

Little Falls School District

October 29, 2024

I. Introductions

II. Wellness Committee Mission

- a. The goal of the wellness committee is to support a school environment that promotes sound nutrition and student health, reduces childhood obesity, and provides transparency to the public on school wellness policy content and implementation. As participants in the National School Lunch program, the district is governed by the Healthy Hunger Free Kids Act, which among other things, requires the school district to have a wellness policy.

III. Healthy, Hunger-Free Kids Act a. Pomptonian Presentation

MEETING NOTES

The first meeting of the wellness committee began with member introductions. The committee has representatives from both district staff and community members. A brief overview was provided of the National School Lunch Program and the Healthy Hunger Free Kids Act (HHFKA). Along with that, the committee discussed the mission of the Wellness Committee. Gina Maffucci and Susan Galione of Pomptonian reviewed the food services in the district, addressing how the district complies with the HHFKA regulations. The group then discussed nutrition and among other topics, the many things to think about including nutrition education, how nutrition and health means something else to every individual, and the importance of nutrition education to both students and their families. The committee agreed Health and Wellness is more than nutrition, but also physical and mental health & safety as well. We discussed that we are going to introduce bento boxes, (build a pizza, breakfast, and hummus with pita). The parents asked if we would advertise Halal food options, by putting signage out on our lines. In January, we are going to gather information on other countries and provide a signature meal to go along with the country picked.

Other topics discussed were issues with not having money on account

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Julie Abboud

Desire Dibuono

John Buset

Alexi Ariemma

Gina Maffucci

Susan Galione