


**New Milford Board of Education
Wellness Advisory Committee Minutes
May 16, 2019
Lillis Administration Building, Board Room**

Present: Committee Co-Chairs: Ms. Alisha DiCorpo, Mrs. Laura Olson
 Committee Members: Mr. Alex Amaru, Mrs. Gina Bernard, Mrs. Anne Bilko, Mrs. Angie Chastain, Mr. Bill Dahl, Mrs. Denise Duggan, Mr. Scott Hoffman, Mrs. Karen Hores, Dr. Chris Longo, Mrs. Michelle MacDonnell, Mrs. Mary Orcutt, Mrs. Mariann Schirizzo, Mrs. Sandra Sullivan, Mr. Eric Williams

| | | |
|----|--|--|
| 1. | Call to Order <ul style="list-style-type: none"> Ms. Alisha DiCorpo called the Wellness Advisory Committee meeting to order at 3:50pm | Call to Order |
| 2. | Public Comment There was no public comment. | Public Comment |
| 3. | Items of Information A. MVP-SOS <ul style="list-style-type: none"> Mrs. Olson did a brief overview of the MVP-SOS organization, which included the services that it offers to town residents. Mrs. Olson stated that MVP-SOS would like to get the word out they have resources available, not just for kids sports, but also summer camps etc. There is an application process. She stated that if anyone knows any family who is struggling, please put them in touch with MVP-SOS. There is a cap on how much per family. The information is listed on the MVP-SOS website. | Items of Information MVP-SOS  RECEIVED TOWN CLERK 2019 MAY 24 A 8:48 NEW MILFORD, CT |
| B. | Parents as Partners Update <ul style="list-style-type: none"> Mrs. Olson stated that they had their last presentation for the school year, Scott Driscoll of Internet Safety Concept. He was well received. Mrs. Karen Hores and Mrs. Anne Bilko really liked the presentation and felt the parents did as well. He was very informative and parents were very engaged. | Developmental Assets: Profile of Youth Survey |

| | | |
|----|--|----------------------------------|
| | <ul style="list-style-type: none"> ● Mrs. Olson stated that he will be coming back to speak with students during the 19-20 School year. ● Mrs. Olson, Mrs. Hores and Mrs. Bilko gave some highlights of the presentation and some web addresses that he addressed and what to look out for. ● A nice discussion was had amongst the committee regarding different aspects and issues occurring in New Milford Schools with relation to the presentation. Ms. Mariann Shirizzo explained that “Computer Stranger Danger” to 3rd graders. | |
| C. | <p>Camella’s Cupboard Update</p> <ul style="list-style-type: none"> ● Ms. Angie Chastain did a presentation on Camella’s Cupboard. She explained in detail what it does, how the summer program works, visiting daycares, Camella’s Cupboard at SMS and NMHS. Mrs. Chastain explained that they will be opening up the program to Sherman as well. ● The powerpoint and handouts will be posted along with the Wellness Meeting minutes on the NMPS website. | Camella’s Cupboard Update |
| D. | <p>Nutrition Update</p> <ul style="list-style-type: none"> ● Mrs. Sandra Sullivan of the Food Services Dept of New Milford Public Schools did an updated presentation of the CT Nutrition Standards. The presentation is posted on the NMPS website along with the Wellness Minutes. | Nutrition Update |
| E. | <p>Suggestion for Next Year</p> <p>Ms. DiCorpo asked the Committee for suggestions on topics for next year.</p> <p>Mrs. Gina Bernard: Mindfulness training for students/teachers, many others concurred.</p> <p>Ms. Mariann Schirizzo: Doing a self check at each school re: recycling and efficiency of recycling</p> | Suggestions for Next Year |

| | | |
|----|--|----------------|
| | Ms. DiCorpo suggested perhaps having Mr. Kevin Munrett, Facilities Director come to a meeting to hear suggestions. | |
| 5. | Adjourn The meeting concluded at 4:55 p.m. | Adjourn |

Respectfully submitted:



Ms. Alisha DiCorpo, Co- Chairperson
Wellness Advisory Committee



Mrs. Laura Olson, Co-Chairperson

Camella's



Supperboard

• FEEDING FAMILIES •
• CHANGING LIVES •

Mission

- To provide all children in New Milford, CT year round food access.



