



SCHOOL DISTRICT U-46

LOCAL WELLNESS COMMITTEE WINTER MEETING
OCTOBER 6, 2022 | 2:30-3:30 PM
GOOGLE MEET

AGENDA WITH MINUTES

I. Welcome!!

A. PRESENTER: Christine M. Cliff, MPH, RDN, LDN, CLT, FAND; District Dietitian

II. Roll Call & Introductions

Members present on the call: U-46 FNS staff: Christine Cliff, Dr. Ann Williams, Daniella Beci, Jane Russo, Audrey Etheridge, Marla Ravlin, Teresa Macias, Therese Desario, Sarah Vasilopoulos (dietetic student); U-46 Health Ed (@Abbott MS): Jason Svehla; U-46 Physical Ed (@ LHS): Jim Koeller; U46 Nursing team: Krista McClellan, Leiann Nietzke; U-46 Human Resources: Beth Berg; COFI: Jesse Rojo; Elgin Park Dist: Santiago Cervantes; Midwest Dairy Association: Lela Fausze; Rise and Shine IL: Monique Batteast

III. High Level Overview of LWAP goals/objectives: **Christine**

A. Christine level set the team on the goals of the Local Wellness Procedures. The following are the goals and their subsections.

- **Nutrition** (School Meals, Competitive Foods and Beverages, Celebrations, Fundraising, Nutrition Education and Promotion, Healthy Eating Topics in the Health Ed and Food and Beverage Marketing)
- **Physical Activity** (Physical Education, Recess, Classroom Activity Breaks, Before/After School Activities and Active Transport)
- **Other Activities that Promote Student Wellness** (Community Partnerships, Community Health Promotion and Staff Wellness and Health Promotion)
- **Professional Learning**

IV. UPDATES to the Local Wellness Procedures: **Daniella**

A. Fundraisers:

- As a foodservice department, when we talk about fundraising, we are looking at food-related fundraisers during the school day. The school day runs from midnight until 30 minutes after the last bell. Smart Snack Standards can be found [HERE](#).
- Food-related fundraisers are only allowed in high schools during the school day. All high schools can request NINE exempted fundraising day per school year to sell food and beverages that do not meet the Smart Snack standards. A request form is available and can be provided the high schools and sent back to Daniella for approval. A 2-week notice is requested for such fundraisers.

B. Vending:

- U-46 has multiple snack and beverage vending machines in our high schools that are maintained and stocked by Yami vending.
- Daniella and Christine have been working with Yami to ensure the items in these vending machines are compliant with the Smart Snack Standards.
- Our high school food service managers keep an eye on the vending machines to ensure they continue to be compliant.
- One thing we are challenged with is that there are non-foodservice owned vending machines in or near the cafeterias in the high schools with non-compliant items. This could net a fiscal penalty to the District if we are audited by ISBE and they see these non-compliant items. We are working to find out who owns these machines and coming up with an amenable solution.

C. Snacks:

- U-46 discourages the use of food as rewards for celebrations.
- A communication was sent out recently to parents in a weekly newsletter promoting the use of non-food items in holiday celebrations.
- The FNS department is planning to send out a similar message as we get closer to the winter holidays.
- As a District, we are trying to prevent/greatly minimize foods from being consumed in the classroom since we have been challenged with pests and instruction time being negatively affected.

To note....the above are updates to the Local Wellness Procedures and will be used to update the document. Once completed, an updated Local Wellness Procedures document will be shared with the Committee and uploaded to the U-46 Wellness Initiative webpage.

V. National School Lunch Week (10/10-10/14)- **Marla & Audrey**

A. **THEME:** *Peace, Love & School Lunch*

B. Marketing & Contest

- Audrey and Marla highlighted the marketing pieces that were created and sent out to our schools to use for National School Lunch Week (NSLW) next week.
- Each school has been asked to submit their top 3 pictures from the week and entered into a contest. Winners from elementary, middle and high school levels will be chosen.
- Audrey, Teresa, Jane and Therese shared what they will be doing to celebrate NSLW at their locations.
- Christine invited those on the call to join the Food and Nutrition Service Department in the NSLW celebrations. If interested, email Christine.

