

New Orleans Military and Maritime Academy

Local Wellness Policy & FSMC Advisory Committee 2019-2020

November 22, 2019

Agenda Items:

1. Pass out Wellness Policy Copies, Sign-In & Committee Introductions
 - a. Assign someone to take notes – Kaylee
2. Complete [Healthy Schools Program Assessment](#) and Review Current Wellness Policy
 - a. Notes:
 - i. Menus are currently posted on the website each month. NOMMA will communicate to cadets that they are there. Will also post menus outside of the cafeteria. Reviewing menus ahead of time will help cadets know what is being served that day and which line they should be in before they enter the cafeteria.
 - ii. NOMMA does not allow candy, soda, large bags of chips on campus
 - iii. Earth Club is starting a recycling program by collecting paper for recycling from classrooms
 - iv. The gym next door was offering membership discounts to NOMMA staff – Brandon will confirm if this is still the case, could encourage staff to take advantage
 - b. [Completed Assessment for NOMMA](#)
3. Based on Results of Assessment, choose 1-2 measurable & achievable goals for your SFA to work towards this school year.
 - a. Goal 1: Coordinate a time for a group of cadets to represent NOMMA on a visit to the Fresh Food Factor facility on Tchoupitoulas.
 - b. Goal 2: Increase signage in the cafeteria related to menu items and nutrition education (joint effort between NOMMA & FFF)
4. FSMC & Menu Review
 - a. Review menu items and student feedback
 - i. Like: chili w/ cheese & Fritos; BBQ chicken thigh; Hamburger; Herb roasted chicken; Carrot souffle
 - ii. Improve: prefer red beans over white beans; rice texture is sometimes off
 - iii. Want: syrup w/ BF items; more ketchup; more apples
 - b. Will implement a comment box in the café to get feedback on menu from student body
 - c. Second Meals: all cadets should be able to get 2 meals (or a meal plus second entrée) on their first pass through the line. Need to ensure we are not running out during 4th lunch
5. Next Steps:
 - a. Set date for next meeting in 2-3 months
 - i. Will schedule after the holidays
 - b. Scan today's sign-in, notes, assessment - Kaylee
 - c. Post today's assessment and updated wellness policy to website & in café – Brandon / Michelle
 - d. Send out calendar invitation to all committee members – TBD
 - e. Post next wellness committee meeting on school website – TBD
 - f. Send invitation letter to other potential committee members
 - i. Will add 8th grade cadet(s) for next meeting