

MINUTES

NUTRITION ADVISORY COUNCIL

THURSDAY, JUNE 24, 2010

PUBLIC AGENCY CENTER ROOM 1113 B

THOSE PRESENT: Rudy Tonz, Joan Gindt, Sue Hafert, Phyllis Laabs-Darkow, Ruth Miskinis, Kristen Hosking

CALLED TO ORDER

The meeting was called to order at 1:05 PM by Chairperson Rudy Tonz.

NOTICE OF POSTING

Notice of posting was given by Chairperson Rudy Tonz.

APPROVAL OF MAY 6, 2010 MINUTES

Motion Sue Hafert; second Phyllis Laabs-Darkow to approve the minutes of the May 6, 2010 meeting. Motion Carried.

FARMERS MARKET UPDATE

Kristen reported that vouchers have been distributed at 11 different sites so far. The last distribution site is the Jackson Community Center on Tuesday, July 6. There has been no change in the poverty guidelines, so in order to qualify for Farmers Market vouchers, participants must:

- Be 60 years of age or older
- Have a monthly income at or below \$1670 for a 1 person household and at or below \$2247 for a 2 person household.

There are a few farm stands that are accepting the senior vouchers this year.

There will be few vouchers left once the distribution sites are completed. They will be distributed out into the community.

CONGREGATE SURVEY

A copy of the congregate survey was handed out to the Council members. The meal sites are currently in the process of completing the survey. Once results are back, they will be shared with the Council. The majority of the responses coming back have been positive.

Kristen also shared a document titled "Senior Dining Meal Expectations and Guidelines". The document explains some do's and don'ts with Senior Dining congregate sites. Kristen asked if the Council would recommend any changes to the document and if they felt it was an appropriate document to post at the meal sites. No changes were recommended and all Council members presented approved posting at the meal sites.

HOT WEATHER INFORMATION

The Council received information on tips for preventing heat-related illnesses. Kristen explained that all of the home delivered meal clients will be receiving this information next week and the meal site managers will have the information on hand for the congregate participants.

HUNGER TASK FORCE STOCKBOX

The Council also received information on the Hunger Task Force Stockboxes. Kristen reported that the meal site managers will receive the same information on Monday, June 28 and is asking the Council's help to get the word out about the stockboxes. The Council members received information on what is included in the box, who qualifies and pick up locations.

WELLNESS AND PREVENTION UPDATE

Kristen discussed a new wellness program that will be available in Washington County. The program is called "Strong Women" and it is a physical activity program that uses weights. The program will likely start in Fall.

Sue Hafert reported that the Germantown senior club is having their annual picnic on Wednesday, June 30 at Fireman's park. They have 89 people signed up so far.

Rudy Tonz stated the West Bend Senior Center will also have food, entertainment and a place to watch the fireworks on Sunday, July 4th.

DESIGNATION OF FUTURE MEETINGS

The next meeting of the Nutrition Advisory Council will be on Thursday, August 26, 2010, at the Public Agency Center, 333 E. Washington Street, Room 1113-A, West Bend, WI 53095.

ADJOURNMENT

Motion Sue Hafert; second Phyllis Laabs-Darkow to adjourn the meeting at 2:17 PM. Motion Carried.