

**October 22, 2019**

Minutes- Wellness Committee

Welcome and Introductions

- In attendance: attendees are listed in the sign in sheet.

Virginia asks for approval of last meeting minutes. We need to review annually and update the wellness policy every 3 years; we will discuss possible changes on the January meeting. The committee will revise the policy and bring suggestions.

Gail requested information on changes on USDA requirements for school menus, Virginia will send them out before next meeting.

Virginia shared new posters for elementary cafeterias; all agreed that they look great.

Shauna shared information from the Hunger in Conejo Valley event held at CLU last month. Community organizations that provide food and other resources to “food insecure” families in the Conejo Valley. It is estimated that there are about 15,000 families in this situation.

The group asked about the district possibly assisting with communication and/or food drives. Virginia and Shauna will explore.

SB 250 and SB 265 were shared; students with unpaid food balances are still entitled to a meal of their choice in TKg. through 5<sup>th</sup> grade. Secondary schools have “share tables” for individually wrapped items to be left for students that might want it. It has to be items from the cafeteria.

Shauna will reach out to HS principals to recruit students to join the committee.

Rekha asked if it would be possible to have wellness committee updates at the SSC meetings during the year. Shauna will explore that possibility.

Wellness coordinators will be asked if they would be interested in taking part in the fresh fruit and vegetable program in 20-21, flyer shared. It can be done at recess.

Shauna requested that agendas moving forward include mental health and physical activity updates, she offered to bring info to share.

Next coordinators meeting will be on 10/29 to review goals and implementation plans.