

## **Waupaca County Nutrition Advisory Council Meeting Minutes**

**Thursday, March 15, 2018**

**1:30 pm**

**New London Senior Center**

**Washington Center**

**600 W. Washington St**

**New London, WI 54961**

*This meeting and all other meetings of this committee are open to the public. Proper notice has been posted and given to the press, in accordance with Wisconsin Statutes so that citizenry may be aware of the time, place and agenda of this meeting.*

**Carl Kietzmann called this meeting to order at 1:30 pm. Quorum was established.**

**Members Present:** Carl Kietzmann, Wayne Laux, Barbara Quinn, Dave Steffen, Kim Ebert.

**Members Absent:** Carol Elvery, Janet Reilly, Bette Kaminske, Caroline Adams.

**Others Present:** Melissa Anderson, Aging Services Supervisor, Pat Huber ADRC Clerk, Beverly Laux.

**Adoption of Agenda:** A motion was made by Wayne Laux and 2<sup>nd</sup> by Barbara Quinn to adopt the agenda. **Motion carried.**

**Adoption of the Minutes of the November 16, 2017 meeting:** A motion was made by Wayne Laux and 2<sup>nd</sup> by Barbara Quinn to accept the minutes as printed. **Motion carried.**

**Public Comment:** None.

**Introductions – Appointment of Dave Steffens to Council:** The Council's new member, Dave Steffens was introduced to us. Dave is a Clintonville volunteer, who works as both a driver for our Home Delivered Meals Program, site volunteer and is Serving Safe certified. Each committee member introduced themselves and which community they represent.

### **Update on Nutrition Program Staff:**

- 1) Our Manawa Nutrition Site Manager, Mona Golla-Kolosso has retired, leaving a vacancy there. Diane Basina, Aging Programs Specialist is currently filling in until this spot can be filled.
- 2) As of April 1, 2018, Lily Bednarski, our Iola Nutrition Site Manager has resigned

### **Update on Nutrition Program Caterers:**

- 1) We are getting overall good feedback from the participants at Clintonville, Marion and New London, who utilize Steve & Mary's for catering. They are addressing the excessive sodium in the gravy, but otherwise they have had no other complaints.
- 2) Participants from Waupaca and Weyauwega report satisfaction with the food catered by Schueller's Great exSPECHTations, though there have been some issue with food temperature and quality, which are being addressed in monthly meetings with them.

- 3) Iola Living Assistance, caterer for our Iola Nutrition Site has experienced some staffing challenges and has been unable to continue to provide transportation of the food from their site to Manawa. Addendum added to the existing contract returning responsibility of transportation of the food back to the county. The contract will expire December 31, 2018.

**2017 Participant Survey Results:** Melissa shared survey results. Overall the results were very positive. Pat Huber ADRC Clerk explained the survey questions asked were mandated by the state and results were reported to the state.

**Nutrition Site Volunteers:** Our programs are increasing, especially HDM and volunteers are decreasing. All sites could use volunteers, both at the site, and as drivers, so Melissa encouraged everyone to spread the word and recruit as many as possible!

**Nutrition Analysis:** Melissa noted that at the last meeting some were questioning the nutritional content of the meals Melissa broke down the state mandates, which require:

- 1) 3 ounces of protein
- 2) Two ½ cup servings of vegetables
- 3) One ½ cup serving of fruit
- 4) 1 starch (i.e. 1 piece bread, ½ cup rice or pasta)
- 5) Dairy 8 ounces
- 6) Peanut butter and cottage cheese are often substituted for protein

**2018 Nutrition Advisory Council Dates and Locations:**

**Thursday, May 17, 2018, 1:30 pm** – Waupaca Site 206 East Badger St, Waupaca, WI

**Thursday, August 16, 2018, 1:30 pm** – Manawa Site E6325 County Road N, Manawa, WI

**Thursday, November 16, 2018, 1:30 pm** – Weyauwega Site 109 East Main St, Weyauwega, WI

**Adjournment:** A motion was made by Wayne Laux and 2<sup>nd</sup> by Barbara Quinn to adjourn.  
**Motion carried.**

Respectfully Submitted,

Pat Huber, ADRC Clerk