

Wellness Committee Meeting Notes – December 10, 2019

Health and Wellness week has been scheduled at the High School for the week of March 16th
There will be fun activities for the students and staff. Chartwells will provide food samplings!

Discussed the potential to receive an additional \$16,000 in DOD fresh fruit and Veggies!! Students can't get enough of the Apple Packs!!!

Chartwells provided a MOOD BOOST Sampling at the Middle School. Mood Boost is a new program that focuses on how certain foods affect your moods. Some of the samples offered were:

Roasted Cinnamon Pineapples - Smart
Orange Glazed Carrots – Alert
Celery Sticks & Ranch Dressing – Strong
Citrus Chick Pea Salad – Happy
Kale Caesar Salad – Calm
Pineapple Teriyaki Chicken Bowl – Confident

Students were excited to try the new foods and were looking forward to when they would be served on the menu. Some students didn't realize how great the cafeteria food was and how it could help improve your moods too!!

In January we will be providing another tasting in the High School – Called Big City BBQ

Students concerns regarding food quality were positive. Temps have improved and some items are not as "burnt said a few kids. Students are liking the 100% Tropicana OJ bottles! Also requests for the Cheddar Sun Chips have been requested and we are hoping to get approval soon.

Constructive criticism??? More toppings for pizza, SOUP????? Why can't it be served daily??? (Told students we will offer Grilled Cheese & Chicken Noodle Soup on the February Menu) Better grilled chicken.

Looking forward to February when Cliffwood will be hosting their Quarterly Workshop focusing on Yoga and self-care. Chartwells will be providing snack bags with healthy treats including carrot sticks, apple slices, yogurt, string cheese and granola bars! Over 200 participants are expected to attend!

Next Meeting will be March 10 2020