

## 5/13/26 meeting

**Current Committee Members:** Michelle Berentsen, RN, PK-12 School Nurse; Heather Suckow, PK-12 Principal; Marcia Grimm, Associate principal, ESL; Nancy Eastman, Food Service Director; Bryce Conway, AD; Amanda Conway, FACS teacher; Jo Johnson PE/Health; Shary Ebert, parent, Title 1/Reading Recovery Elementary; Allison Zweibohemer, parent, EMT/RN; Barb Gesell, community member, substitute teacher, coach; Lyle Eastman, board member; Darcy Fair, Science/Health MS/HS; Trenton Swenson, para educator, coach; **New student representatives-** Emma Eastman, Kallie Eastman, Bernie Losee

**Present:** Bryce Conway, Amanda Conway, Darcy Fair, Jo Johnson, Shary Ebert, Heather Suckow, Marcia Grimm, Michelle Berentsen

Meeting called to order by Mrs. Berentsen, RN @ 1:30pm

### Wellness Meeting -2026 Agenda:

#### 1) 2025-2026 Year in review

##### 2025-2026 Highlights

- 2nd/3rd grade dental education by RDH
- 2nd/3rd dental sealant clinic
- ED/9th grade RDH screenings
- Flu shot clinic
- IA's Healthiest State Month activities/Healthiest Walk
- 5210/Healthy Choices Count conferences/webinars
- 1st, 3rd, 5th, 7th -vision screenings
- 5th grade farm safety
- Taste testing days
- Local Food Day
- Annual Healthiest State Walk
- 5th grade puberty talk
- Farm to school
- Dental talks in the classroom
- CPR class for seniors
- Red Ribbon Awareness Week-contests, morning messages, etc.
- NHS Blood Drive
- Community service
- 3rd grade to health fair
- 1st grade to apple/pumpkin orchard
- 7th-9th grade to Janseville- mental health speaker
- AEA hearing testing
- Staff mental health speaker in Osage
- Eagle Bluff 8th grade trip
- Teen driver awareness week- distracted driving presentation 8th-12th grades
- Attend Coalition meetings
- National School Lunch week-meals from different countries

- 2) Staff wellness- staff activities on Wednesdays: yoga, VB, partner walking, bean bags, etc.
- 3) Wellness Policy updates- last reviewed by the board- 09/25
- 4) Building goals/ Local Wellness Policy Report- done 5/12/26
- 5) Triennial Assessment- due every 3 year- done 5/12/26

**6) Dietary updates-** After speaking with Representative Munson about how much schools actually use the local food dollars in schools and going to the Capital and advocating with non profits, coalitions, and telling the stories of how our students in Riceville love local foods and what we have been able to do with those dollars... Munson approved 200,000 of local funding to be put back into schools. We will see what that brings for Riceville.

#### **New Nutrition Requirements for 2026**

With the rewrite of the food pyramid, the USDA is now allowing whole milk and 2% milk at lunch only for students. Milk will no longer be included in the sodium intake for meals. This summer we will get training on what all the new guidelines will be as the state level is still being filled in to these requirements.

Final rule establishes product-based limits for added sugars- All stands until further guidance is given by state in summer trainings:

- Breakfast Cereals: no more than 12 grams of added sugars per 6oz
- Yogurt: No more than 12 grams of added sugars per 6 ounce
- Flavored Milk: no more than 10 grams of added sugars per 8 fl oz
- Milk sold as Smart Snacks to Middle School and Highschoolers can have no more than 15 grams per 12 fl. oz of added sugars.

There are now weekly limits for added sugars that limit added sugars to less than 10% of calories per week for breakfast and lunch

Whole grain percentages remain the same.

#### **Sodium**

- Current sodium limits in place until June 30, 2027
- Target 1 for breakfast
- Target 1A for lunch
- New sodium limits to be implemented by July 1, 2027 which include a 10% decrease at breakfast and 15% at lunch

#### **Combined Grain and Meat/Meat Alternate at Breakfast change**

Example would be: Sausage and egg or eggs and roasted potatoes instead of toast and eggs

We can now offer vegetables instead of fruit at breakfast time 2 days per week as long as they are from different sub groups.

No more items to have Red Dye 3 or 40

#### **Buy American Provision**

The USDA has implemented a "phased-in approach" reducing the amount of non-domestic items that a school can purchase to 10% of total dollars spent. To meet these requirements there will be a limited amount of non-domestic produce purchased like Bananas, melons, pineapple etc. This percentage will be down to the 5% limit in 2031-32.

There is a limit of 2 oz eq of grain-based desserts per week.

#### 2025 plans- did we accomplish?

- We will be celebrating Local Foods day September 24th 2025-yes
- The Great Apple Crunch October 8, 2025-yes
- Riceville Community School District Farmers Market October 17, 2025-yes
- With the new kitchen we are going to implement fresh baked breads, grains, and desserts into our menus to reduce sodium and sugar.-yes
- Made fresh muffins and breads, need to find better recipes, or recipes that are meant for a higher volume-yes
- Increase scratch cooking and recipes for 2025-2026 yes

#### 2026-2027 Dietary Plans

- Micro Greens on the salad bar.
- The Plants Grant Project is coming to an end but we will continue to introduce new foods to students and give students options as to what they want for meals with random taste tests.
- I would like to have Students involved in new item shows and get them more involved in the whys of the menu and voting.
- Introduce Omegas into students diets
- Ala Carte, Encourage students to find healthy snacks by giving them the information and what the requirements are for ala carte items and showing them how to use the health alliance calculator so that they can also do the research on their own.
- 2027 Spring Farmers Market?

**7) Student input**- new student reps for 2026/27 school year—real life/applicable high school student experiences/input for 2026/27

- Leadership in Me lessons
- Focus more on mental health aspect- speaker for 2026/27
- Liked the IA's healthiest walk- suggest maybe doing a more scenic walk on the trail, butterfly garden, etc.
- Job fair with different workplaces from the health field- Nancy, Aimee, new counselor
- Speaker about healthy food options, healthy eating and healthy activities (kind of like we have done with Kid's Hyvee fitness)

#### 2025-26 suggestions/goals- did we accomplish?

- Healthiest State Grant for Elementary roller skating/5th grade field trip to Roller City-yes
- Kiwanis Club Grant-\$750-mental health-yes
- Water filling station at ag end-Delta Dental-no-new ones always go to schools with no stations or just a few
- October-Teen Driving Awareness Week-yes
- Farm Safety-Driving in rural Iowa-9th graders-yes
- Ice Bucket Challenge -teachers- May Mental Health Month-no
- Farmers Market /job Fair-yes
- Fresh fruits/veggies grant for elementary-yes

#### **8)Goals/Suggestions for next year (26/27)-**

- **Deric and Kathy Kidd- Become Their Voice**, a nonprofit organization focused on raising awareness about mental health and substance abuse—particularly among teenagers -scheduled for Oct. 2026 for 6-12 students
- **Mitchell County Public Health - Hidden in Plain Site**-during back to school conferences
- **Reach out to students regarding new ala carte items**
- **Local Wellness Policy Toolkit - add to school wellness policy**
- **Staff- Wednesday- take a partner and walk**
- **Staff yoga/volleyball/bean bags/ping pong etc. On PD days**
- **Doris/Jim - apple talk for elementary school**