

The Maritime Academy of Toledo  
Wellness Committee  
Thursday, January 28, 2016

1. Members

- Tom Shafer-Superintendent
- Aaron Lusk-Principal
- Jeb Braden-Physical Education
- Dave Napierala-Nutrition
- Chantal Romero-Mauk-Secretary
- Sarah Fleishman-Bodi

2. Nutrition & Education Goals

- Looking into starting a hot- breakfast menu
- Focus on helping kids with their sugar levels/nutrition
- Teaching kids to eat healthier and to learn about a eating a well balanced diet so that they are able to focus and maintain better testing skills
- Logistics for serving hot breakfast and staffing during breakfast
- Reproduction Courses

3. Possible future purchases

- Health books for 7<sup>th</sup>, 8<sup>th</sup> and high school –Aprox. Total of 105 Glencoe

Next Wellness Committee Meeting will be March 29, 2016