



Middle School Cafeteria Council Members and Meeting Schedule

Each unit in the Healthy and Wise – SPARK Middle School Coordinated Health Program conveys the importance of proper nutrition and physical activity as the foundation of good health. In addition, the monthly Healthy and Wise program that supports the Wellness Lessons in the Coordinated Physical Education Guide focuses on food and nutrition topics that provide the opportunity for the school to examine the nutrition, safety, and hygiene practices in their cafeteria. Schools are encouraged to develop a Cafeteria Council consisting of the principal, cafeteria manager, school counselor or nurse, several parents, several teachers and several students. This council should meet monthly to discuss current cafeteria issues and to develop a coordinated approach to using the food and nutrition section in Healthy and Wise as a method of informing students, staff, and parents of its healthful practices and enhancing the classroom middle school nutrition objectives and lessons.

School: _____ **District:** _____

Cafeteria Council Members (At least 8 members should be selected.)

- 1.
- 2.
- 3.
- 4.
- 5.
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- 9.
- 10.
- 11.
- 12.

The Cafeteria Council will meet each month. The designated meeting time is described below: (Example: last Monday of each month, second Tuesday of the month, etc.)