

## Nutrition Advisory Committee

*DATE 2/27/23*

Board Members Present: Louis Jordan, Marilyn Merrill, Anita Wilderman

Board Members Absent: Marian Heller, Lucy Dewsnap

Agency Partners: Jan Krueger, Amelia Cisewski

1. Call to Order	Jan called the meeting at 10:32
2. Review and Approve Agenda	Marilynn made a motion to approve the agenda. Louis seconded the motion passed.
3. Introduction and Welcome of Attendees.	Jan and Amelia introduced themselves and how they are involved with the program. Anita introduces herself, and she attends the Westfield Dining site. Louis introduces himself as a past dining site facilitator and attends Packwaukee. Marilynn introduces herself as a peer leader, occasionally visiting all the meal sites, but is from Montello.
4. Review the purpose and Intent of the committee. a. Meeting Day, Time, and number per year. b. Representation of Program c. Program implementation and policy review.	Discussion about time, day, and location. The group wants to rotate to different dining sites. We will start with Endeavor and go alphabetically. Meetings four times a year. Meeting before the lunch meal. Then the committee will have the opportunity to eat at the dining site.  Handed out and Reviewed the Draft manual. Talked about policy and procedures.
5. ADRC- Nutrition Program a. Nutrition Coordinator b. National Nutrition Month c. Volunteer Appreciation	Nutrition Education is offered Monthly. Nutrition Education National Nutrition Month – Amelia is going to the sites for Jeopardy. Nutrition Month ramps up education. Health Promotions Discussion – location is often dining sites. Multiple classes are offered.
6. Dining Sites & HDM a. Outreach and Public Involvement. b. Ideas and Activities.	Community events discussion about outreach. We talked about volunteers being involved in all the community events. This would increase community awareness and education.  Master Gardner discussion – spring plantings as an activity. Wii bowling, cards, exercises, puzzles, discussion. Police K-9 as a presentation. Education around diabetes.
7. Informational Items – Discussion Only.	Discussion about food and favorites at the sites. We don't have much ethnic diversity. How do we include a wider variety of options? Talked about state person Lori doing demonstrations and having her come and do more demonstrations. We talked about participants having a variety of mixed options. Some sites like wraps and salads while other sites like meat and potatoes. Discussion about Evening Meals and Activities.
8. Next Meeting	May 17 <sup>th</sup> @ 10:00 A.M. at the Endeavor location.
9. Motion to Adjourn	Adjourn at 12:12

Minutes Submitted by Jan Krueger (Drafted 2/27/23)