**District Wellness Committee**

**Wednesday February 15, 2011**

**3:30pm-4:30pm**

**\*\*Please print and bring your own copy of this agenda. \*\*Please remember to bring your own beverage.**

**Location: CHS Library**

1. Group photo!
2. 30 Day Wellness Challenge Feedback and Review
3. E-mail Connie wellness highlights for your school (student and staff) to be shared with the school board.
4. Food Service: **5 A Day the Color Way!**

* **SAVE THE WEEK: 2nd week in April 9th-13th** (UMS 16-20 SPIRIT WEEK) (VACATION 23-27)

***\*Wellness Leaders- communicate this to your administrators, schools and make sure it is on the school calendar.***

Monday- RED

Tuesday- YELLOW *Colors the same day of the week as last year.*

Wednesday- WHITE

Thursday- GREEN

Friday- PURPLE

* Food service menu will highlight the colors of the week at all schools
  + Free samples of all colorful fruits and veggies for everyone
  + Smoothie bar will visit each school once during the week -free samples of the winning smoothie
  + Recipe cards of the winning smoothies for all students/staff, including nutrition info
  + Colorful give-aways at UMS, PPS and MBS
* RECIPE CHALLENGE: (ONE WINNING RECIPE FOR EACH SCHOOL)
* No nuts
* Must highlight the color assigned to that school for the day
* Nutritious- low fat, low sugar, low salt, high vitamins and minerals
* Include fruits and vegetables as well as other nutritious foods!
* Affordable ingredients- commonly found in a grocery store
* **COMMUNITY/PARENT VOLUNTEERS NEEDED!**

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|  | **Monday 4/9**  **UMS**  **RED** | **Tuesday 4/10**  **PPS**  **YELLOW/ORAN** | **Wednesday 4/11**  **MBS**  **WHITE** | **Thursday 4/12**  **CMS**  **GREEN** | **Friday 4/13**  **CHS**  **PURPLE** |
| **Organize recipe challenge** (flyers, communications, prizes, etc.)  **-RECIPES DUE 3/23**  **-WINNERS DECIDED 3/30** | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): | Name:  Number(s):  Name:  Number(s): |
| **Take pictures** | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): |
| **Help prepare and serve smoothies** | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): | Name:  Number(s): |

* Wellness Leaders: Staff involvement

1. District Run- Cheryl Aley – Postpone until 2012-2013
2. FINALWELLNESS COMMITTEE MEETING:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Date** | **Time** | **Location** | **Purpose** |
| **NEXT/FINAL** | May                   9 (Wednesday) | 3:30-4:30pm | CHS Library | * Review the year - Reflection * Reflection on the school board feedback * Set goals for 2012-2013 |