VI. FoodMaster Fan Cards- **Christine**

- Looking for innovative and affordable ways to bring nutrition education to the staff and students of U-46, Christine has been in contact with the creators of the free nutrition education program- [FoodMaster](https://foodmaster.org/) to create “FAN CARDS” tailored to menu items and foods served on U-46’s menus. These cards can serve as springboards for teachers and food service to teach/talk about foods. Each have a mini-lesson and hands-on component. Christine will send a sample of FAN CARDS for the Committee to review. There are other curricula, lessons and resources available online for FREE for all grade levels and can be accessed at <https://foodmaster.org/>.

VII. BRAINSTORM Feasible Ideas, Activities, Resources for SY 2022-23- **All**

- Restart of **Y.A.C.** (Youth Advisory Council) at elementary levels...helps to bring in nutrition/health education; proposed new name for this group is **S.N.A.C** (Student Nutrition Advisory Council)
- **Y.A.C./S.N.A.C. Summit in Spring**-focused solely on celebrating those who participated in the Y.A.C. events throughout the school year. This event has various health, wellness and nutrition-focused stations that the students participated in.
- **District Health Fair** Proposed by Beth Berg. This event was previously done several years ago pre-COVID and looped in community partners, (i.e., fire and police departments, local companies) along with U-46 departments. Several Committee members liked the idea and believe it is worth exploring.

IF YOU ARE INTERESTED IN EXPLORING IF THE HEALTH FAIR CAN BE DONE THIS SCHOOL, PLEASE EMAIL CHRISTINE CLIFF

VIII. Community Partner Updates- **Community Partners**

A. **COFI:** has been conducting Community Outreach and Action (COA) surveys in the Elgin-area. Some of the questions focus on mental health, afterschool initiatives and feelings on school meals.

- **Jesse...** Please share the survey answers that pertain to school meals with U-46.

B. **MIDWEST DAIRY ASSOCIATION:** Has several programs/opportunities that align with the Local Wellness Procedure Goals

- **Health and Physical Activity Challenge:** a theme-base program that students and staff can participate in to set and adopt new healthful habits based upon the weekly theme.
- **Cooking event with David Montgomery-** live event is by invite only, but will be recorded and available as a resource
- **COMING SOON...IHSA event**

LELA.... please share links and/or more details with the group on these items.

C. **RISE & SHINE ILLINOIS:**

D. **GAIL BORDEN LIBRARY:** Julia Langlois was unable to make the call, but requested for the following wellness contacts and programs to be added to the District Wellness Initiative webpage

Project Access

Maggie Schroeder, Project Access Coordinator

Phone: 847-888-5000 ext. 6765

Fax: 847-628-6162

maggieschroeder@u-46.org

Patricia Briones, Project Access Coordinator (para Español)

Phone: 847-888-5000 ext. 6768

Fax: 847-628-6162

patriciabriones@u-46.org

Food for Greater Elgin

Michael H. Montgomery, Ph.D.

Executive Director

1553 Commerce Drive Elgin,

IL 60123 <https://www.elgincoopministry.com/food-pantries>

It is a place to provide food of their choice.

Well Child Center

Medical center in Elgin, Illinois

COVID-19 info: wellchildcenter.org

Address: 620 Wing St, Elgin, IL 60123

Hours: Open · Closes 7PM

Phone: (847) 741-7370

E. **ELGIN PARK DISTRICT:** No new programs at this time...focusing on 20-year anniversary celebrations

IX. Questions & Wrap Up

X. **Next meeting:** Winter 2023 (mid-February)

**THANK YOU FOR BEING A PART OF THE LOCAL WELLNESS COMMITTEE THIS
SCHOOL YEAR!**