

Wellness Policy Committee Zoom Meeting 5/4/23 - Notes

(the zoom video glitched again, so I set up a phone meeting with Kathleen Cole for my notes)

New member: Morgan Carey - is our Community Nutrition Advisor, and is from the Dairy Council.

Eat Well to Be Well Presentation:

Healthyeating.org (bi-lingual), passcode q%0&t9Q6

New Instagram! @tusd_nutritionservices

Nutrition Conducted a product testing at South High. Tyson's food rep brought chicken wings. Feedback from the students was positive. May add to next year's menu.

Healthy Ever After tested smoothies at 10 schools and it went well. May add the item to menus next year depending on pricing and availability.

The Resource Guide is completed and will be up for the 23-24 sy.

Summer Feeding Program:

Available at Torrance Elementary and is available for non-TUSD students, under 18 years of age.

Please share this information with family and friends.

Dates: 6/19/23 - 8/11/23

Monday - Friday

Breakfast 9:00am - 10:00am

Lunch 11:am - 12:00 pm

*This information is also being shared via Community Partners, Torrance Members, and Facebook.

Universal Meals 23-24: Free meals for all schools.

Wellness Week:

Wellness week went great! Wellness week consisted of: Mindful Monday, Tasty Tuesday, Wellness Wednesday, Thankful Thursday, and Fit Friday. On Fit Friday TUSD employees did a step challenge and there were 25 teams!

Next year's meetings (new time):

Thursdays 8:00am via zoom.

Sept 28th, Nov 30th, Feb. 22nd, and May 2nd.

Have a wonderful summer everyone!

Donna MacDonald

TCPTA Health Committee Member