

Minutes – Heber Springs Wellness Committee

September 20, 2016 4pm High School Cafeteria

Those Attending: Donna Redinger, Ethan Gachot, Nathan Gachot, Julia Verser, Bonnie Webber, Jennifer McElroy, and Judy Crowder.

- The meeting was called to order by Pam Tamburo, Food Service Director
- An explanation of committee functions and duties were reviewed.
- Smart Snack Alliance Calculator was discussed as to All Foods Served/Sold on Campus. Examples of food that have been put through the calculator were showed. New regulations for Smart Snacks were discussed. The website was provided.
- Allowable Competitive Food/Beverages Maximum Portion Size List was discussed.
- 9 days of Food of Minimal Nutritional Value were discussed. Dates were given out.
- School lunch pattern, vegetable sub groups, meal patterns and food components were discussed and explained so that members could understand the menus they took with them to evaluate.
- The Food Service Policy was given to each member so that current changes and updates to fit the schools could be made. The members will return the menus and policy suggestions within two weeks.
- Getting the information to the teachers, students and public was discussed. The committee decided to put the information on the website, send e-mails to the teachers and staff, and write an article for the local paper.