

**MINUTES  
NUTRITION ADVISORY COUNCIL  
THURSDAY, JUNE 23, 2011,  
PUBLIC AGENCY CENER  
ROOM 1113 A**

**THOSE PRESENT:** Phyllis Laabs-Darkow, Joan Gindt, Rudy Tonz, Sue Hafert, Ruth VanHerwynen, Carol Maas, Kristen Hosking

**CALL TO ORDER**

The meeting was called to order at 1:02 p.m. by Chairperson Sue Hafert.

**NOTICE OF POSTING**

Notice of posting was given by Chairperson Sue Hafert.

**APPROVAL OF MAY 5, 2011, MINUTES**

Moved by Ruth VanHerwynen, seconded by Rudy Tonz to approve the May 5, 2011, minutes. Motion carried.

**ITEMS FOR DISCUSSION AND POSSIBLE ACTION**

Meal donations

The Council had a discussion on the suggested donation amount for Senior Dining meals. The current suggested donation is \$3.60 for congregate meals and \$3.90 for home delivered meals. These suggested donations have remained the same for the past few years. Kristen also provided the Council members with the average donation amounts per meal site and explained that the ADRC is pleased with our current donation levels. The group recommended that the suggested donation amounts remain the same for next year.

Meal site activity

Kristen provided each Council member with a worksheet that showed the current 2011, year-to-date meal totals per site along with a sheet showing the total number of 2010 meals ordered/served per site. The Council discussed the differences in number of congregate vs home delivered meals served, along with the number of meals prepared but not served. The Senior Dining meal program served a total of 21,713 congregate meals and 49,922 home delivered meals in 2010.

Senior Farmers Market Update

Kristen informed the group that distribution of the farmers' market coupons has been going well. The last site distribution is scheduled on Friday, June 24 at Meadowbrook Manor and at the West Bend Senior Center. If there are any sets left after June 24, the coupons will be handed out in the ADRC office.

Volunteers and Fourth of July

Kristen explained that the Volunteer Center of Washington County is trying to spread the word about volunteerism thru the Fourth of July parade in West Bend. The volunteer Center is looking for volunteers to march in the parade and carry banners/signs or hand out fliers to the

crowd. The parade will be held on Monday, July 4, 2011, and volunteers should meet at Badger Middle School at 8:30 AM. The parade begins at 10 AM and ends at Regner Park. Each Council member was provided a poster with parade details to take back to their sites.

#### MyPyramid and the New "My Plate"

Kristen introduced some of the messages from the new 2010 Dietary Guidelines for Americans and provided the Council members with information about the U.S. Department of Agriculture's new "My Plate". "My Plate" is the new healthy eating symbol which will replace the USDA's food guide pyramid. Kristen asked the Council about introducing the new messages to the meal sites. Suggestions of handouts, posters and placemats were all provided as great ways to reach our target audience.

#### Site Sharing

Sue Hafert requested that site sharing be added to the agenda on a regular basis. All Council members were in agreement.

Germantown- The Senior Club will have their picnic at Fireman's Park on June 29. So far they have 80 people signed up. Rambo the K-9 police dog will be at the picnic along with entertainment.

Meadowbrook Manor-Meadowbrook is having a social event once a month and the attendance is growing.

Hartford- this past Tuesday they had a program with a group from West Bend that did a skit based on the movie Sister Act. Everyone really enjoyed the program.

West Bend- The Senior Center is having a Fourth of July celebration that includes food and watching the fireworks. They also have a trip to the Brewers game planned on August 3.

Jackson- It was mentioned that the Senior Club is trying to incorporate more activities into their meeting days, other than just cards.

#### **DESIGNATION OF FUTURE MEETINGS**

The next meeting of the Nutrition Advisory Council will be held on August 25, 2011, at 1:00 p.m. in Room 1113 A of the Public Agency Center

#### **ADJOURNMENT**

Moved by Joan Russell, seconded by Phyllis Laabs-Darkow to adjourn the meeting at 2:11 p.m. Motion carried.