Current Programs

Summer Lunch Program

Breakfast/Lunch/Snack

M-F 7-9 am

Weekend Bags

Participants and Local Daycares

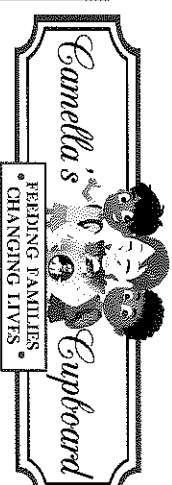
Break and Weekend Bags

Multi-day food packs for duration of break

In School Snacks and Food Pantries

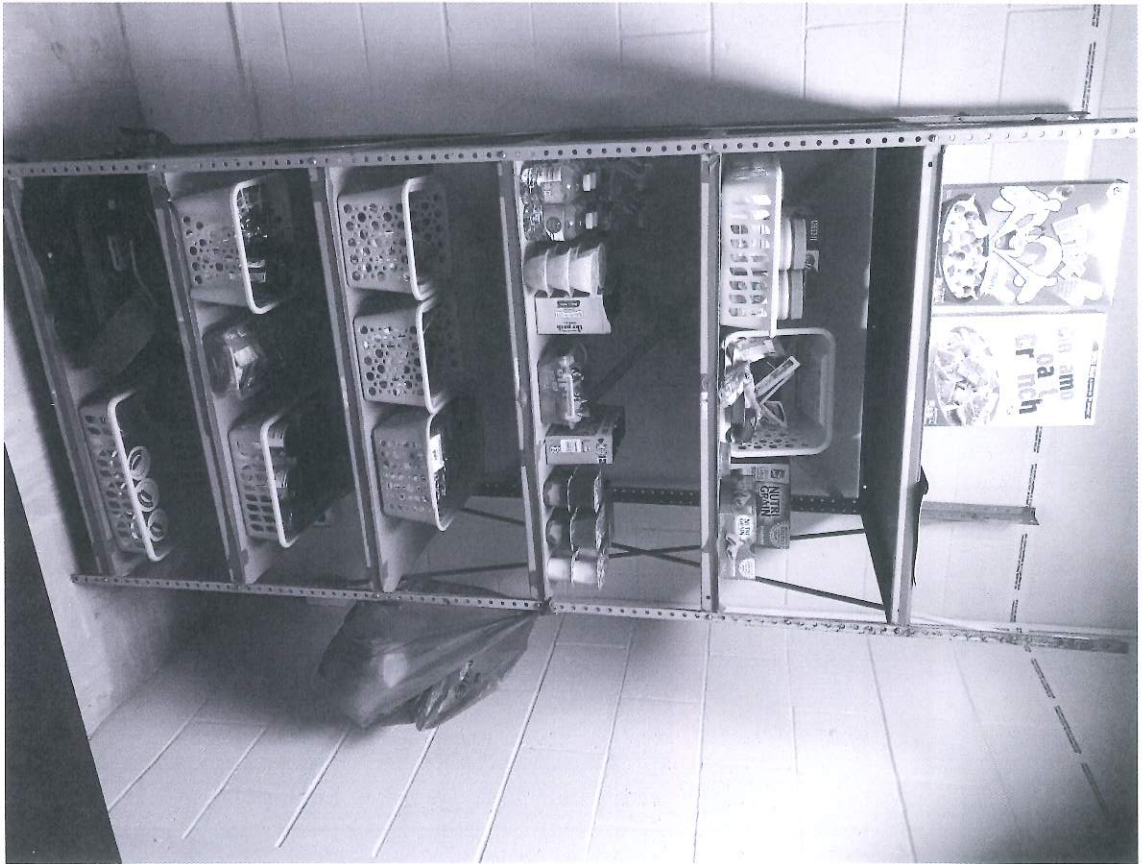
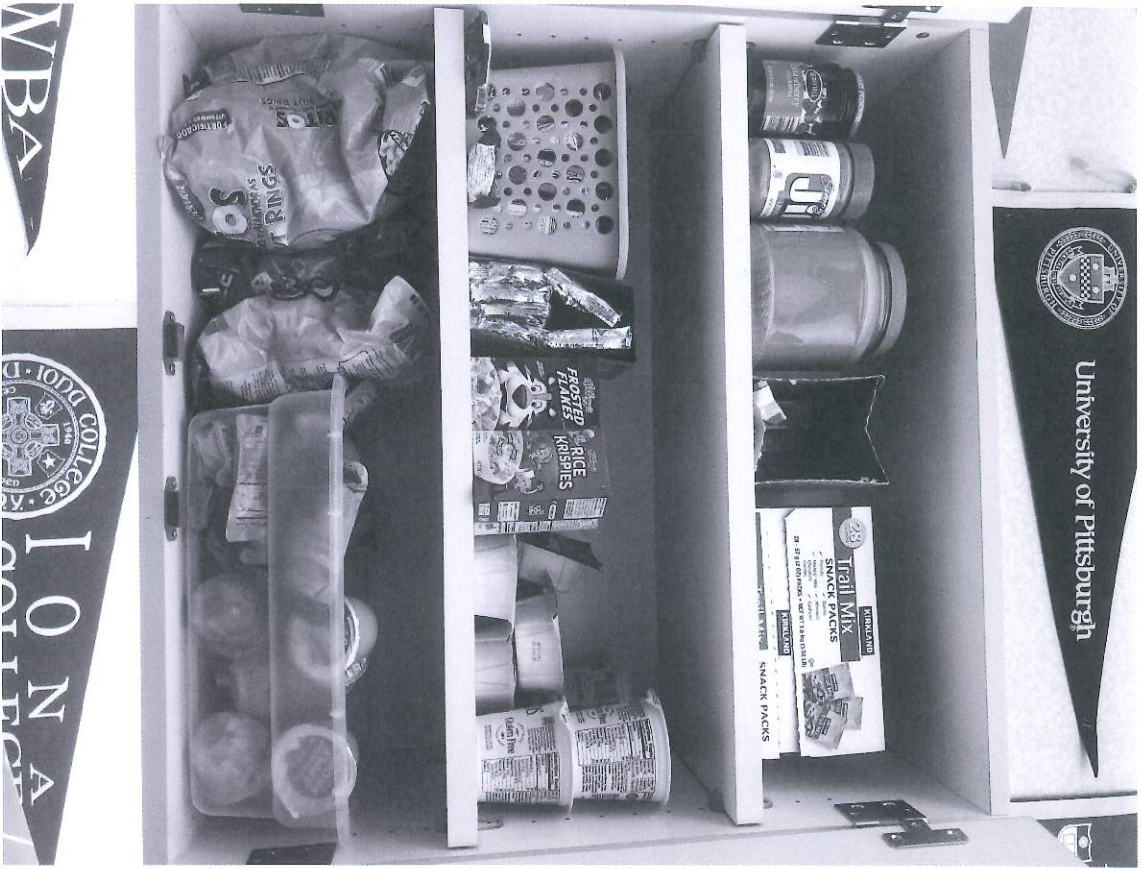
Snacks - K-5 - NES, HPS, SNIS

