

**Penn-Trafford School District Wellness Committee/Advisory Board Meeting**

**October 30, 2019**

**Penn-Trafford High School**

**2:00 p.m. – 2:45 p.m.**

1. Student Union Update/Input from students:
  - a. Updated that the Monster drinks are no longer available for purchase. Now looking into offering smaller cans of pop.
  - b. Acai bar & Ramen bar – huge hit with students.
  - c. Warrior Bowl & Panini station still one of the student’s favorites.
  - d. Students would like to see the food service to offer pre made salads that are plainer so they could customize it with toppings of their choice. Meghan (FSD) said she will look into doing this and having some salad shakers as well.
  - e. Participation is high so far this year.
  - f. Discussed possibly linking Family ID with Meals Plus – to check with IT Director on this.
  
2. Wellness Policy:
  - a. Discussed some of the goals that were put on the triennial assessment tool and the progress made thus far.
  - b. 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.)
  
3. Other:
  - a. Food Allergy AR was updated recently.
  - b. Colleen Kelly to research Grants for District.
  - c. Meghan (FSD) to look in to recycling. Will talk to Coca Cola representative about this.
  - d. Meghan (FSD) will be attending Student Union Meetings throughout the school year to stay up to date with student’s ideas/suggestions for the Cafeteria.
  - e. Meghan (FSD) stated that cooking demos are currently being done at Penn Middle with the cooking club.
    - i. To setup a time with Mrs. Siniawski to do cooking demos with the Independent Living class at the High School.
  
4. Next meeting scheduled for: Spring 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: 10/30/19

## SIGN IN SHEET

Print Name

Sign

Megan Massarelli

Megan Massarelli

Alison Siniauski

Alison Siniauski

maria sholtes

maria sholtes

Toni Ising

Toni Ising

Colleen Kelly

Colleen Kelly

Lisa Popovich

Lisa Popovich

Meghan Cusack

Meghan Cusack