

Wellness Committee Meeting #4 SY 2023-2024 Minutes:

Meeting began at: 8:30 AM on June 6th, 2024

Attendance:

Amanda Tarantino
Charity Campbell
Caroline Perrone
Avery Palomera

Topics of Discussion

1. Amanda shared that all zero waste stations were rolled out at all sites as of December 2023
 - a. The committee reviewed the spreadsheet data which logged the amount of items and pounds of food returned to the food service program through the share tables.
 - b. In total, the share tables helped to recover 23,070 #'s (to date) from hitting the landfill in the 23-24 SY!
 - c. CNS also donated food to outside agencies such as Feeding America and South Bay Sustainable Communities for redistribution to the community. A total of 1,996 #'s were donated to date, with an estimated 1,500 additional pounds to be donated by the end of the SY.
 - d. Together, the district recovered a total of 25,000 #'s of food from the landfills! That is equivalent to the weight of a semi-truck!
2. Charity shared that SBSC played a crucial role in assisting us in achieving our goal, as they provided continuous monitoring of the zero waste stations at the site level.
 - a. Discussion on how the incoming students (TK & Kindergarten) will be trained on the zero waste stations at the start of the 24-25 SY
 - b. Charity suggested sending the sorting station video that CNS created in July of 2023 to the teachers to share with the new students. Charity stated that she will follow-up with Donnie regarding how to proceed with this.
3. Caroline shared that she was pleasantly surprised with how quickly the students picked up on the zero waste station. All students enrolled in CUSD now know how to properly sort waste, which is knowledge that they will be able to utilize as they continue to grow older.
4. Avery stated that she felt that the positive reinforcements given out in the form of prizes to the students that properly sorted their waste was a helpful and enticing way to get the middle school students engaged.
5. Discussion regarding potential wellness committee goals for the 23-24 SY
 - a. Goal and focus of increasing and expanding nutrition education across all grade levels.
 - i. Offering preschool nutrition education 1x every other month
 - ii. Offering nutrition education at least 1x to each grade level (preschool-12th grade)
 - iii. Expanding the hydroponic farm lessons to Village elementary's 2nd grade class
 - iv. Offering nutrition education to the middle school PE classes 2x/SY (1x in the fall and 1x in the spring)

Next Meeting

September 2024, exact date, and time TBD.

Meeting concluded on 9:10 AM June 6, 2024