Pantries - SMS & NMHS









WBA

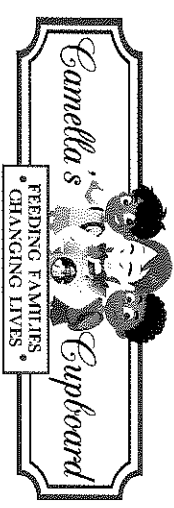
IONA
COLLEGE

University of Pittsburgh

Food Insecurity

- Program designed for students who receive free or reduced lunch
- Need is self-identified
 - No one is turned away
- Program open to Greater New Milford area students
 - Including Sherman students this year
- Sign-ups will be sent through school emails tomorrow
 - Current sign-up from Facebook Post is 77





8,650 Meals

29,048 pounds of food



8,650 meals

have been served to
New Milford children

during
our first
year of
operation

Lunches
Contain
BREAKFAST ITEM
SANDWICH
FRUIT
SALTY SNACK
SWEET TREAT
SNACK 4 LATER



Thanks to the extremely
generous donations of the
New Milford community, the
per cost lunch was only 48¢.

**Our volunteers logged 1227.5
hours in 2018. That time is
valued at 30,306.98!**

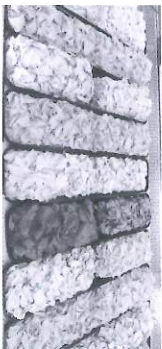
One week of lunches



1150 slices of
bread



500 servings of fruit



45 pounds of deli meal

OUR PROGRAMS INCLUDE:

- Summer Lunch Program
- In School Food Pantry
- Break and Blizzard Bags
- Weekend Backpacks

Learn More

cancellascupboard.com

You guys are truly a blessing to organize such a wonderful organization that help local families with meals for during summer and school breaks when it tough on parents who are having a hard time as myself and this ensures all children don't go hungry during these times when at school it's such an importance they get to eat there. You guys are a blessing not only for my family but I'm sure for many others. I am very grateful thank you so much for all you guys do.

I would just like to say "thank you from the bottom of my heart"

This program is great! Thank you so much God bless all hands who make this possible.

As a family of 7, I am a stay at home Dad to our 5 children as my wife works. Having the help of the meal bags has really taken a lot of stress off us knowing the kids have the food to get them through the week.

As a one income household I was nervous how I was going to be able to provide lunch for my children during summer break. I am so thankful for this program as it helped my family the entire summer.

Your program has help my girls so much. Without you, trying to keep enough food around is hard most of the time. Thank you and all so very much.

We appreciate this very much, it gets us through. Thank you!

I just wanted to say thank you so much for providing this type of opportunity throughout the school year. It has definitely been of great help to myself and also to my family so thank you to all of the volunteers and for all of the donation in assisting my family this school year.

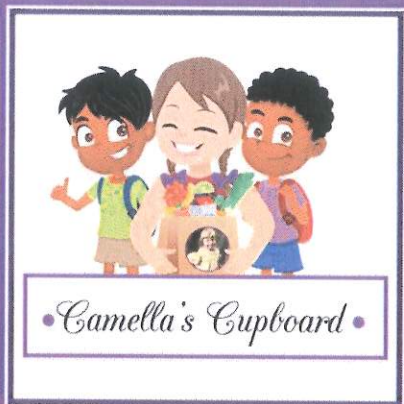


The summer lunch program is a tremendous asset for the town of New Milford. As my family of six kids receive lunch assistance for the school year, I've always found the summer a struggle to stretch the food shopping budget to assist with feeding the kids for the non school time. As other areas surrounding have offered summer lunch programs finding the time & gas money to travel to another town never seemed possible. Having one here in New Milford with such great friendly volunteers has really been a god-send! I hope to see it again for the 2019 summer. Thank you all for ALL you do for this town.

