

Lamar Consolidated ISD
School Health Advisory Council (SHAC)

Meeting Meetings – October 11, 2022

- I. **Call to Order** – Brooke at 8:36 am

- II. **Approve Meeting Minutes from March 8, 2022 and September 13, 2022**
 - a. Motion to approve Evelyn Hicks
 - b. Seconded by Kaisha Molinar

- III. **Old Business**
 - a. Fort Bend Child Advocates Program – board is reviewing policy to
 - b. SHAC Facebook Page Reminders <https://www.facebook.com/lcisdshac/>
 - c. Suggestions for teacher resources at no cost to teachers or the district, please send via SHAC Facebook message or email lcisdshac@gmail.com

- IV. **New Business**
 - a. Nutrition Update from Monica Tomas -Director of Child Nutrition
 - i. 2 kids in the district, graduated from Lamar
 - ii. Kaisha Molinar - Assistant Director of Planning
 - iii. Governed by TX Dept of Agriculture (governed by USDA), not TEA; does not use local tax funds
 - iv. Never allowed to operate in the negative
 - v. 15 vacancies in the district
 - vi. Had to go back to reduced-price meals
 - vii. Community Eligibility Provision - 26 schools eligible CEP free breakfast/lunch
 - viii. #LCISDwefeedkids; strive for twice a week; IG, Twitter, FB, website
 - ix. Lower sugar, whole grain
 - x. Child Nutrition Operates 2 school programs
 1. School Breakfast Program – 9,500 breakfast daily but striving for more!
 - a. Entry – grain or meat, fruit and a milk (must have a fruit)
 2. National School Lunch Program
 - a. 25,400 lunches daily, but striving for more!
 - b. Fruit, veggie, meat, grain, milk – fruit and veggie must 1 of 3 items taken
 - xi. Farm to School – local fruits and vegetable (last Friday of every month); every Thursday in Oct squash for Lunch & grapefruit on last Friday; increase nutrition education, connect farming and local products; Hardies Produce contracts with local farmers (procured items via RFP)
 - xii. Smoothie Bike – health fairs and events; requests via email kaisha.molinar@lcisd.org or monica.tomas@lcisd.org
 - xiii. 100% beef, vegan options, whole muscle chicken products; no FRIED!
 - xiv. Only extra cost for a la carte items (won't get reimbursed by government)
 - xv. Great feedback from students 😊
 - xvi. Special diets – require doctor note
 - xvii. Coffee – \$9K grant Fulshear, Lamar and Randall HS; launched at Fulshear HS Oct 10th; free with breakfast
 - xviii. Cafeteria stays open for breakfast if buses are late
 - xix. Education – posters in cafeteria

- xx. Offer vs serve – cannot pre-plate for students; not forced
- b. October National Bully Prevention Month – how can we support more? Send your ideas via SHAC Facebook message or email lcisdshac@gmail.com

V. Events & Reminders

- a. National School Lunch Week (October 10 – 14th)
- b. National Stop Bullying Day (October 12th)
- c. School Safety Parent Presentation (October 13th) –
 - i. Campbell ES 6-7 pm during open house; parents only – online safety for kids; Need to RSVP; link on the calendar
 - ii. Wright also doing it
- d. Character Counts Week (October 16th - 22nd)
- e. Red Ribbon Week (October 23rd - 30th)
- f. LCISD 75th Anniversary (October 25th) – Surprise Burger
- g. Bond update from Nikki Nelson (Election Day November 8th)
 - i. Today is last day to register to vote!
 - ii. Bond at ~\$1.3B
 - iii. Fastest growing district in Texas
 - iv. Town Halls - Attend Wednesday at Terry 6:30 pm,
- h. Week of Nov 14th – Thanksgiving lunches at all the ES's
- i. Next Meeting – moving from Election Day; topic: Mental Health & Suicide
- j. Engage on Facebook!

VI. Adjournment at 9:24 am (10 in attendance at Lamar CISD Service Center | 8 in attendance via Zoom)