

MEETING DATE: November 05, 2020 1:00-1:30 pm
virtual/zoom meeting

ZOOM Attendees: Bethany Markee, Marianne Heuchert, Michelle Romine, Rachel Azziz, Leigha ?, Yvette Barajas, Lucy ?, Bryon Barajas, Erin Primer, Lata Murti, EJ Payne, Mathew Hernandez, Lauren Thomas, 805-705-6400

MEETING AGENDA

1) Welcome All!!!!

2) Brief recap of Wellness Summit Meeting on October 07,2020 link:

<https://schoolwellnesssummit.org/2020-summit/>

- Bethany spoke about the different topics that were discussed at the Wellness Summit- Mental Wellness, special Grants.
- She shared the link and it was emailed through Parent Square so Wellness Summit videos can be viewed.
- She shared that last year she was awarded a grant for the kinder & 1st graders to offer culinary arts classes in the school gardens. This project has been put on hold, but will hopefully be launched next fall 2021 or spring of 2022.

3) Update & summary of meal servings during COVID:

- a. March- June 2020 -100,000 meals were given out. No meals were served in July.
 - b. Aug-present –3,000 meals given in August, 35,000 in Sept, 60,000 in October. Across the nation as a whole schools' meals are down 80-90%
 - c. What we have learned
 - i. Different food items
 - ii. Some ideas that we thought temporary, will help dept. long term
- Our staff decrease & switched many staff to our packing site.
 - SLP taking our stock of our food and prepared and packaged meals for us.
 - Lay's donated 9 pallets of chip's to disperse to families.

4) Wellness committee's yearly goals:

- a. 11/5 general update & summit information
 - b. Next spring, we will have 1 meeting to have another update & set goals for next year
- To get through this school year!
 - To offer more Vegetarian Items.
 - Erin Primer (from SLO Schools) shared a recipe (Thai Basil Lentil Burger) and shared notes about plant forward/climate friendly = meatless and about SLO having pre-order meal kits.



Thai Basil Lentil
Burger .pdf

- Discussed meal pick up schedule. Discussed that we do offer Alternate meal menu/vegetarian and gluten free. For the gluten free items, we must have a Medical Statement from a Dr to provide these meals.
- Would like to discuss fundraising topics and taste testing smart snacks in the future.

5) Any comments or additional items to discuss?

- Discussed upcoming P-EBT card distribution and that it will be posted in Parent Square this week.