

Present: Tiffany Sweatt, Steve Learned, John Kennedy, Stacy Campbell, Emily Bernhardt, Dan Gorham, Mark Fiorentino, Peter Sutters, Devon Phillips, Jennifer Noyes, Christine Whiting, Elaine Sherry, Kaye Moren, Tammy Jeralds, and Wanda Merril , Cheryl Covill, Bev White, Heidi Barker

Intros. And Sharing Initiatives

Emily Bernhardt- NH Teen Kickoff, packets will be sent to each school. This is for 6-12th grade, Competition is on Nov. 4th at WMCC. Theme is breakfast for lunch. Students are to sign up by Oct. 10th

Jen Noyes- A Girls on the run Program will be part of the afterschool program within SAU 7, This combines running and girl's issues/self esteem building. This is for middle school girls

Peter Sutters- Smoothies went well last year, looking for funds to do this program again this year

Bev White- Shared about the CES apple fundraiser. She also shared an opportunity to have a local foods fundraiser. (honey, veggies, syrup etc). If schools are interested they should let Bev know.

Tiffany Sweatt- "Bike Blender" grant. This will hopefully purchase a stationary bike that runs a blender. This can be used at different community events.

Heidi Barker- Cooking Matters program will be starting in Colebrook for grades 5-12. Heidi, Kristen Brooks, and Project Aware are collaborating on this. Also presented on website "Team Nutrition" which has great lesson plans and curriculums relating to health and wellness

SCS- They have begun a before school program where they have clubs and other various activities.

CES- Middle school teachers are planning to incorporate gardening more into their curriculums.

Food Service Updates

- PSD restarted the breakfast after the bell. They are serving 30-35 breakfasts per day which are grab and go. This is up over 30%
- CA, grab and go still going well,
- The program is moving to a two week cycle
- They are working with NC Farmers to get local produce as well as Big Papas
- New law regarding student lunches states students has to get the regular lunch despite owing money and students can not be asked about their balance. This question has to go to parents/guardians.
- Cindy from SAU and Amy Caron (Project Aware) can help parents fill out forms if needed.

SAU Beacon Pilot Project

- There are many resources locally, over 30 growers in the area.
- This grant is for \$10,000 over 3 years
- NEXT MEETING OCT 17TH, 4:30-7 at the CES library. Seabrook will be here to share what they did with the project.
- We received this grant due to having a well established wellness committee, a wellness policy, and having a good amount of local growers.
- NEW EARTH is a local farm that grows in the winters. They give tours of how this growing works and their methods.

Vision Review- reviewed and the discussion around changing “choices” to “habits” came up. This will be explored at the next meeting.

Policy- New state policies shared, we received samples of policies that we can utilize to rewrite ours. We broke into three groups to begin the work of revamping our policy. There was discussion around having this policy include social and emotional development as well.

Groups

NUTRITION- Tiffany Sweatt, Steve Learned, John Kennedy, Stacy Campbell, Heidi Barker

PHYSICAL ACTIVITIES- Emily Bernhardt, Dan Gorham, Mark Fiorentino, Peter Sutters

OTHER- Devon Phillips, Jennifer Noyes, Christine Whiting, Elaine Sherry, (Kaye Moren, Tammy Jeralds, and Wanda Merrill with a focus around curriculum)

**Cheryl is open to someone else taking over as chairperson if anyone is interested.

NEXT MEETING JANUARY 18TH, 8-9:30 CES LIBRARY