

## Nutrition Advisory Committee

*DATE 12/2/25*

Board Members Present: Louie Jordan, Phyllis Mabie, Marilyn Merrill, Kathy Brown, Cathy Kampen

Board Members Absent: Marian Heller, Lucy Dewsnap, Bonnie Farr

Agency Partners: Amelia Cisewski, Jeff Kampen

1. Call to Order	Amelia called the meeting at 10:11am
2. Pledge of Allegiance	
3. Review and Approve Agenda	Louie made a motion to approve the agenda. Marilyn seconded the motion. Motion passed.
4. Review and Approve Minutes	Louie made a motion to approve the minutes. Marilyn seconded the motion. Motion passed.
5. Introduction and Welcome	Introductions: Louie- Packwaukee; Cathy- Endeavor; Phyllis- Montello; Marilyn- Community Rep; Kathy- Endeavor & Oxford; Jeff- Endeavor
6. Program implementation and Policy Review. <ul style="list-style-type: none"> <li>a. Dining Sites</li> <li>b. Food Safety</li> <li>c. Volunteers</li> </ul>	<ul style="list-style-type: none"> <li>• Neshkoro and Packwaukee dining sites closing January 1, 2026. Marilyn shared some info from the budget hearing. Discussion on increased costs of fuel and food. Shared other dining sites that remain open and option of home delivered meals for those who qualify. Discussion on suggested contributions.</li> <li>• Important to keep traffic in kitchen at a minimum. Site reviews went well. Will be updated some signage.</li> <li>• Looking for volunteer site manager for Montello or Endeavor dining site on Wednesdays.</li> </ul>
7. Nutrition Program Education <ul style="list-style-type: none"> <li>a. Nutrition Coordinator updates and projects</li> <li>b. Nutrition Education</li> <li>c. Food Sampling</li> </ul>	<ul style="list-style-type: none"> <li>• Working on setting health promotion classes for 2026. Amelia will be providing more nutrition education at sites in 2026.</li> <li>• Sites enjoyed the Nutrition Jeopardy with multiple choice and true or false questions. Would like info on storage of holiday leftovers as well as shelf stable meal ideas and stocking up for winter.</li> <li>• Sampled Chicken Cordon Bleu Casserole. Feedback included: more chicken added with less ham, use mozzarella instead of Swiss cheese, and add vegetables like peas, corn, or broccoli. Overall enjoyed it and will put on menu in January.</li> </ul>
8. Dining Sites & HDM <ul style="list-style-type: none"> <li>a. Outreach &amp; Public Involvement, program ambassador</li> <li>b. Discussion on Ideas &amp; Activities</li> </ul>	<ul style="list-style-type: none"> <li>• Discussion on importance of advocating for the nutrition program. Some went to the board meeting to advocate for the dining sites. It's more than a meal; it's also about socializing and finding community. Plan to invite board members to the sites. Will follow up with Aging Advocacy Day info in May.</li> <li>• Patsy is performing in Westfield Friday, December 19. Discussion on events for 2026: Older Americans Celebration in May, possible Winter Wonderland event in March, more speakers at sites.</li> </ul>
8. Next Meeting	Monday, February 2 @ 10:00 A.M. at the Westfield Dining Site. Rotate (Endeavor, Montello, Oxford, Westfield) Meetings four times a year.
9. Motion to Adjourn	Adjourn at 11:41am, Louie motioned, Phyllis seconded the motion.

Minutes Submitted by Amelia Cisewski (Drafted 12/2/25)