



Southwest Foodservice Excellence, LLC

9366 E Raintree Dr., Suite #101, Scottsdale, AZ 85260

Meeting: Wellness Committee Meeting

Date/Time: October 8, 2024 / 3:30pm- 4:30pm

Location: Dysart Support Services Building

Audience: Charleen Mattingly, Steve Oates, Elizabeth Biggs, Albert Gonzalez, Amanda Mendoza, Aimee Grzyb, Paul Stanley, Ally Geary

Agenda: Introduction, overview, importance of wellness committee, our policy, foods sold to students, fundraising in schools, nutrition education, nutrition resources, physical education & activity, local wellness policy assessment

Feedback:

As going through the written agenda the following feedback was given.

- Struggles of getting more people involved in the committee. Parents would likely come to evening meetings, but school staff would likely not participate at later times.
- ADE might have stipend available to entice individuals to join committee that we can look into.
- Not aware of certain regulations such as not being able to fundraise food items that are not smart snack compliant until 30 minutes after the final bell rings each school day.
- We can do a better job of nutrition education with our teachers and staff. Suggestions to attend staff meetings for PE teachers and school health assistants to give education in this area.
- Currently do a great job with educating our students during special events, but need to educate teachers so they can help reach the whole school population.
- During the assessment review individuals pointed out the following:
 - It should be an easy fix as a district to move recess to before lunch starts instead of after
 - It will be more difficult to get the lunch schedules changed to a longer period without extending the school day or taking more time away from recess or instructional learning.
 - Continue to showcase what we offer for food and encourage students to try new things.
 - Allow students who take longer to eat, extra time or to be able to take food with them instead of having to throw it out before leaving the cafeteria.

- Next meeting topics will include: how can we improve our assessments and to each bring ideas to the meeting to brainstorm and discuss ways to improve the wellness of our students and staff.