

Council on Aging Nutrition Advisory Board Minutes
Wednesday, January 20, 2016

Call to Order: The meeting was called to order by Chair Sonja Heiser at 10:20 a.m.

Approval of Agenda: A motion was made by Nancy Arnold, seconded by Peg Slaback, to approve the agenda. Motion carried.

Roll Call:

Present: Nancy Arnold, Jean Boyle, Jim Farrell, Dawn Fossum, Sonja Heiser, JoAnn Koltyk, Char Levzow, Sue Rasmussen, Jenny Schmidt, Peg Slaback, Pam Strom and Chuck Wilson

Excused: Amanda Reseburg, Supervisor Norvain Pleasant, and Cherie Scholtz-Baker

Staff Present: Ranee Goodroad

Introduction of Visitors: Maggie Sanna, Kim Whitford, and Susan Powers

Citizen Participation, Communications and Announcements: None.

Approval of December 16, 2015 Minutes: A motion was made by Dawn Fossum, seconded by Jean Boyle, to approve the minutes of the December 16, 2015 meeting. Motion carried.

Staff Report:

Introduction of Intern: Susan Powers, social work intern from UW Whitewater, will be working with the COA Nutrition Program during the spring semester.

Formatting of Menus: Upon reviewing optional formats, it was decided that the current format should continue to be used. The only change will be increasing the font size of the general information section.

2016 Lunch and Learns: An extensive list of potential topics was generated by board members and will be used as the basis for planning four Lunch and Learn sessions at each of the dining sites.

Old Business:

Marketing Ideas for Congregate Sites: A variety of ideas were suggested, including making available a meal at the Beloit Senior Fair, posting a “free meal coupon in the month of your birthday” on the menu, and drawings for prizes.

New Business:

Report on New Federal Dietary Guidelines: Maggie Sanna reviewed the newly released federal dietary guidelines. The primary changes were an emphasis on limiting sodium, saturated fats, and added sugars. Based on the MyPlate model half of the plate should consist of fruits and vegetables, half of all grains eaten should be whole grain, and consuming low-fat or fat-free milk or yogurt.

Reports:

Best Events: Kim Whitford is working on the spring/summer menu which is nearing completion.

Nutrition & Health Associates: Maggie Sanna reported she is completing site observation visits at Evansville and Milton in January. She is also working on the spring/summer menu.

Dining Center Visits: Jean Boyle and Chuck Wilson reported on their visits to the Riverview dining center in Janesville.

Adjournment: A motion was made by JoAnn Koltyk, seconded by Pam Strom, to adjourn the meeting. Motion carried. Meeting adjourned at 11:18 am.

Minutes not official until approved by the Nutrition Advisory Board.