

WUSD #9 Wellness Committee

Meeting Minutes

September 26, 2016

Present: Cory Monesmith, Brian Stradling, Erin Johnson, and Sandi Krueger
Committee Member - Stephanie Ryder - Absent

Next meeting: 09/26/2016 3:15 PM – 4:15 PM,
Wickenburg High School Conference Room

I. Introduction

Erin Johnson introduced the new Wellness Committee member, Cory Monesmith.

II. Discussion

The Wellness Committee went over the current Governing Board Wellness Policy to see if it met all the needed components required. It was felt that our Wellness Policy did meet the Federal Government guidelines and the District is following the policy. We went over the Student Wellness Regulation for physical activity for students and the committee agreed that the District was meeting the requirements for this as well.

A question came up regarding the vending machine at Wickenburg High School regarding whether the beverages are following the guidelines set by the Federal Government as far as size proportions.

The committee discussed whether Nutrition Education is provided to students. Southwest Foods is providing a Farmer's Market in October and November to teach students about the benefit of eating fruits and vegetables with samplings to the students. Southwest Foods also is having the Roving Chef program in February in which the students have a chance to cook with the Chef, follow a recipe, learn food safety guidelines, calibrate a thermometer, cook their recipe and eat their healthy meal. Southwest Food's Nutritionist offered a program to parents to teach them how to encourage their children to eat healthy foods and snacks.

The Wellness Committee went over the October menus for Wickenburg High School, Festival Foothills, Hassayampa, and Vulture Peak. Brian Stradling explained the components that go into planning the meals for the month to meet all Federal Guidelines. He stated the menus were planned according to the grade level and age of students; i.e. menu Kindergarten – 5th grade, Kindergarten – 8th grade, 6th grade – 8th grade, and 9th grade – 12th grade. The committee felt the menus followed the Federal Government guidelines.

III. Roundtable

The Wellness Committee is going to look into the vending machines at Wickenburg High School to see if the proportions meet the guidelines set by the Federal Government. The committee also wants to make sure the vending machines are on at appropriate times.

The Wellness Committee will meet again in November, date and time to be determined.