

Nadaburg Wellness Committee Meeting- October 22, 2025

In attendance- Food Service staff, School Nurse, and Child Nutrition Consultant

The committee met to discuss district wellness goals. A copy of the meeting agenda and district wellness policy was provided to each participant. Topics discussed included district wellness goals, the USDA Smart Snack requirements, meal modifications for allergies and special diets. Nadaburg will be reviewed by the USDA on March 24 as part of the National School Lunch Program.

Nadaburg Elementary School was selected by the USDA to receive a grant this year to provide samples of fresh fruits and vegetables to students grades K-8 twice a week. The samples are provided in the afternoon along with a brief nutrition lesson. The committee discussed food tastings at each K-8 school to provide student input on menu planning.

A goal for the wellness committee is to survey school principals regarding the need for weekend backpacks. St. Mary's food bank will provide the backpacks at no charge. Currently, school nurses are provided snacks by a volunteer church group. The availability of carbohydrate counts for each menu item was discussed. The child nutrition consultant will follow up at the next meeting with online nutrition analysis software options.

The next wellness committee meeting will be in April 2026. Parents, students, and school staff are welcome to join the committee. If you are interested, please contact Kristina Ricketts, Food Service Coordinator, at Mountainside High School.