

Nutrition Advisory Committee

DATE 8/28/23

Board Members Present: Cathy Kampen, Lucy Dewsnap, Marian Heller,
Board Members Absent: Marilyn Merrill, Louis Jordan, Anita Wilderman,

Agency Partners: Jan Krueger

1. Call to Order	Jan called the meeting at 10:35
2. Review and Approve Agenda	Cathy made a motion to approve the agenda. Marian seconded the motion. Motion passed.
3. Introduction and Welcome	All know each other from past meetings.
4. Program implementation and Policy Review. <ul style="list-style-type: none"> a. Nutrition Guidelines update b. Site Reviews c. Food Safety d. Volunteers 	<ul style="list-style-type: none"> • We talked about the state approach and having changes every year versus changing major things every five years. Regulations for the program are reviewed/evaluated every five years. A major part of this is the structure of the meal. Ex: Sodium Reduction. Discussed grains, beans, peas, vegetables, and fruit colors. • Site Reviews – new form, need to update some signs. Fire drills were brought up, and we will need to do some education and walkthrough. • Food Safety. Temperatures have been good across the sites. Bring your own containers; brought-in food is on a separate table. • Volunteers- Food Safety Training Refresher for all the volunteers, and this is done annually. • Volunteers are doing well at Endeavor. Neshkoro is working well now. • Neshkoro Library – Discussion of items at the library. What belonged to the nutrition program and what belonged to the Senior group.
5. Nutrition Program <ul style="list-style-type: none"> a. Nutrition Coordinator 	<p>Walk With Ease – starting a self-enhanced workshop that meets 1x/week instead of 3x a week. It will be in Westfield this time.</p> <p>Stepping up your nutrition – will be offered in all the locations. The 1st one will be in Montello in the evening: Tuesday, October 10th and 17th.</p> <p>September is malnutrition month. – We will have a trivia session. Wednesday, September 20th In Endeavor.</p> <p>Dining Sites and HDM – survey was sent out.</p> <p>State level – looking at HDM and what is available for funds. Waitlists are being created. Amelia has been on a workgroup for the meal prioritization tool.</p> <p>Discussion on donations.</p>
6. Dining Sites & HDM <ul style="list-style-type: none"> a. Outreach and Public Involvement. b. Ideas and Activities. 	<p>Question to the group: upcoming activities or events that we should be aware of or participate in: - Endeavor is missing the sharing supper.</p> <p>Discussion on: Bob Haase – wildlife photographer. At Montello, it went really well. Amelia will set up other dining sites to have him come and present.</p> <p>Bill and Bonnie Stevens – Tuesday, September 12, at the park in Westfield. Hope House will also present on healthy relationships and aging.</p>
7. Informational Items – Discussion Only.	Memory Cafe – 1 st Wednesday of each month in Westfield. Caregiver Luncheon
8. Next Meeting	November 9 th @ 10:30 A.M. at the Neshkoro location. {Rotate alphabetically. (Endeavor, Montello, Neshkoro, Oxford, Packwaukee, Westfield) Meetings four times a year. Meeting before the lunch meal.}
9. Motion to Adjourn	Adjourn at 11:29, Lucy made the motion to adjourn.

Minutes Submitted by Jan Krueger (Drafted 8/28/23)