

Wellness committee meeting update - Esther/Ande:

*Wellness committee has started meeting more frequently. Recently discussed preschool snack.

*As of the start of 2011, preschool snack has changed to more whole foods, fruits and veggies, less (or no) snack crackers (Scooby snacks etc)

*Has another meeting scheduled for February 28th.

*Chocolate milk was also discussed, no changes there!

*Esther will speak with Holly Harakaly at Southeast to get her opinions about snack and how it's changed.

Gloria will contact Ann Willenborg to see if she can come to our next meeting (March 2nd) to talk to us about issues she see with children and nutrition.

We will need to schedule a daytime meeting to start looking at our survey. Can be decided at our March 2nd meeting.

Ande briefly discussed her work with the Chaplin preschool snack program. A sample of their snack menu could be made available to centers/ daycare providers in town as a resource.

Discussed the Munchkin Mornings program run by Joe and Donna McLaughlin, (parks and rec program), and the snacks that are served - Ande will look into it.

Discussed the importance of getting info to grad student families about the availability of free and reduced lunch at the schools.

I have information about having a Nuval Informational program at Big Y. Southeast had planned a parents hour for February but was postponed until June. Discussed being a partner for that, providing nutrition info to parents (Dr. Katz resources for example), possibly having a drawing (Big Y gift cards).

Mark Fenton will be in Mansfield in August to evaluate our community for walk ability, will be a keynote speaker and workshops.

Next team meeting, March 2nd 5:30.