

**OFFICE OF THE SUPERINTENDENT OF SCHOOLS  
106 Hancock Rd.  
Peterborough, New Hampshire**

**CONTOOCOOK VALLEY SCHOOL DISTRICT**

**FOOD SERVICE/WELLNESS COMMITTEE**

**Monday, February 13, 2023  
SAU Office**

**6:00 PM**

**Minutes**

**Committee Members:**

- Richard Dunning, Chair
- Greg Kriebel
- Liz Swan
- Kelly Parker

**Present:** Richard Dunning, Greg Kriebel, Liz Swan, Kelly Parker, Lori Schmidt, Janine Lesser

**1. Call Meeting to Order**

**Dick Dunning called the meeting to order at 6:00 p.m.**

**2. Accept Minutes of November 14, 2022**

**Greg Kriebel moved to accept the minutes of November 14, 2022. Kelly Parker seconded. Unanimous.**

**3. Accept Minutes of January 9, 2023**

**Greg Kriebel moved to accept the minutes of January 9, 2023. Kelly Parker seconded. Unanimous.**

**4. ConVal School District Food Service Operating Cost and Food Service Analysis**

Lori Schmidt reported that the food service loss budgeted for is \$74K more than budgeted for to date. We were at \$138K loss and it was budgeted at \$81K in November.

Dick Dunning said that as it stands now, it is \$74K more than budgeted.

How frequently should Fresh Picks join these meetings? They should return with a plan of the pilot program at the next meeting.

**5. Policy JLCF - Wellness (ConVal Policy, NHSBA Policy, Proposed Policy)**

The current ConVal Policy, sample NHSBA policy which was updated to include water, as well as a proposed policy developed in 2019 and reviewed by legal was referenced. Lori Schmidt reported adding the water language but seeing no other changes needed.

Dick Dunning said that this should be sent to the Policy Committee.

Greg Kriebel said that he had concerns. Section E speaks about no rewards or celebrations with food. He said that he knows that this occurs. How can this be enforced?

Liz Swan said that consistency across the schools should be addressed.

Greg Kriebel shared work done years ago about promoting healthy snacks. It should be consistent.

Celebrations are sticky; it puts pressure on our teachers. He shared concern about how this will be enforced. Not much has been done about following the Wellness Policy from years ago.

Dick Dunning said that there are two issues; sending the policy to the Policy Committee which, if continues, would need to be enforced by the schools.

Greg Kriebel spoke further about the differences in the ability of parents to provide celebrations for their children at school. There is zero equity.

Dick Dunning said that to address it, language should be taken out of the policy or it should be enforced. Dick said that affordability is not even the issue, it is enforcing the policy if that is what the policy states.

As a committee, it should be brought to the Policy Committee and then to the Board. It will cause issues. The board needs to decide on what they want to do.

Liz Swan said that if the board decides to move in this direction, the board could make a sheet of suggestions on ways to celebrate and why. Explaining the "Why" behind it is important to communicate and understand. We are teaching good habits. Giving a solution to take the edge of the blow back should be provided.

Kelly Parker said that there was a list of suggested items of ways to celebrate developed. It was enforced, it was not easy and it did cause heartache. Currently, Kelly said that she does not see a lot of cupcakes and that type of food for celebrations.

Liz Swan said that it is a matter of sending out this information as a reminder every year. The Communication Committee might help.

Lori Schmidt spoke about a Wellness Coordinator in each building to help communicate.

Dick Dunning said that sporting events should be discussed as well; what would be done here. It all plays together.

Greg Kriebel said that the FCVA is not a school sanctioned group but they are selling things that don't fit within the guidelines. We would be cutting off fundraising for our sports teams. PTO's use bake sales and food fundraisers. At the high school level, he said that he does not see how they could adhere to this policy.

Liz Swan said that the sporting events impact the community attending events as well.

Dick Dunning said that he has lived through this and we can't have it both ways. It is a slippery slope.

Kelly Parker said that trying to increase the awareness about healthy choices is a piece of this. Balancing things is important. She said that she thinks that we are doing that. She has seen kids choose healthier choices. If teachers know that a student has an allergy they make it a point to offer another choice for everyone. She touched on what she sees kids bring in for food from home.

Greg Kriebel said that it should be addressed.

Dick Dunning said that when we enforced the policy, food sales dropped.

Dick said that a greater awareness has come about from policy change; soda machines were removed. He suggested taking some input from schools. If we were to play hardball, what would the schools recommend to play softball?

Dick said that PTO's have bake sales.

Liz Swan shared a great example. She was told that she could bring a healthy snack. Her child didn't want to bring a snack and it was a non-issue. Not bringing anything worked. A special birthday hat or a song might work.

Janine Lesser asked about the wellness coordinator. Wouldn't they be instrumental in communicating?

Dick Dunning said that this could just be directed to the school principals to bring back focus on this policy. Providing a list of acceptable ideas for celebrations could be shared.

Dick said that reinforcing this policy and bringing the healthy snacks list should take place.

Dick suggested that a nurse or health teacher might be good wellness coordinators.

Liz Swan said that she would be happy to work on a healthy snack list and Greg Kriebel said that he would be happy to assist.

Greg Kriebel brought attention to the three-day (out of five days) requirement for physical activity. He suggested that five days be recommended.

Kelly Parker asked if the expectation is that every class do this five days a week. Confirmed.

Greg Kriebel said that it should be happening on a regular basis throughout the day.

Lori Schmidt proposed language.

Kelly Parker shared that as both a health and wellness teacher she is concerned that the food part will be her role.

Dick said that staff simply need to be reminded. New staff come in and need to be aware. Staff should share what we need to know.

The changes proposed were reviewed.

The word should be shared that the policy has been reviewed and revised.

The changes to policy can go to the Policy Committee and brought to the full board.

**6. Other**

None.

**7. Adjourn**

**Liz Swan moved to adjourn at 6:40 p.m. Greg Kriebel seconded. Unanimous.**

Respectfully submitted,

Brenda Marschok