



## Kinetic Academy Wellness Committee 2024-25

November 19, 2024

### Agenda Items:

1. Sign-In & Committee Introductions
2. Old Business -
  - a. [Wellness Policy](#)
3. New Business
  - a. Lunch program update
  - b. Counseling
4. Set date for next meeting
  - a. Early Spring 2025
5. Next Steps:
  - a. Scan today's sign-in, notes, and next meeting date to School Food Solutions
  - b. Post today's agenda and notes to website

NOTES:

Food Service Participation:

West Participation:

BREAKFAST: 3500 breakfast 2023-2024. 7500 breakfast 2024-2025

LUNCH: 2000 lunches 2023-2024. 8500 lunches 2023-2024

East Participation:

BREAKFAST: 1000 breakfast 2023-2024. 3000 breakfast 2024-2025

LUNCH: 1000 lunch 2023-2024. 3300 lunches 2024-2025

UPDATES TO FOOD SERVICE:

Fresh fruit and vegetables.

Salads with pizza

Plums, persimmons

Uneaten food - donated to local shelter

New parent involvement

More volume: more trash, more paperwork, greater invoices to pay

Karly Nacarid (Parent) - Wellness Coach. Teaches how to reduce anxiety through breathing.