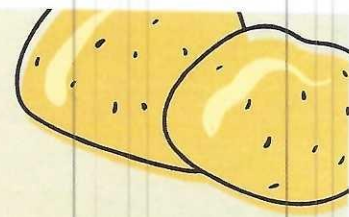
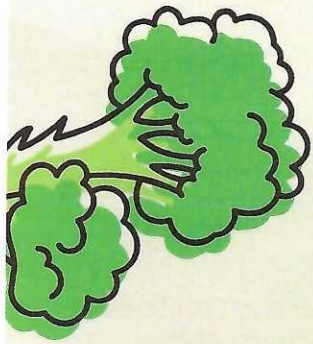


Avondale Health & Wellness Advisory Committee

December 17, 2024



Agenda

1

Local Wellness Policy

2

2025 Food Trends for Kids

3

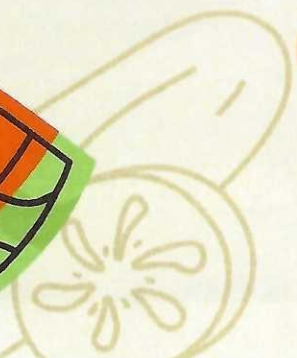
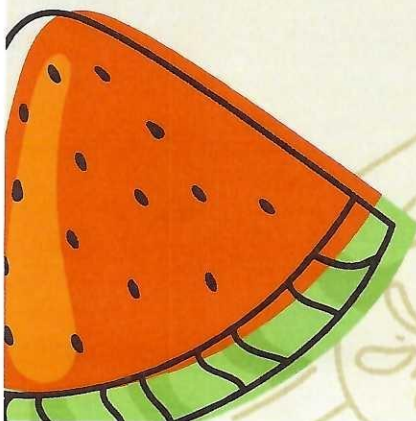
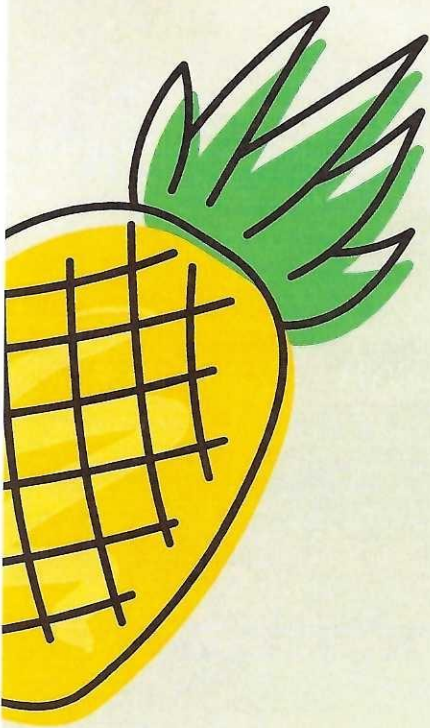
SBP & NSLP Meal Pattern Update

4

Education- Nutrition & Physical Education

5

Questions, Comments, Ideas, etc...



Avondale Health &
Wellness Advisory
Committee
December 17, 2024

Sign-In Sheet

Name

Job Title

Megan Haase

Food Service Director

Jennifer Anderson

Parent

Megan Mollay

Communications Director

Vicky Mulka

Outreach Coordinator

Robin Bovensiep

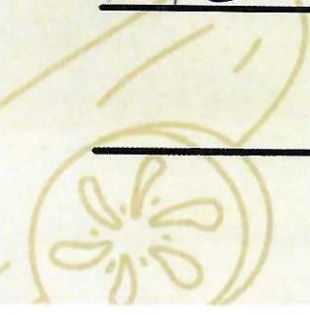
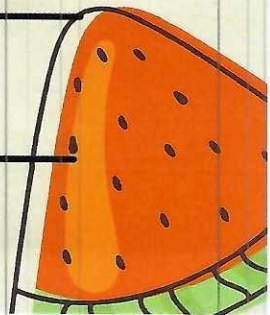
Parent



Denise Serusi

Parent

Kyle Cooper

Food Service
Asst. Director





Avondale Health & Wellness Advisory Committee

December 17, 2024

Meeting Minutes

1. Local Wellness Policy

No immediate changes were identified for the Local Wellness Policy at this time.

2. 2025 Food Trends for Kids

The group discussed emerging food trends for 2025, with a focus on how to integrate these trends into the school dining experience. A key takeaway was the emphasis on offering healthier, smaller treat options for students.

3. SBP & NSLP Meal Pattern Update


The team reviewed upcoming changes to the School Breakfast Program (SBP) and National School Lunch Program (NSLP) meal patterns. A primary focus was on strategies to reduce sugar content in school breakfasts.

4. Education, Nutrition & Physical Education

The group explored different approaches to incorporating nutrition and physical education into the classroom setting. There was interest in potentially partnering with the Michigan Fitness Foundation to support these efforts.

5. Questions, Comments & Ideas

Several exciting ideas were shared, including:

- Proposing classroom parties to smoothie parties using the smoothie bike
 - Planning "Books & Bites" for March Reading Month
 - Organizing events like "How to 'Beet' the Winter Blues"
 - Introducing hydroponics as part of Earth Day activities
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