

Health & Wellness Committee Meeting
January 7, 2010
9:15 AM

Members Present: Barb Callahan, Barb Bendall, Pam Haffely, Sandy Fischer
Guest Present: Doreen Treuden

Agenda Items:

1. Food Service Update:

Doreen Treuden attended the meeting and gave an update on the Food Service program. The food service has a new vendor, Fox River Foods. New menu items include Macaroni and Cheese, which was received somewhat favorably along with the Chili Cheese Burrito. The BBQ sandwich is a big hit and the pizza burger is not a hit at all.

There have been two new items added to the ala carte menu, which have both been received well and include the 100% juice fruit smoothies and chocolate clodhoppers.

The ES has added the harvest cheese pizza and the kids are enjoying it and it is offered on days when menu items are not very popular.

The ala carte also offers a variety of Schoepp's ice cream treats.

Parents can clock ala carte or limit the amount spent per day.

Future Action: Lessen the disconnect between the cafeteria and education of healthy eating. Evaluate a breakfast program and possibly incorporating into 1st hour homeroom.

2. Amazing Race:

Pam Haffely shared the plans for the Amazing Race in Deerfield. A committee has been meeting to organize this event. People will sign up teams of 2 (ages 6th grade through adult) and have a challenge at each stop. The cost will be \$20/person or \$40 a team. This will be a 1 day event to take place on May 1st from 9:00 AM until through with the challenges.

Future Action: The committee will be discussing the activity stations and determine who will be manning each station. Also, determine what the Health & Wellness Committee can do to help.

3. Girls/Boys Basketball, Cancer Awareness:

The Girls and Boys Basketball teams will be holding a Pink-Out for cancer awareness. They are selling t-shirts to be worn at the February 19th girl's basketball game. The t-shirts cost \$10 and \$2 of every shirt sold will go to Breast Cancer Research.

Future Action: Pam Haffely will talk to Dave Doyle about contacting the team we play.

4. Staff Wellness:

Pam Haffely has organized a Movin' & Munchin' Schools – Healthy Lifestyle Challenge 2010. Staff will form teams of two to participate in various activities that promote a healthy lifestyle incorporating exercise and nutrition. The cost is \$10 per team.

Future Action: Present to staff at upcoming staff meetings.