

Nutrition Advisory Committee

DATE 5/7/24

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

Board Members Absent: Bonnie Farr

Agency Partners: Amelia Cisewski

1. Call to Order	Amelia called the meeting at 10:00am
2. Review and Approve Agenda	Cathy made a motion to approve the agenda. Lucy seconded the motion. Motion passed.
3. Introduction and Welcome	Introductions: Marilyn- community rep; Marian- Neshkoro; Lucy & Cathy- Endeavor; Louie- Packwaukee; Anita- Westfield
4. Program implementation and Policy Review. a. Updated Nutrient Standards b. Food Safety c. Volunteers	<ul style="list-style-type: none"> • Discussion on updated nutrient standards. Discussed 1% milk. Many like the 1% milk. • Discussed minimum hot temperature of food served. State lowered the hot temperature minimum from 140 degrees F down to 135 degrees F. • Discussion on food temperatures in Endeavor. Will go out and temp food at end of service time to ensure food is hot enough. • Plan on volunteer food safety training annually.
5. Nutrition Program Education a. Nutrition Coordinator updates and projects b. Nutrition Education	<ul style="list-style-type: none"> • Shared upcoming workshops- Walk with Ease 3 days for 6 weeks in Health and Human Services Building in Montello. Starts May 13. • Sites enjoyed National Nutrition Month Jeopardy. Enjoy games and tasting new foods for nutrition education. • Plan to go out to the sites and provide education on updated nutritional guidelines and key nutrients for older adults. • Planing Stepping Up Your Nutrition workshop in late summer.
6. Dining Sites & HDM a. Outreach & Public Involvement, program ambassador b. Discussion on Ideas & Activities c. Older Americans Celebration and Picnic in the Park	<ul style="list-style-type: none"> • Discussed challenges getting the word out. Recommended posting flyers and menu at grocery stores. Invite all the snow birds coming back. Discussed letting people who are new to the area know what is going on. Discussed inviting neighbors and promotions with libraries. • Discussed possible guest speakers. • Encouraged everyone to sign up and invite others. • Older Americans Celebration in Endeavor on May 15. • Picnic in the Park in Westfield: <ul style="list-style-type: none"> ○ Thursday, June 13th ○ Monday, August 19 ○ Tuesday, September 10
7. Informational Items – Discussion Only.	Memory Cafe – 1 st Wednesday of each month in Westfield.
8. Next Meeting	Monday, August 12 @ 10:00 A.M. at the Westfield 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 11:28am, Marilyn motioned, Louie seconded the motion.

Minutes Submitted by Amelia Cisewski (Drafted 5/7/24)