

## Nutrition Advisory Committee

*DATE 2/2/26*

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

Board Members Absent: Lucy Dewsnap, Bonnie Farr

Agency Partners: Amelia Cisewski, Jeff Kampen

1. Call to Order	Amelia called the meeting at 10:07am
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. Kathy B seconded the motion. Motion passed.
5. Introduction and Welcome	Introductions: Louie- Westfield; Cathy- Endeavor & Oxford; Phyllis- Montello; Marilyn- HDM; Kathy- Endeavor & Oxford; Jeff- Food Bank
6. Program implementation and Policy Review. a. Dining Sites b. Food Safety c. Volunteers	<ul style="list-style-type: none"> <li>• Neshkoro and Packwaukee dining sites closed January 1, 2026. Oxford, Westfield, and Montello are seeing higher participation. Participants from Neshkoro are working on getting Neshkoro area people to continue to get together. Discussion on socialization at dining sites. Discussion on virtual dining site idea.</li> <li>• Discussion on handling carryout meals. Participants can take their leftovers home on their own. We provide food safety info on leftovers for participants .</li> <li>• Still looking for more volunteers for Wednesdays at dining sites.</li> </ul>
7. Nutrition Program Education a. Nutrition Coordinator updates and projects b. Nutrition Education c. Food Sampling	<ul style="list-style-type: none"> <li>• Upcoming virtual Mind Over Matter: Healthy Bowels, Healthy Bladder workshop on Tuesdays from 1:00-3:00pm starting Feb. 24. Stepping On workshop coming to Oxford in April.</li> <li>• The theme for National Nutrition Month this year is Discover the Power of Nutrition. Would like to have a cooking demo at dining sites. Will discuss the New Food Pyramid in February at sites. Another topic of interest is nutrition and medications.</li> <li>• Sampled Green Muffins. Feedback included: less spinach, less chocolate chips, and substitute spinach with pumpkin. Some enjoyed it but overall didn't care for it. Would like to try a summer fruit salad or stir fry for next meeting.</li> </ul>
8. Dining Sites & HDM a. Outreach & Public Involvement, program ambassador b. Discussion on Ideas & Activities	<ul style="list-style-type: none"> <li>• Continue to invite board members to the dining sites. Will follow up with Aging Advocacy Day info in May.</li> <li>• Plan to have Master Gardener presentation at sites as well has a farm to table presentation. Older American Celebration will be in Endeavor on May 13. Les will provide music and bingo will be after lunch. Working on setting up a presentation, possibly a veterinarian. Montello is having a Football Party the Friday before the Super Bowl.</li> </ul>
8. Next Meeting	Wednesday, April 22 @ 9:30 A.M. at the Endeavor Dining Site. Rotate (Endeavor, Montello, Oxford, Westfield) Meetings four times a year.
9. Motion to Adjourn	Adjourn at 11:52am, Marilyn motioned, Louie seconded the motion.

Minutes Submitted by Amelia Cisewski (Drafted 2/2/26)