



Wellness Committee Meeting Minutes
May 16, 2019 @ 3:00 PM

Present

Ginger McCann – Facilitator, School Nutrition Program
Kokeeta S. Wilder Director, School Nutrition Program
Darlene Morris, School Nutrition Program
Patty Sullivan, School Nutrition Program
Michael DuBose, School Nutrition Program
Emily Ellington, School Nutrition Program
Joel Teachworth, Kellogg’s Representative
Rebecca Portman, Human Society of the United States
Sandy Golden, Master Gardner, Hopewell Church
Cole Jackson, Flat Rock Middle School
Monica Mayfield, Kedron Elementary
Ashle Maddock, Sara Harp Minter Elementary
Jeff Yeater, Huddleston Elementary
Kelley Caldwell, Fayetteville Elementary

1. Introduction

Ginger McCann (School Nutrition Program) opened the meeting with an introduction

2. Presentations

- A. Joel Teachworth – Kellogg’s Representative – Plant Based Options
 - Offered options for K12 to select healthier meals
 - PowerPoint presentation on Plant Based Options in K12 environment
 - Plant based protein is the new trend in K12
 - Taste test – plant based nuggets – have received a 90% student approval rate in a blind taste test
 - Nuggets were offered to meeting attendees to taste

- B. Rebecca Portman – Human Society of the United States
 - Spoke at meatless meals in K12
 - Talked about Food Forward – everything is free, offers hands on culinary classes, ideas are offered for Earth Day, etc. – will come to your District
 - All meatless recipes meet all USDA guidelines
 - Shared a recipe for Fiesta Rice & Beans Shaker
 - Recipe was offered for everyone to taste

- C. Sandy Golden – Master Gardener, Hopewell Church, Tyrone, GA
 - Maintains a community garden for families in surrounding area
 - Conducts field trips with surrounding schools to help connect children with the ecosystem
 - Their vision to help more schools develop school gardens
 - They have learned that many children do not recognize vegetables or have not tried to eat many of the vegetables that are available

3. How Did We Do This Year?

Strengths

- a. More school gardens added and existing gardens are being expanded
- b. District received Golden Radish Award for the 4th year

Weaknesses:

- a. Vending machines – some are still not in compliance with Smart Snacks
- b. Food trucks, food fairs, biscuit sales
- c. Discussed ways to address these weaknesses

4. Goals and Suggestions for SY 19/20

- 1. Provide each Principal with a booklet that outlines Smart Snacks with the hopes of making it easier for them to understand Smart Snack guidelines
- 2. Offer more training to stakeholders on Smart Snack guidelines
- 3. Offer a plant based menu once a month
- 4. Employee health initiative (walking clubs, etc.)

Meeting was Adjourned with plans to meet again next year – possibly with an earlier date so that it is easier for committee members to attend