

Health and Wellness Committee Minutes - October 25, 2013

Present: Thomas Burnell, Bonnie Murphy, David Aierstok, and Isabelle Burkhart (minutes)

Tom gave the committee an update on the food services program:

- Point of sale system has been acquired and will begin to be used January 1, 2014.
- Beth Hauptman has been out on medical leave. Although the date of Beth's return is uncertain, when Beth returns she will be in a new role focused on communications in a supervisor role. Beth will no longer be cooking or substitute cooking in the kitchens.

- Tom and Christine (district treasurer) will be doing an analysis of costs of every meal combined with a nutritional analysis by Beth.

- Tom hopes to create teacher lunch improvements by creating a pre-order system by using the new POS system. Teacher lunches are \$5.

Committee agreed that to review the Rhinebeck Central School District surveys that were conducted at the end of the school year (June 2013) at our next committee meeting. Isabelle agreed to send the summaries of the student, teacher/faculty and parent surveys to the committee as soon as possible to review prior to next meeting.

Bonnie suggested that we remove 5 day a week availability of donuts from the cafeteria and suggested that donuts be a special or occasional offering, for instance, one day a week have Thursday donut days.

Tom has been doing the food ordering for the food services for the district, while Beth is on leave, and has been working with Red Barn Produce (a local produce provider). They produce local fruits and vegetables.

Isabelle suggested that the cafeteria use low/no cost ways of communicating information inside the cafeterias about healthy choices, to help inform students and faculty about the contents of foods with simple signage and reminders. For instance, offering average calorie counts on proteins, sugars, and carbs being served, or adding reminders next to bottled drinks that water is a healthy choice and other drinks with high calories are good if you are active. Dave agreed that the cafeteria environment should be a priority for messaging and we can use posters created by students with the help of the art department and getting content info from Healthier Generation.org

Committee discussed the possibility of selling after school snacks and before school breakfasts. Bonnie suggested that snacks be sold after school at the middle school from 2-3pm.

Tom mentioned that POS system will allow parents or guardians to see what their students are purchasing and this will allow parents to track what is being spent and what is being purchased. The committee discussed the benefits of creating an opportunity for parents to have a dialog with their students about food choices once this system is implemented.

The next meeting was scheduled for November 15, 2013 at 9am.