2019 Summer Lunch program
will begin on Friday, June 21st
at 7:00 am

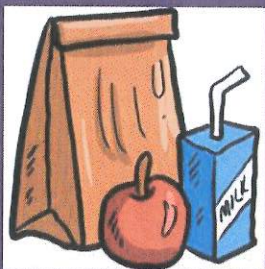
cancellascupboard.com





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About Us

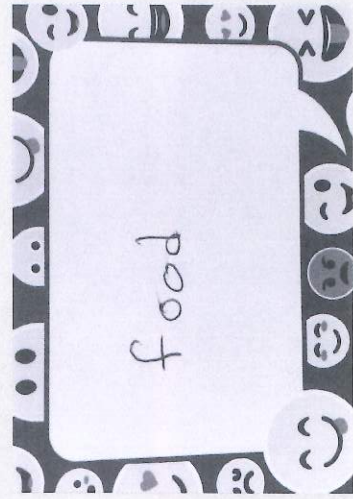
My mother, Camella, grew up poor - like depression poor, only it wasn't the depression era. I remember her telling my brother and I of watching other kids eat their lunch at school when she had nothing. She talked of going to bed hungry. She talked of no food in the house day after day.

I remember, as a small child, thinking, "why didn't someone do something to help?" Maybe help was available and her parents didn't know about it. Maybe her parents were too proud to ask for help. Maybe no one offered help.

So, in honor of my mother, I'm offering help to families in need.

Angela Chastain

Founder, Camella's Cupboard



A 3rd grade student's response to what he missed during summer vacation.

Our Community Partners:

- New Milford Mayor's Office
- New Milford Public Schools
- New Milford Hospital
- United Way of Greater New Milford
- New Milford Social Services
- New Milford Youth Agency
- Good Shepherd Lodge #65
- Independent Order of Odd Fellows
- Healing the Children Northeast
- Loaves and Fishes
- MVP-SOS
- New Milford Clergy Association
- Women's Club of Greater New Milford
- Stop & Shop
- Eversource Energy
- Kent Presents
- New Milford Rotary

Camella's Cupboard

PO Box 1771

New Milford, CT 06776

Phone: 765-404-2509

E-mail: nmsummermeals@gmail.com

Web: www.camellascupboard.com



For many, summer and school breaks are filled by sleeping in, playing games, or planning a vacation, but did you know that many of your neighbors are wondering how they will feed their children today?

On school days, 30% of New Milford students receive lunch through the federal free/reduced lunch program. When school isn't in session, these meals come out of families' fragile budget. Add to that an additional 22% of New Milford families who, while they don't qualify for the free/reduced lunch program, are still struggling desperately to make ends meet.

Camella's Cupboard was created to help with that need by bringing the entire New Milford community together to help those in need. Countless, compassionate volunteers provide daily (M-F) sack breakfast and lunch as well as weekend, school break, and bad weather bags. Last summer over 6,000 meals were served thanks to the generosity of the New Milford community.

To sign up to receive meals, visit:
www.camellascupboard.com



OUR PROGRAMS

Summer Lunch Program

We serve daily lunch (M-F) to students facing food insecurity during the summer months. Students receive a breakfast item, sandwich, fruit, a salty snack, a sweet treat, and an afternoon snack.

In School Food Pantry

In school food pantries are available to students at both Schaghticoke Middle School and New Milford High School. Students can take a snack, a lunch, or grab some items to take home to their family.

Break and Blizzard Bags

School breaks and bad weather often cause food hardships for families in need. We provide food to families for the days off school so a stressful situation isn't more stressful.

Weekend Backpacks

Two days of food are provided to families during summer months and, a future plan, is to increase backpack distribution to the school year.

Blessing Boxes

Future Project—24/7 mini food pantries placed around New Milford. The community is encouraged "take what you need, leave what you can. Why? - Because hunger doesn't work 9-5!"

Lunch Balance Pay down

Future Project—Outstanding lunch balances can keep a student from eating lunch at school. We aim to take that worry away so no student is ever denied lunch.

WAYS TO HELP

We have jobs for volunteers of all ages and abilities. You can volunteer by yourself, with your family, with your group, or church.

HOST A SUPPLY DRIVE

small bottles of Gatorade
cheese or peanut butter crackers
individual bags of popcorn
individual bags of pretzels
individual bags sunflower seeds
pudding cups, any flavor
individual tortilla chips & salsa
individual peanut butter packs
fruit cups

applesauce cups or pouches

shelf stable milk

small boxes of raisins

breakfast bars

fruit roll-ups or gushers

granola bars

zip top sandwich size bags

zip top snack size bags

Individual trail mix packages

colorful napkins

colorful paper lunch bags

small boxes of cereal or cereal cups

oatmeal cups

tuna pouches

cans of soup

canned pasta

VOLUNTEER

- Sandwich Maker
- Lunch Packer
- Lunch Distribution
- Shopper
- Weekend Bag Distribution
- Driver
- Stock Pickup

LUNCH BAGS

Brown paper bags are so boring. Help us add a little pizzazz to lunch by coloring or decorating lunch bags for us to hand out. We'll need some for both boys and girls.

