

Penn-Trafford School District Wellness Committee/Advisory Board Meeting

March 11, 2020

Penn-Trafford High School

2:00 p.m. – 2:30 p.m.

1. Student Union Update/Input from students:
 - a. Request for salad bar every day at High School. Meghan (FSD) stated that the option for a salad is available on the mobile ordering every day.
 - b. Smoothie bar has been well received with students at the High School.
 - c. Warrior Bowl is extremely popular at the middle schools.
 - d. Students have been asking about the number of carbs, sugar, etc. found in food being served. This information is available on the District's website (Lunch Program Section) through Nutrislice. There is also a free downloadable app for smart phones or other devices.
2. Wellness Policy:
 - a. Talked about implementing tables in the lunchrooms where students can put unwanted food (unopened juice, whole fruits, etc.) that they do not want but must take to make a reimbursable meal. Currently being done at Trafford & Harrison Park. If students do not want it then possibly donate to another program (Backpack program, etc.) Now being implemented at Level Green.
 - b. Meghan (FSD) will be providing helpful tips/resources from Aramark and will have it posted on the District's website under the Wellness/Advisory Board section. This is one of the goals that was listed under the Nutrition Promotion section on the Triennial Assessment.
3. Other:
 - a. Meghan (FSD) talked with Coca Cola representative about recycling. Unfortunately they are unable to provide a coke shaped recycling bin.
 - b. Vending machines at the High School are unable to hold 12 oz. bottles.
 - c. Alison stated that a date has been set at the end of March for Zach Malavite (Aramark) to teach healthy eating in her Independent Living classes. Cooking demonstrations will be done as well.
4. Next meeting scheduled for: Fall of 2020 - TBD
5. To be discussed at next meeting:
 - a. Any updates from last meeting
 - b. Brainstorm ideas on how to achieve goals listed on Triennial Assessment Tool.

Penn-Trafford School District

Advisory Board/Wellness Committee Meeting: 3/11/20

SIGN IN SHEET

Print Name

Sign

Megan Massarelli
Toni Ising
Denise Yackovich
Susie Perrin
Alison Siniawski
Lisa Popovich
Scott Inglese
Meghan Cusack

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Toni Ising
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