



**WELLNESS & ADVISORY COMMITTEE
MEETING**

Monday, August 31, 2026

1:00 PM

AGENDA Minutes

1. Opening and Introductions

- Welcome Maria as the new quality assurance coordinator. Maria will be responsible for organizing the student's advisory committee.
- Welcome Nurse Hackett.

2. Purpose and Committee Responsibilities

- This committee is responsible for reviewing and updating the wellness policy at least annually.
- The committee is also responsible for completing the triennial assessment and ensuring the agency's compliance with the policies.

3. Review of Wellness Policy and Triennial Assessment

- The committee reviewed the triennial assessment, commented on the agency's progress and supported the focus for continued health and wellness initiatives.

4. Review of physical education and physical activity

- The agency just completed their 21st annual adventure camp in coordination with DCNR.
- The rock wall is in its 2nd year of existence at the Meadville location.
- NYPUM was reinstated this year for the first time in several years.

5. Review of nutrition education and promotion

- The Nutrition Group has expanded its Take Nutrition Global program which introduces customers to new countries and cultures through traditional foods.
- They are also partnering with a local beef farm with the support of PA Beef to Schools grant. They also partner with a local pork farm to provide fresh local items for the customers.

- Farm to Fork and Wellness Wednesday recipes are featured on the menus at least monthly to encourage customers to choose fruits and vegetables.
6. Review of general meal guidelines
 - We reviewed the menus for all programs. Nurse Hackett mentioned some customers are looking for a hearty dinner, especially on Saturdays. We also discussed being up for administrative review this year.
 7. Review of Other Wellness Items: Mental Health, Social Emotional Wellbeing etc.
 - The agency would like to invite the TNG staff to partake in the trauma informed trainings.
 8. Establishment of desired action items as applicable
 - Reestablish the student advisory council
 - Evaluate Saturday dinners
 9. Next meeting: March 2027