ELLWOOD CITY AREA SCHOOL DISTRICT

WELLNESS COMMITTEE MEETING MINUTES

TUESDAY, DECEMBER 12, 2023

12:00 PM

* We have updated the school website, under the Food Services Department section, with a Wellness tab. We will use this tab to report to the public our triennial reviews, post our wellness policy, and communicate all our Wellness Committee meetings and minutes.
* The Physical Education Department and Metz Culinary from the Food Service Department spoke about organizing a Wellness/Health Event for all student & staff to attend next year. There would be various stations to visit concerning health, nutritious meal & snack options to sample, tips on how to cook on a budget, odometer walking, mental well-being, etc.
* Implementing tips for food service department staff to recognize students with allergies in the elementary schools quicker by color-coding their ID cards. Also, to bring more awareness to all staff by posting food-allergy reactions & symptoms so if a situation would arise staff are aware and can respond quicker.
* New sodium limits put into place July 1, 2023. Last year limit for K-5 grade was 1230 mg and it is now 1110 mg, 6-8 grade was 1360 mg and it is now 1225 mg, and 9-12 grade was 1420 mg and it is now 1280 mg.