

02 Nutrition Advisory Committee Meeting Minutes
Tuesday Sept. 12 2023
Sparta Barney Center
Sparta WI

Attending: Pam Weber, Patti Abbott, Lynn Lawler, Joyce Schreier, Kelly Kamrowski, Patricia Hansen

Excused: Barb Akers, Judy Schure, Joyce Thonesen

Call to Order: Patti Abbott called the meeting to order at 10:30am.

Suggested Contribution Range: Pam reported the suggested contribution range has been implemented and going well. There is a slight uptick noted in the amount of contributions.

3 Year Aging Plan: Pam reported on the ADRC 3 year aging plan and explained its purpose to the group. The nutrition program is part of the plan and most of it involves nutrition education. Lynn and Patti discussed their plan and implementation of the nutrition education for our participants and this covers what is required for the Aging Plan. The Committee supported the nutrition education we have in place.

Bulk Food Driver: Since the last meeting, the program has purchased a 2023 Chrysler Pacifica Van for transporting the meals and this is going well. The driver, Steve Kamps, was involved in helping to pick out a new van to ensure it met his needs.

Ride along: The ride along program has had 2 participants so far with 2 more scheduled to ride along on the Sparta country route. Feedback has been good and we are continuing to encourage more people to take part in the ride along to get a firsthand look at the impact of our home delivered program.

Veteran's Day: The Nutrition program is again offering one free meal voucher to all veterans over 60 y.o during the month of November to honor their service. This was done last year with a small amount of participation but this year we have had more time to plan and are hoping for a better turnout. It is the hope of the program that we can introduce congregate dining to some new county residents.

Dietician: Lynn Lawler RDN, presented on the nutritional analysis that she has completed for the current 7 week spring summer menu. We were a little short in the area of calcium. She has also been working with Kelly at the Compass kitchens on our 7 week fall/winter menu and analyzing that as well. She will work with the kitchen on listing out the new menu items that may need descriptions for our participants. Kelly expressed concern about the recent lettuce shortage at 3 of our sites and discussion was held on what could possibly be happening to cause this. It was decided by the committee to have the meal sites take extra care to carefully measure out the 1 cup requirement to see if this results in less shortage problems. Will review this at next meeting to see how this is progressing. Discussion was also held on the complaints of meat or entrees being "too dry". Lynn will educate on the use of the steam table temps at our upcoming site manger fall training. The draft of the new fall/winter menu was passed around and it includes some new items and recipes.

Caterer, Meal Site and Staffing updates: Patti presented on the sites: Sparta: routes are full and fully staffed, with a wait list. We have a new substitute driver in place as well. Tomah: we have a short wait list. Wilton was closed for one month due to the site manager leaving. Laura Allen has been hired and we reopened on Sept 5. We served 100 more meals this August as compared to August 2022. The remaining sites have no current issues. There will be an upcoming fall site manager training to include training by Lynn on temperature and serving issues, emergency preparedness training and ideas to boost congregate attendance. Patti is working on Malnutrition presentations at all meal site in the next few weeks. Also, making plans for other to come to sites for informational talks. There is new malnutrition question on the registration forms required by GWAAR as

they are tracking malnutrition in the state. Patti informed the group she has an upcoming personal leave in October due to surgery.

Review of Meal Comments Sheets: Patti provided copies of the comments for members to review on their own time. No comments were made.

Next Meeting: The next meeting will tentatively be held on Tuesday December 12 10:30 at the Tomah, Kupper Ratsch Senior Center.

Adjourned:

Recorded by: Patti Abbott