



Nutrition Advisory Council (NAC) Meeting Minutes

Wednesday, March 12, 2025

Community Services Building, 221 West Seminary St., Conf. Rm. C at 11:45am (Meal Provided)

Meeting begins after the meal.

1. **NAC Meeting called to order** at 12:20pm by Linda Symons
NAC Council members present: Linda Symons, Advocate/Older Americans Act; Vicky McCauley, Rockbridge Meal Site Representative; Virginia Weidenfeld, Richland Center Meal Site Representative. **Absent:** Vacant, Home Delivered Meal/Volunteer Drivers Representative; Vacant, Germantown Site Representative; Vacant, Home Delivered Meal Driver or Participant.
Staff present: Tanya Webster, Nutrition Program Coordinator.
Community Members present: Monica Deaver
2. **Motion to approve Agenda and Posting:** Virginia Wiedenfeld motion to approve agenda; Second by Vicky McCauley. All in favor. Motion carried.
3. **Approval of Minutes of November 20, 2024 Meeting:** Vicky McCauley motion to approve November 20, 2024, Nutrition Advisory Council meeting minutes; second by Virginia Wiedenfeld. All in favor. Motion carried.
4. **March is National Nutrition Month:** Tanya shared this year's theme being "Food Connects Us" and shared the placemats and handouts that will be disseminated at the meal sites and to Meals on Wheels participants. Each year during March, we celebrate National Nutrition Month®, which is a nutrition education and information campaign sponsored by the Academy of Nutrition and Dietetics. It invites everyone to learn about making informed food choices and developing sound eating and physical activity habits. This year's objectives are to: identify at least two ways in which Food Connects Us, be able to explain what foods make up a healthy eating pattern, and to describe ways to explore the connection between food and culture.
5. **Nutrition Program Update:** Tanya reported on the current Nutrition Budget being \$295,306 with \$9,803 in expenses and estimated \$9,803 in revenue. Currently the utilization target is 8.33% with Nutrition at ~3.3%. Tanya also disseminated the Elder Nutrition Program Annual Report showing a review of the 2024 calendar year.
6. **Nutrition Program Policy Review:** Reviewed Policy and Procedure: GWAAR Service Area Prioritization &/or Waitlist for OAA Nutrition Services.
7. **Advocacy-Discussion:** Aging Advocacy Day is Tuesday May 13, 2025. Tanya reminded NAC members to consider attending so they may advocate for Older Americans Act programs and experience the Aging Advocacy Day at the Capital. Vicky McCauley, Monica Deaver and Linda Symons indicated an interest in attending.
8. **NAC Recruitment:** Tanya shared that we need to recruit for three vacancies on the NAC. Vacancies include Home Delivered Meal/Volunteer Drivers Representative, Germantown Site Representative and Home Delivered Meal Driver or Participant.
9. **Volunteer Recruitment/Orientation:** Tanya expressed a continued need for volunteers and is always open to ways in which we can recruit more volunteers.
10. **Staff Updates:** None
11. **Member Updates and Input:** Rockbridge had reported comment cards are good and like colorful plates. Richland Center reported some of the vegetables are too cooked, condiments sometimes get missed, some feel food is served too cold, otherwise food okay. Nothing else to report.

12. **Next Meeting Date(s), Time and Location for February:** Next meeting May 14, 2025, at CSB Lunch served at 11:45am with meeting to follow until 2:00pm.
13. **Other Business:** None
14. **Adjourn:** Motion to adjourn Virginia Wiedenfeld at 1:28pm; second by Vicky McCauley. All in favor. Motion carried.

Respectfully submitted,

Tanya A. Webster, *Nutrition Program Coordinator*