LUNCH NOTES

Tell a good joke? Know some fun riddles? Create some lunch notes to put in our lunch bags and brighten someone's day.

DONATE

- Cash
- Visa/Mastercard Gift Card, Amazon Gift Card, Local Grocery Store Gift Card, Wal-Mart Gift Card
- Shop from our Amazon Wish List <http://a.co/6URQZg7>

Connecticut Nutrition Standards (CNS)

Sandra Sullivan, RD, CD-N

Food and Nutrition Services Director

New Milford Public Schools

May 2019

CNS Overview (1 / 3)

- ▶ Applies to all competitive foods sold to public schools that choose the healthy food option of Healthy Food Certification

CNS Overview (2/3)

- ▶ Applies at all times except for sales that are exempted by the Board of Education
- ▶ Exemption criteria
 - ▶ The sales is in connection with an event occurring after the school day or on the weekend
 - ▶ The sale is at the location of the event
 - ▶ The foods and beverages are not sold from a vending machine or school store

CNS Overview (3/3)

- ▶ Based on current nutrition science and national health recommendations
- ▶ Promotes increased consumption of nutrient-rich foods
- ▶ Limits calories, total fat, saturated fat, trans fats, sodium, and sugars
- ▶ Prohibits ingredients with questionable health effects

Competitive Foods

- ▶ Any foods and beverages sold to students at any time on school premises other than school meals served through the school meal program
- ▶ A la carte sales in the cafeteria
- ▶ Vending machines
- ▶ School stores
- ▶ Fundraisers
- ▶ Any other sources selling food to students

Complying with CNS

- ▶ To be allowed for sale for students, all competitive foods must meet
 1. At least one of the three general standards

AND

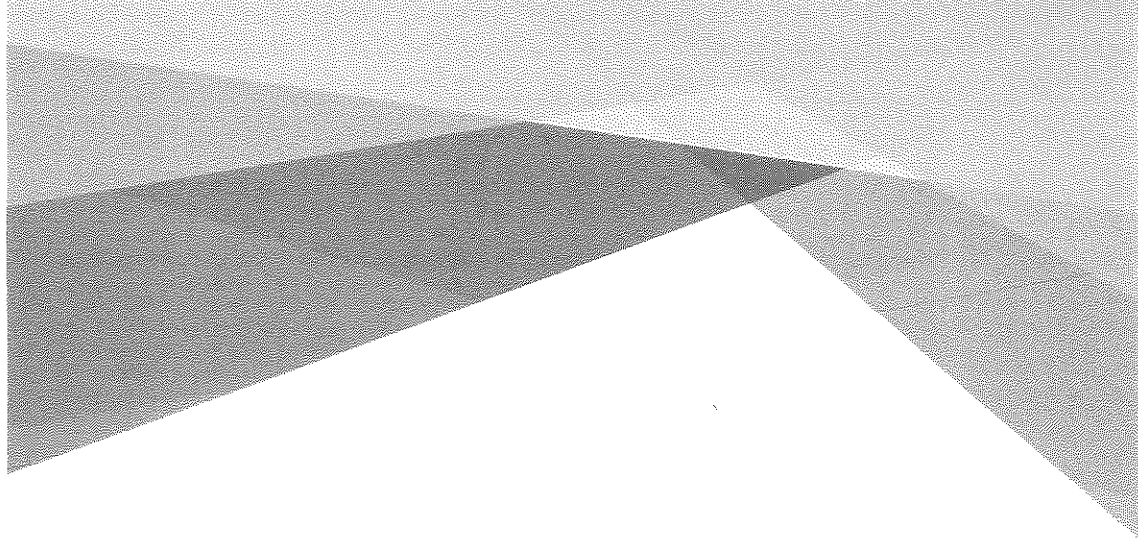
 2. All nutrition standards for the specific food category which it belongs

Three General Standards

- ▶ The product is a food that:
 1. Is whole-grain
 - OR
 2. Contains a food group as the first ingredient
 - OR
 3. Is a combination food that contains at least $\frac{1}{4}$ cup of fruit and/or vegetable

Nutrition Standards (1/2)

- ▶ Calories
- ▶ Total fat
- ▶ Saturated fat
- ▶ Trans fat
- ▶ Sodium
- ▶ Total sugars

