

## Wellness Committee Minutes

May 8, 2008

Members Present: Katlin Hunt, Kathy Archer, Ann Gollnitz, Clara Winkelman, Judy McCord, Tina Winslow, Nancy Walker, Barb Weingart, Jake Hitchcock, Phyllis Hagen

Letters were sent out to organizations in the community asking for donations towards the Healthy Vending Machine. WWO donated \$1,250.00 and Parent Connection donated \$500. The Sports Boosters will be contacted as well. Mrs. Winkelman suggested that we approach the Kiwanis for a donation. Mrs. Winkelman reminded the committee members that we would also need funds for the start-up food.

The balance in our account is \$80.00.

The School Health Index was completed and mailed out today. We should receive \$250.00 from Steps to Healthier New York for completing the index.

Pat Kalwaloski at Chautauqua Lake was contacted and she is pleased with the Healthy Vending Machine. Some of the items they have in their machine is: bagels, wraps, cereal, milk, juice and Switch (a carbonated drink).

Mrs. Winkelman reminded that committee that the Vending machine couldn't be in competition with the cafeteria.

Mrs. McCord talked about developing a survey for high school students to fill out for items they would like to see in the vending machine. This will be a check off sheet and Mr. Hitchcock will assist with this survey. Mrs. McCord also suggested having the vending machine stocked over the summer with granola bars, cookies, juice, cheese and crackers and yogurt.

The Healthy Vending Machine cost is \$3,989 and freight will be \$140. Mrs. Weingart will check on when the vending machine will be delivered. Steps to a Healthier New York will be checking at the end of June and we have to show we purchased the machine.

The Ad Hoc Cafeteria Committee met on May 6. The subcommittee visited an Erie School to see their food distribution and set up. Mrs. Winkelman stated that she was very impressed with their food. The negative part was that they served it on Styrofoam and plastic. If the student purchases the meal, a small portion of cake or a cookie is served with the meal. If Westfield were to go with the food service company, the food would be cooked at Westfield and the cafeteria staff would be needed. The food service company, Metz & Associates will work with the school to accommodate their particular needs. Mrs. Weingart stated that there is a dietician that is available to come to the school. The choices that Westfield has are to remain with the cafeteria as is or go outsourcing. According to NYS Law, if going outsourcing, the lowest bid has to be accepted. One of the specifications for a bid is to have a menu developed for 21 days. It is felt that the

Wellness Committee should do this menu. Kathy Archer, Judy McCord, Phyllis Hagen and Wendy Wilson will be on the subcommittee to develop a menu for the outsourcing bid.

Nancy Walker reported on the Spring into Wellness Walk. This will be held on Saturday, May 10 at Welch Field. If anyone is interested in helping, please be at Welch Field by 8:40 am. Judy McCord volunteered to do face painting. Mrs. Walker will check into face paint.

Mrs. Weingart reported that the Univera Representative would be coming in on Monday, May 12. The representatives will be providing activities for grades 2 –4 .

The Wellness Committee has accomplished quite a few things this school year:

Food demonstration in December

The Writing and Receipt of the Grant for the Vending Machine

Ad Hoc Cafeteria Committee

Disposing of the Pop Machines

The Wellness Committee Members are to bring goals for the next meeting for next school year. One goal for the committee will be to revise the Wellness Policy.

Mrs. Weingart will email the members for the next Wellness meeting.