

**PATCHOGUE-MEDFORD UFSD**  
**Wellness Committee**



**Minutes**  
**October 11, 2023**

**Present: Nicole Ciminiello, Anthony Cracco, Dan Erwin, Theresa Deleva, Rita Krepela, Nancy Poulis, Nicole Tiskevics, Carolyn Walsh, Thomas Piccirillo, Elsa Rodecker, Debbie Valenti, Dahryl Louis**

**Note taker:** Nicole Ciminiello

	DISCUSSION	FOLLOW-UP
1.	Welcome/Introductions	Ms. Ciminiello welcomed everyone to the first Wellness Committee meeting and asked all members to introduce themselves and give a little background on why they wanted to be a part of the committee. She also explained some past highlights of the committee.
2.	Review Wellness Policy	Mr. Erwin and Ms. Ciminiello reviewed the Wellness Policy. They both explained that a Wellness Policy must be in place and reviewed annually by the District. Ms. Ciminiello asked that each of the members review the wellness policy so that they were familiar with it and see if they thought any adjustments might be advisable. They also explained how the School Lunch Program is run and that it must be self-sustaining financially. Ms. Ciminiello explained that the budget the taxpayers vote on cannot fund the School Lunch Fund. Ms. Ciminiello explained there are different funds, but the only “fund” the taxpayers vote on is the General Fund. Ms. Ciminiello gave an example of the different funds like having different bank accounts.

	<b>DISCUSSION</b>	<b>FOLLOW-UP</b>
3.	School Lunch Guidelines	<p>Mr. Erwin went into detail about the USDA guidelines that he must follow in order for the meals he serves to students to be reimbursed. This is important because reimbursable meals are how the School Lunch Program makes it money to pay for the employees that run the program, food, equipment, paper goods etc.</p> <p>Mr. Erwin dispersed to the committee the guidelines that make up how he determines his menus. It gave the breakdown for Breakfast and Lunch Meal Patterns and how much of each food group needs to be served in order for the meal to be considered reimbursable.</p> <p>Members of the committee did not realize how strict the guidelines are. Mr. Erwin also explained that although parents and students might see an “Eggo” waffle or a “Pop Tart” on the menu, but those items are not the same products that you would purchase in the grocery store. For those items to be sold, they must be made with whole grain, have a certain calorie count, protein or fruit component.</p> <p>Mr. Erwin asked our student representative Dahryl, if the chicken sandwich that is sold in the cafeteria tastes much different than a chicken sandwich that is sold at Burger King. Dahryl agreed that it does taste much different.</p>
4.	Goals	<p>Ms. Ciminiello asked the committee to think of some goals they would like to accomplish for the 2023-2024 school year. She asked the members to either email her or discuss it at the next meeting.</p>
5.	Other	<p>Committee members discussed various topics or initiatives that used to be a part of the District. Ms. Krepla stated she used to be the Yoga Tosa (Teacher on Special Assignment) and wondered why this practice was stopped. Other asked what happened to the Tower Gardens that were purchased.</p> <p>Dahryl (student rep) wanted to know if it was possible to have Food Truck Friday’s. He said when he used to attend Sagem North, every Friday Food</p>

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		<p>Trucks would come to the school and students could purchase lunch. Dahryl wanted to take this idea one step further and somehow involve local restaurants as well. Mr. Erwin stated he would speak to the Food Service Director at Sachem to gather more details. Mr. Erwin had a few concerns, the top one being, if Food Trucks came in, he would lose money since the Food Trucks meals would not follow the USDA guidelines therefore the meal would not be reimbursable. The Committee did like this idea.</p> <p>Mr. Cracco explained some of the physical education guidelines.</p> <p>Ms. Walsh thought of having an extracurricular club where each month, the club would taste test different ethnic foods.</p> <p>Ms. Ciminiello adjourned the meeting at 3:40 and asked the committee to please email her with any agenda items for the next meeting as well as any goals that can be discussed.</p>