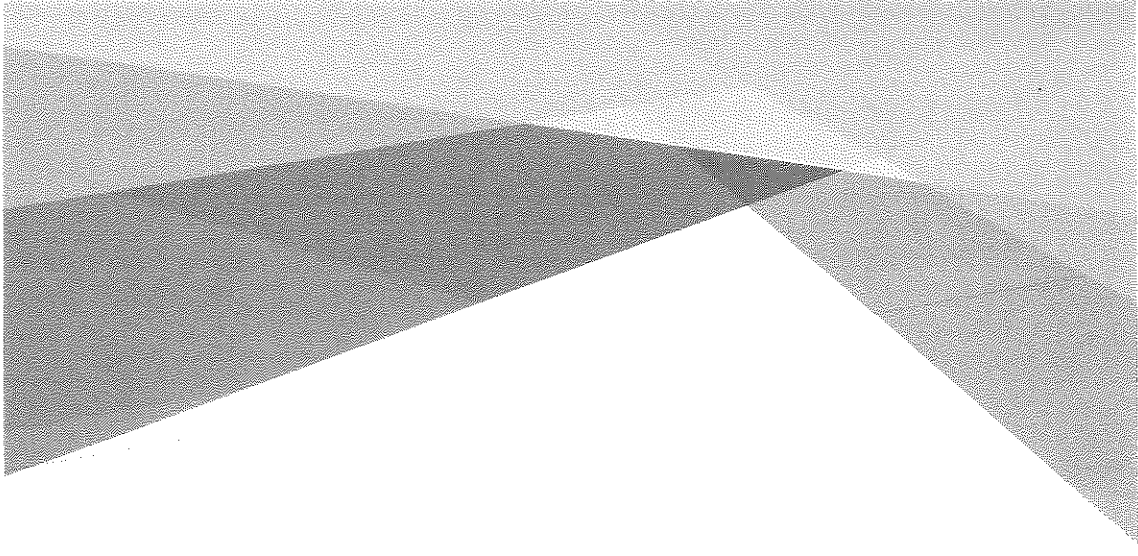


Nutrition Standards (2/2)

- ▶ **Ingredients**
 - ▶ No artificial sweeteners, nonnutritive sweeteners, or sugar alcohols
 - ▶ No chemically altered fat substitutes
 - ▶ No added caffeine
 - ▶ No significant fortification
 - ▶ No nutrition supplements

Six Food Categories of CNS

1. Snacks
2. Entrees
3. Non-entrée combination foods
4. Cooked grains
5. Soups
6. Fruits and vegetables



Standards for Snacks

| Nutrient | Standard |
|---------------|---|
| Calories | <ul style="list-style-type: none">• ≤ 200 |
| Fat | <ul style="list-style-type: none">• $\leq 35\%$ of calories• No chemically altered fat substitutes |
| Saturated Fat | <ul style="list-style-type: none">• $< 10\%$ of calories |
| Trans Fat | <ul style="list-style-type: none">• Zero (less than 0.5 gram)• No partially hydrogenated oils |
| Sugars | <ul style="list-style-type: none">• $\leq 35\%$ by weight and ≤ 15 grams• No artificial sweeteners, nonnutritive sweeteners or sugar alcohols |
| Sodium | <ul style="list-style-type: none">• ≤ 200 milligrams |
| Caffeine | <ul style="list-style-type: none">• None, except trace amount of naturally occurring caffeine-related substances |

