



Date: June 24, 2020

Time: 1:30-2:30 p.m.

Join with Zoom:

<https://zoom.us/j/93559559644?pwd=WEwxcHhRVDEyZEQvVHZpbnhSS3dUUT09>

Invited: Christine Cliff (SD U-46), Elena Hildreth (SD U-46), Monique Batteast (Greater Chicago Food Depository), Christine Birns (U of IL Extension), Danielle Henson (Activate Elgin), Julia Langlois (Gail Borden Library), Robin Brown (Midwest Dairy Association), Giselle Doyle (COFI), Esther Rosas (parent liaison with COFI), Veda Navsariwala (District parent), Dr. Ashwani Garg (C.H.E.F.), Wayne Carlstedt (Elgin Park District),

Agenda Item	Presenter
Welcome!	Elena Hildreth, Director of Food and Nutrition Services Christine Cliff, District Registered Dietitian
Introductions of Community Partners	<p>Attendance:</p> <ul style="list-style-type: none"> • Those highlighted in yellow = present • Those highlighted in teal = unable to attend <p>All-</p> <p>Please introduce yourself, which organization you represent and one thing you have been doing to stay healthy during the “Stay at Home” order.</p> <ul style="list-style-type: none"> • Those on the call introduced themselves and provided a variety of ways they were trying to stay healthy during this COVID time, including cooking more meals at home with family, more walks with family and/or dogs, choosing more healthful foods and not ordering as much takeout meals.
Highlights of the U-46 Local Wellness Policy purpose and relevant sections to Community Partners	Christine Cliff <ul style="list-style-type: none"> • Christine explained a bit about the background of local wellness policies and highlighted the main goals that need to be met, including. <ul style="list-style-type: none"> ○ Nutrition education and promotion goals ○ Physical activity and education goals ○ Other wellness-focused activity goals
Brainstorm how your organization can collaborate with U-46 schools/staff to meet nutrition education and/or physical activity goals of	All Christine to add resources/programs to District Local Wellness Policy Resource sheet for staff to use/refer to.

Local Wellness Policy

- Each participant highlighted programs and resources that could assist schools/staff in meeting the above mentioned wellness policy goals. Will include contact name and email for each program/resource. We all noted and acknowledged that many programs this school year will likely need to be more virtual-based.

Chart to be updated to reflect the following:

- **Gail Borden Library:** 1) *virtual health and nutrition databases (Pebble Go) for PreK-Grade 4 emergent readers [free access to those with local library card]; 2) annual fall Hunger walk; 3) nutrition and cooking storytime videos; 4) Danielle suggested that one of their librarians could assist with virtual storytime?; 5) possible contact for hydroponics gardening 6) Virtual tutoring platform available through Tutor.com.*
- **Activate Elgin:** 1) *Walk with the Mayor-during summer month???*; 2) *pop up story time walks [Danielle to provide details on how to create at schools]; 3) walking challenges; 4) cooking demos; 5) March/National Nutrition Month Festival programs (in collaboration with the Elgin Health Department); 5) mindfulness, meditation and stress relief videos*
- **COFI:** 1) *use of their trained parent network in Elgin area to communicate about and advocate for health/wellness topics 2) could create parent testimonial videos about health/wellness topics*
- **Midwest Dairy Council:** 1) *Fuel Up to Play 60, a free national school wellness program for K-12 (sweet spot grades; Grades 3-8) that provides nutrition and physical activity programs and resources. Schools can apply for grants (up to \$4K); 2) Farm to School program, which educates students on where their food comes from; connects students with a farmer and allows the opportunity for students to adopt a cow.*
- **No Kid Hungry/Greater Chicago Food Depository:** 1) *grants available 2) can create/provide tailored webinars to schools/staff/parents on such topics as how the create healthy meals at home (on a budget?)*

	<ul style="list-style-type: none"> ○ SNAP-ED: 1) Can provide healthful messaging and community education on K-2 and Grades 4-5 on such topics as “Basic cooking” 2) after-school nutrition/wellness programs + professional development opportunities available to staff on such topics as nutrition, sanitation and food safety.
<p style="text-align: center;">Questions</p>	<p>All</p> <ul style="list-style-type: none"> • None at this time
<p style="text-align: center;">Next Steps and Wrap Up</p>	<p>Christine Cliff</p> <ul style="list-style-type: none"> • Meeting adjourned ~2:30pm • Full Local Wellness Policy Committee meeting expected to be scheduled in October 2020, after schools and staff have had the opportunity to get up and running/settled.