

Wellness Policy Committee Meeting

Thursday, May 7, 2026 – 3:00 pm

Virtually over Zoom

1. Welcome and introductions, including new members – Sebastian Varas

Members Present	Position	Subcommittee Assignment
Sebastian Varas	Nutrition Service Director	Nutrition
Emily Jenkins	Nutrition Services Dietitian	Nutrition
Everett Perry	HR Administrator	Public Involvement
Susan Edwards	Public Engagement Coordinator	Public Involvement
Mark Martin	Community Member	Policy Adjustment
Karen Pedersen	School Board Member	Public Involvement
Brooke Harris	Physical Education Teacher	Physical Education
Julie Fielding	Elementary School Administrator	Unassigned
Jen Gerrard	Nurse Specialist	Nursing
Jeff Christensen	Legal Counsel	Policy Adjustment
Holly Bishop	Community Member	Policy Adjustment
Jaime Hockin	Community Member	Unassigned
Caleb Vickers	Student	Nutrition
Bridger Jones	Student	Unassigned

2. Review of previous meeting minutes – Emily Jenkins

3. Reports and updates from subcommittees

a. Policy Adjustment

- Jeff is updating the School Wellness Policy to include information from HB402, Foods Available at Schools Amendments. The policy will now include the list of food additives that are not to be served on the school campus during the school day. These adjustments will be brought before the district policy committee in the middle of May.
 - Karen suggested being very clear that parents may bring in food with additives for their own child, not for other students.
 - Jen suggested that we do not include an exhibit of items that may be allowed as formulations can change at it would require constant monitoring. Instead, we could include a list of items that may contain the additives as a reminder to check the ingredient list on all food items brought into the school.
 - Susan asked how we plan to train the schools, including the PTA and SCC. It may be helpful to be at the trainings at the beginning of the year.
 - Sebastian, Jen, Karen, and Emily will work on an exhibit via Google Docs to present at the district policy committee to provide more guidance and clarification.
 - A question arose about food pantries at the schools and the compliance with food additives. Based on the wording in the legislation, the food given to students during the school day may not contain the food additives.

b. School Nurses

- Nothing to report at this time

c. Nutrition

- There was a release of the new Dietary Guidelines for Americans at the beginning of 2026 and school meal regulations are typically tied to these guidelines, but as of now there have been no changes to school meals based on these guidelines.
 - Lunch schedules that require long serving periods are making it difficult to keep employee hours under the time that requires benefits, and have the potential to cost the nutrition department a lot of money. High schools going down to one lunch service is also lowering meal participation and losing significant money for the department.
 - Sebastian has brought these concerns to district leadership.
 - Students, especially in the high schools, continue to throw away the reusable trays, which is also costing a significant amount of money.
 - Nutrition Services visited all 5 high school student stores to discuss the Smart Snacks in Schools rule and provide education and support.
 - Mark brought forth a question regarding share tables in the school cafeteria to share food items that are packaged and unopened.
 - This is currently being piloted at a handful of schools across the district. This requires an adult to monitor the table for the entirety of lunch service to prevent student tampering. Results from these pilots are still forthcoming.
 - d. Physical Education and Activity
 - None at this time.
 - e. Public Involvement
 - Susan is working on a plan to include SCC in the wellness policy committee to provide feedback and support.
 - Susan will work with Sebastian and Emily to create a procedure for feedback and share information about school meals at an SCC training.
 - Employee wellness is going well. 22 grants were given this year to Canyons Living Leaders to support wellness initiatives at the schools. Employees are utilizing fitness centers at the middle schools.
4. Next meeting: Fall 2026