CSDE Website

▶ List of Acceptable Food and Beverages Webpage

- ▶ <https://portal.ct.gov/SDE/Nutrition/List-of-Acceptable-Foods-and-Beverages>

Dietary Specifications of Meals

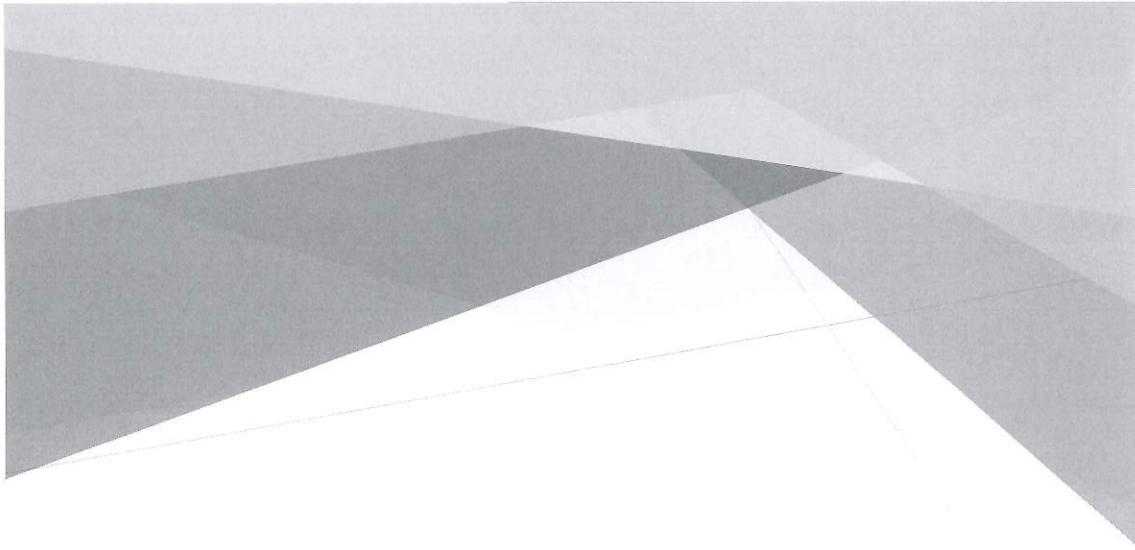
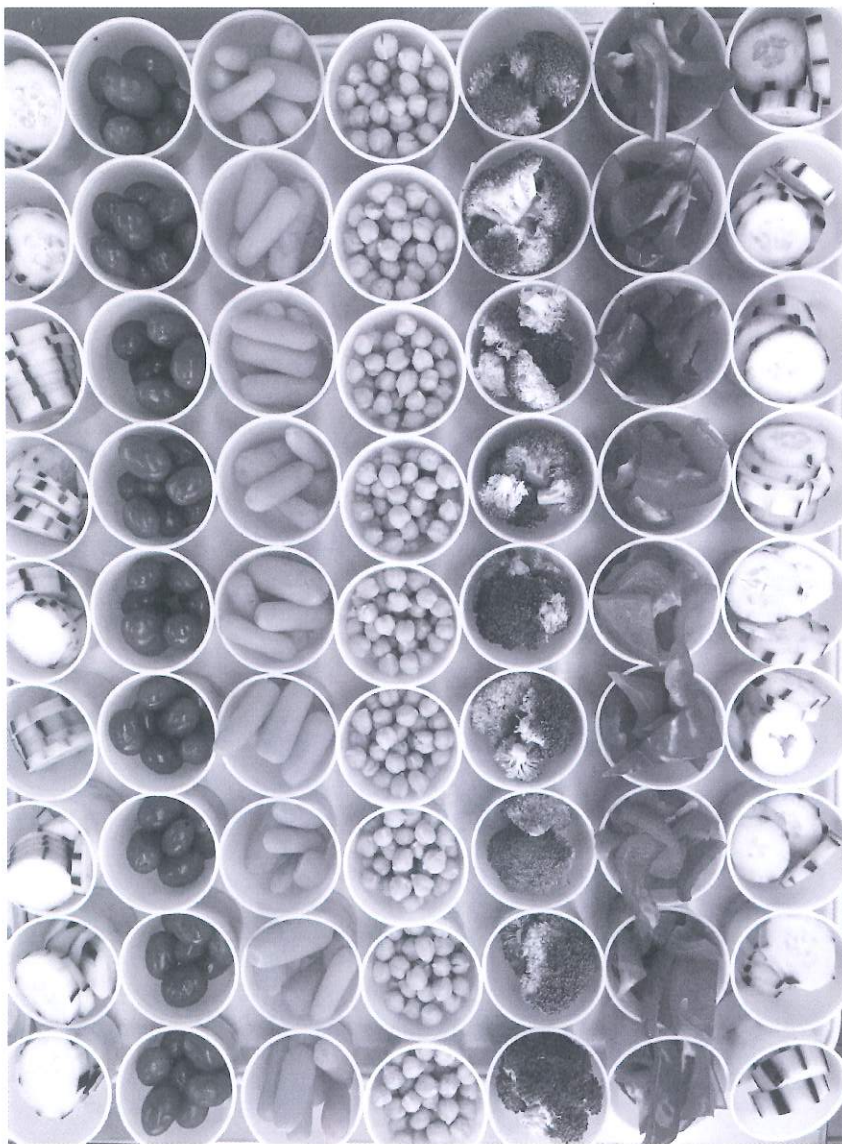
- ▶ The USDA has dietary specifications to provide nutrient dense school meals that help combat the dual problems of childhood obesity and hunger
- ▶ There are dietary specifications for calories, sodium and trans fats

