

Nutrition Advisory Committee

DATE 8/12/24

Board Members Present: Marian Heller, Phyllis Mabie, Bonnie Farr, Lucy Dewsnap

Board Members Absent: Louis Jordan, Bonnie Farr, Marilyn Merrill, Cathy Kampen

Agency Partners: Amelia Cisewski

1. Call to Order	Amelia called the meeting at 10:04am
2. Review and Approve Agenda	Lucy made a motion to approve the agenda. Marian seconded the motion. Motion passed.
3. Introduction and Welcome	Introductions: Marian- Neshkoro; Lucy - Endeavor; Bonnie- Oxford; Phyllis- Montello
4. Program implementation and Policy Review. a. Dining Site Reviews b. Food Safety c. Volunteers	<ul style="list-style-type: none"> • Will set up Dining Site Reviews with the NAC members this fall. • Discussed on water pitchers on the tables. • Discussion on food safety for milk. Sites have been receiving some sour milk. Milk was coming sour from supplier. • Food safety training done annually at sites for volunteers. • Discussion on standards handout and cheat sheets posted on fridge at site. Posted at some sites but will post at all.
<ul style="list-style-type: none"> • Nutrition Program Education <ul style="list-style-type: none"> a. Nutrition Coordinator updates and projects b. Meal Prioritization Update • Nutrition Education d. Malnutrition awareness 	<ul style="list-style-type: none"> • Meal prioritization is focusing on "the Right Meal for You". • 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)