

**NUTRITION AND FITNESS TASK FORCE MEETING
MEETING MINUTES**

April 26, 2006 – 11:00 A.M.

MEMBERS PRESENT

Andy Ansola
Jose Aquino
Shari Baer
Ellen Feiler
Sharron Gay
Leroy Givens
Michael Jezek
Skip Johnston
Lynne Kunins
Shari Lieberman
Alex Malasch
Deborah Mulligan
Richard Perez
Jeanna Rhoulhac
Ardith Wright

STAFF PRESENT

Michael De Lucca
Renée Podolsky
Michelle Smith

I. Welcome and Introductions; Ardith Wright, Chair

The Nutrition and Fitness Task Force meeting was called to order by the Chair, Ardith Wright at 11:09 a.m. Self introductions were made.

II. Approval of Minutes of March 22, 2005

The Chair requested a motion for approval of the March Nutrition and Fitness Task Force meeting minutes.

MOTION by Lynne Kunins to “approve the minutes as circulated”

MOTION SECOND by Michael De Lucca.

With all members present voting ‘aye’, the motion carried.

III. Nutrition and Fitness Strategic Plan; Task Force

The Task Force discussed Nova Southeastern University’s upcoming Wellness Summit being held on May 12, 2006. From 8:00-9:00 a.m., those present will break into groups and review the Strategic Plan developed by the Task Force. Each group will be assigned to a specific goal and will be asked to provide feedback, suggestions and add appropriate action steps. Four facilitators are needed to guide the groups. Lynne Kunins and Skip Johnston volunteered to act as facilitators. Lori Kessler and Julie Krefle will also be contacted as potential facilitators.

The role of the facilitator will be to provide a brief overview of the Task Force and Strategic Plan, set ground rules and further explain each goal, review the plan, promote community buy in and document all suggestions.

IV. Other Business

Michael Jezek, President/CEO of the YMCA of Broward, gave an overview of the agency and discussed programs that are offered in each of the county's six YMCA branches. The YMCA implements the SPARK program in its after school programs to encourage health and wellness. The YMCA is working with Humana and Silver Sneakers to offer fitness programs to older adults and senior citizens. 'Active America' and 'American on the Move' are other programs being offered to promote physical activity in daily life.

Ellen Feiler stated that, as discussed at the last Task Force meeting, state funds are still available to send two youths and a chaperone to Orlando to participate in a Nutrition and Fitness summit. It was added that these funds must be used for programs that target youth. Those interested can contact Ms. Feiler at 954-467-4807.

Richard Perez of Farm Share provided an overview of the agency. Farm Share is a non-profit organization, dedicated to the recovery, sorting, packing and distribution of nutritious foods for people in need. Approximately 50% of the produce grown by farmers each year goes to waste as the fruits and vegetables grown are not deemed 'Grade A.' Farm Share works with farmers throughout the United States to recover produce (in bulk lots of 20,000+ pounds) considered unsuitable for the retail market due to size or minor blemishes. All recovered produce is distributed to qualifying low-income families and charitable organizations feeding those in need at no charge.

V. Next Meeting Date

The next Nutrition and Fitness Task Force meeting was scheduled for May 24, 2006, 11:00 a.m., at the Broward County Health Department.

VI. Adjournment

With no further business to discuss, the Chair motioned to adjourn at 12:03 p.m.