

# Fraser Public Schools – Wellness Committee

## Meeting Minutes

December 4, 2018

**Present:** Donna Anderson, Allison Serr, Jessica Zielkowski, Judy Southard, Kathy Grout, Denis Metty, Huston Julian, Bev Belzyt, Jason Ohrt, Steven Norgrove

**Next meeting:** Tentative – March/April- RMS Idea Lab

### Discussion:

- Introduction of committee
- Review of Board Policy-
- Re-Evaluate fundraisers to be sure they are compliant- nutritionally speaking
- Discussed regulations of what Michelle Obama put into place for Wellness Committee's and policies.
- Discussed putting menus with nutritional information on the website (going paperless)
- Food Service will be having an annual State Review
- Physical Activity – District wide- “Employee Step Challenge” (February Goal)
- Spring Meeting – April/May TBD

### Goals:

- 2018-2019 Goals-Nutrition/Activity
- Nutrition Goal
  - Tracking Fundraisers in buildings using food products – to be nutritionally compliant
  - Possibly adding ARAMARK menu with nutritional information to website with a disclaimer “Menus are subject to change”
- Physical Activity Goal
  - February staff step challenge
  - Jumprope for Heart w/elementary students