

MVISD School Health Advisory Council Meeting

MVISD High School Library

November 20, 2019

Call to Order at 4:35 p.m.

Present: Tina Schmelzer, Sandra Speed, Rhonda Brast, Mary Keil, Erin Pedroza, Christie Langley-Neuman, Kim Clark, Sandra Sandoval, Gracie Riojas, Alison Grothues, Sandy Kunkel, Amanda Harris, Jeanna Quiroz, Shelly Galyon, Liz Madrigales, Abraham Aguirre, Jennifer Purdy, Janet Graff, Tonie Hutzler, Kylee Cantu, Amanda Monteiro, and Amanda Rothe

New members were welcomed to the committee.

PowerPoint presentation by Allison Grothues, Medina County Healthy Texas Youth Ambassador, titled "You Can't Outrun Your Fork". Ms. Grothues' presentation gave examples of calories in popular foods vs how long it takes for the body to burn those calories when running, walking, or biking.

Presentation by Amanda Rothe, Registered Dietitian, and Certified Diabetes Educator for the Medina Healthcare System in Hondo. Mrs. Rothe's presentation was titled "Prevention of Obesity and Diabetes". She spoke about changing the mindset of food as "Fuel Rather Than Entertainment" and that most of us lack the motivation to make these changes. She suggested the 80/20 ratio as a starting point. 80% of the time make good choices by planning out your day and weeks' meal and 20% of the time, splurge. Other tips included increasing the fiber, and the fresh fruit in your diet, and portion control. Another good tip was "Don't drink your calories". Handouts were provided on tips to make easy and healthy family meals. Goodie bags filled with recipes and information about the Medina Healthcare System were given to all in attendance.

Mrs. Rothe also stated that the Medina Healthcare System is expanding and there will be more Physicians and Nurse Practitioners available to meet the needs of the community. Several of the Physicians will be specializing in Dermatology, OB, and Gastroenterology.

Healthy snacks included a fruit tray with dip, vegetable tray with dip and a cheese tray. Iced Water was also served.

Minutes from 9/25/2019 were reviewed, motion by Rhonda Brast to approve, seconded by Mary Keil and Sandra Speed.

Sandra Speed stated that the Child Nutrition Services will be audited in January of 2020.

Nurse Schmelzer spoke about one of our MVISD families. The Marquez Family had an early morning fire recently and lost everything.

Rhonda Brast motioned for the meeting to be adjourned at 5:30 p.m. and Janet Graff seconded it.

Next Meeting: February 19<sup>th</sup>, 2020