that he will send a flyer out with programs offered. There is a Backpacking Program at the Outdoor Discovery Program. Summer Camps/Day Camps are coming up.

Devin Lorigan (Teacher) stated that they are concentrating on Health and Phys Ed (stress, wellness, healthy eating) Looking into Physical Activity Grants.

Next Meeting: May 8<sup>th</sup> @ 11AM