Meal Patterns

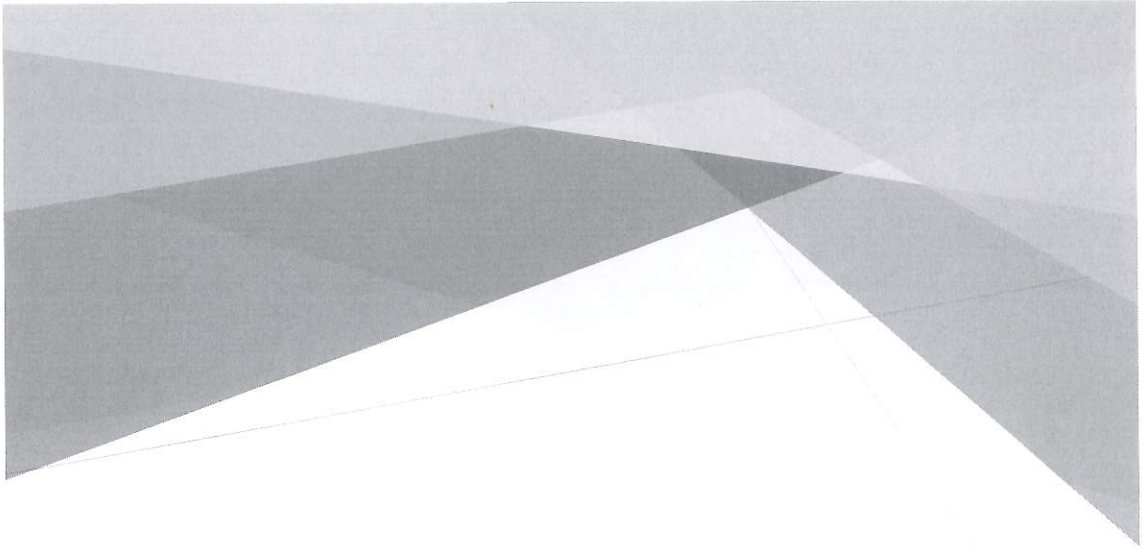
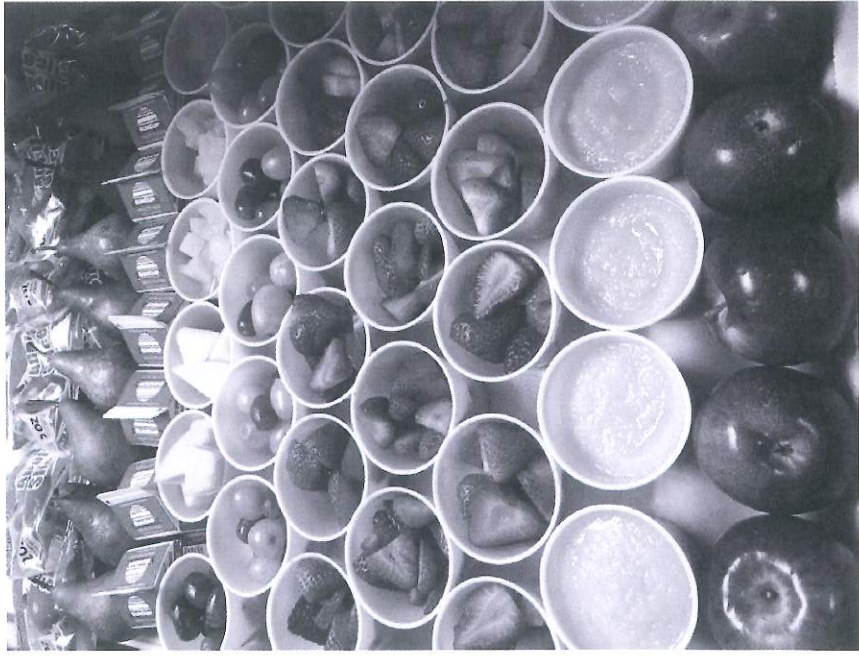
School Year 2018-19 (Effective July 1, 2018)

| Food Components | GRADES K-5 | | GRADES 6-8 | | GRADES 9-12 | |
|--|--|---------------------|------------|---------------------|-------------|---------------------|
| | Daily | Weekly ² | Daily | Weekly ² | Daily | Weekly ² |
| Fluid Milk (cups) ³ <i>Low-fat (1%) milk (unflavored or flavored) or fat-free milk (unflavored or flavored)</i> | 1 | 5 | 1 | 5 | 1 | 5 |
| Fruits (cups) ⁴ <i>Fruit juice cannot exceed half of the weekly fruits</i> | ½ | 2 ½ | ½ | 2 ½ | 1 | 5 |
| Vegetables (cups) ⁵ <i>Vegetable juice cannot exceed half of the weekly vegetables</i> | ¾ | 3 ¾ | ¾ | 3 ¾ | 1 | 5 |
| Dark Green ^{5, 6} | 0 | ½ | 0 | ½ | 0 | ½ |
| Red/Orange ^{5, 7} | 0 | ¾ | 0 | ¾ | 0 | 1 ¼ |
| Beans/Peas (Legumes) ^{5, 8} | 0 | ½ | 0 | ½ | 0 | ½ |
| Starchy ^{5, 9} | 0 | ½ | 0 | ½ | 0 | ½ |
| Other ^{5, 10} | 0 | ½ | 0 | ½ | 0 | ¾ |
| Additional vegetables to reach total ^{5, 11} | 0 | 1 | 0 | 1 | 0 | 1 ½ |
| Grains (ounce equivalents) ¹² <i>All grains must be whole grain-rich</i> | 1 | 8-9 | 1 | 8-10 | 2 | 10-12 |
| Meats and Meat Alternates (ounce equivalents) ¹³ | 1 | 8-10 | 1 | 9-10 | 2 | 10-12 |
| DIETARY SPECIFICATIONS (NUTRITION STANDARDS) <i>Daily amount based on the average for a five-day week</i> | | | | | | |
| Calories ^{14, 15} | 550-650 | | 600-700 | | 750-850 | |
| Saturated Fat (percentage of total calories) ¹⁵ | < 10 | | < 10 | | < 10 | |
| Sodium (milligrams) | ≤ 1,230 | | ≤ 1,360 | | ≤ 1,420 | |
| Trans Fat (grams) ¹⁵ | Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving | | | | | |

Rainbow Fruit & Vegetable Trays



Rainbow Fruit & Vegetable Trays



Rainbow Fruit & Vegetable Trays



Questions & Comments

