



Lacey Township School District Wellness Meeting

Location: LTHS Library

Date: Tuesday, December 3rd, 2019

Attendees:

Time: 9am

I. Call to order

Crystal DeCaro called to order the first meeting of the Wellness Committee at 9am on December 3rd, 2019 at Lacey Township High School.

II. New business

- a) Guest Speaker- Kristin McIlvaine (representing Kellogg's/Morningstar) to discuss Plant-Based Options and the importance of going meatless at least one day out of the week
- b) Introduction of what it means to be a part of this committee
 - i) Share Resources, including District Policies and Administrative Code for Competitive Food Sales
- c) Exciting News!
 - i) Demonstration Taste Testing/ Samplings set up throughout the year!
 - (1) Morningstar (chili using meatless crumbles and chik' nuggets); Sabra Hummus; General Mills; Tofurky deli slices and pockets; and more to come.
 - (2) Any suggestions?
 - ii) Grab a post-it and write down one Breakfast item you would like to see offered and one Lunch item you would like to see offered on the Monthly Menus
 - (1) Cafeteria Survey went out District-wide at the end of November. Results will be analyzed and applied starting January 2020.

- iii) School Lunch Fairy donations
- d) Thoughts on a Wellness Fair

III. Open issues

- a) Discussion of future meeting dates
 - i) See "Save the Dates" Invitations to be shared
- b) Thoughts behind an "Energy Drink" Policy
- c) Questions

IV. Adjournment

Crystal DeCaro adjourned the meeting at _____ (time).