

LEDYARD PUBLIC SCHOOLS
Student Wellness Committee
Wednesday, March 29, 2022, 4:00 - 5:00 PM

I. Called to order – by Mike Fusaro at 4:02 pm

PRESENT: Rachel Moser, Nizam Saad, Elizabeth Malone, Jessica Grant, Kelly Jones, Lori Burton, Mark Westkott, Ryan Earley, Sarah Ferguson, Stacey Konakowitz, Tai Marino, Mike Fusaro

ABSENT: Eva Aller, Brittany Robinson, Carianne Boord, Amanda Fagan, Mmekon Inyang, Cassandra Smircic, Anne Hogsten, Joanne Kelley

II. Reviewed minutes from February meeting

III. Review January & February 2022 menus

- Reviewed menus for March and April, opened floor of input
 - Nutrislice, online school menu located on ledyard.net site, is a tool that anyone can use that can identify food allergens and nutrition information
 - Discussion of food choices available to students
 - Constructive and positive feedback for Chartwells staff efforts

IV. Review Wellness Policy Triennial Assessment

- Review the policy vs practice of wellness activities in schools: open the floor to input

V. Free and Reduced Lunch application

- Distributed each August, this year the form will be offered in an online digital format
- Discussion about importance of application and its many uses in the district

VI. Menu/meal requirements

- Reviewed the USDA requirements (portion size, % sugar of total calories) for meals and how each meal offered meets those standards
- Discussion of portion sizes as they pertain to various grade levels
 - Nizam Saad / Chartwells will pilot preparing meals for GFS K & 1st grade that are smaller, easier to handle but still meet the portion requirement
 - Principal Mark Westkott to provide feedback to Nizam

VII. Development of new menu offerings

- Chartwells is working to develop recipes/menus that are both appealing to students and meet meal requirements

VIII. LHS proposed renovation project

- Discussion of food service surplus funds approved by BOE for LHS cafeteria renovation project as well as new cafeteria tables for LMS and JWL

IX. Open discussion

- Discussion of reinstating once a month food from around the world type day
- Nizam / Chartwells preparing to reinstate in 2022-23 school year

X. Adjournment

- Meeting adjourned at 4:56 pm

Respectfully submitted,
Mike Fusaro, LPS Student Wellness Committee