



## SHAC Minutes

12-13-2017

**When health is absent**, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied." Herophilus

Lunch

Introductions

CISD Wellness Goals for Nutrition Promotion

Breakfast

Breakfast for CISD was the main discussion of the SHAC meeting. Each elementary campus percentage of students eating breakfast was presented, with a district total of 75% student eating breakfast.

CISD Child Nutrition will be piloting a program to offer 2 choices for breakfast at Navarro elementary beginning in 2018.

It was discussed at length at how to get breakfast to the students that are tardy. A program will be piloted at Navarro Elementary to allow students that are tardy up to 30 minutes after tardy bell rings to go to the cafeteria to eat breakfast.

A goal of 85% was set to meet by the end of the school year of how many elementary students will be eating breakfast.

Program "SHARE TABLE" was discussed. This program allows students who do not choose to eat all their breakfast, they can put their unopen food on a table. Other students can eat the food on the table or take it home. It was discussed about how to keep milk and juice cool. More information to come about this program.



Child Nutrition stated they would be glad to do nutritional fun talks with students. Emphasizing importance of breakfast. It was also mentioned CHS has 2 classes-Culinary Arts and Nutrition & Wellness class could possible help with the "fun" talks.

It was also mentioned the importance of teachers being a good role model for students by eating breakfast with the students in the classroom.

Sending home lunch and breakfast menus with educational information was also discussed.

Next meeting February 7<sup>th</sup> at 12noon.

Minutes submitted by Carla Whitt, RN, Health Coordinator