

Health & Wellness Committee Meeting
December 15, 2011
9:30 AM

Agenda Items:

1. **Try It Tuesdays:**

Program will begin after the first of the year. Elementary students will have different fruit and vegetables to try on Tuesdays during the lunch hour. Students who try the new item will be given a sticker to put on a poster in the lunch room.

2. **Cookie Control:**

Emily began serving a chocolate cookie during breaks. The cookie has less calories, fat and sodium. The committee would like to eliminate cookies as a choice during the break.

Future Action: Committee to continue discussions of cookie elimination.

3. **Family Fitness Updates:**

Family Fitness Nights have had less participants this round. The committee is recommending that we offer them quarterly or try something new. A Family Fitness Fest in March was suggested.

Future Action: Committee will continue to discuss this at next meeting.

4. **Active Schools Grant Update:**

Pam and Beka gave an update on the Active Schools Grant. The district was one of 4 schools to receive an additional \$2,250 through the grant.

Next meeting is January 5, 2012 at 9:30 am.