

Community Consolidated School District 46

Wellness Committee Meeting Notes **Thursday, October 12, 2022 at 3:00 p.m.** **District Office 565 Frederick Rd., Grayslake, IL**

- Attendees: Chris Wildman, Bambi Johnston, Sue Walker, Jennifer Malchow, Fran Akalaonu, Barbara Zarras, and Amber Donnelly
- Discussion items:
 - Nutrition Education
 - Through Health & PE students are taught healthy nutrition
 - Nutrition Promotion
 - Arbor will include nutrition/allergen information with the monthly lunch menu
 - Physical Activity
 - PE Curriculum, 30 minute Recess
 - Other School-Based Activities that Promote Student Wellness
 - Extra Curricular Activities
 - Nutrition Standards for School Meals
 - Arbor follows the USDA Guidelines for school meals
 - Wellness Leader
 - The leader is Chris Wildman
 - Public Involvement
 - Allowing students to sample new menu items
 - The Local Wellness Policy will be added to the district website
 - Food Sharing Tables are for any unopened, non perishable, **Arbor food lunch program items**. All students are welcome to take the items on the table
 - Arbor will conduct a food survey with some of the upper grade students to get feedback on breakfast and lunch items. This survey will take place in November/December