

Minutes of SHAC/Ounce of Prevention Nutrition and Wellness 3-14-23 12 Noon

Link to the recording:

<https://us02web.zoom.us/rec/share/3JJ2ms-idwyCgWso6d5m6C6babGt1Hjx4c8uwi7A2nqMKSdf2D02N7pEnl3gL3TC.myFYYtSbHRmyxXnd>

Passcode: zZp7=ceP

Attendance: 15 Agency, 15 Total School, 2 FB=32 Total attendance.

The meeting was called to order with a prayer from Martha Baker.

Nutrition and Wellness Update:

Christina Graham, RDN, LD, CDCES, [Titus Regional Medical Center-903-577-6099, christina.graham@titusregional.com](mailto:christina.graham@titusregional.com) . Reviewed the diet of the average American and then discussed healthier options such as the Mediterranean Diet. **See power point for more details.**

Agri-Life Updates-Lou Ann Rollings with Titus County Extension Agri-Life- lrollins@ag.tamu.edu. Ms. Rollins stated their information on healthy eating is also supporting the Mediterranean Diet. She reviewed programs that are available for adults and children. One of educational programs is to reduce asthma due dust mites on clothing and furniture.

School Nutrition Report DLSID

Tricia Quinn- Food Service Director DLSID- tquinn@dlsisd.org- **See attached report.**

Nutrition is one of the 10 Components of the SHAC. The only Subcommittee for the SHAC is Food Service, Health Ed., Nurse, and PE Members reviews the Wellness Policy every 3 years.

The Health History Form lists food allergies or food modifications such as Diabetes. The new equipment will let the parent go to the menu and list the special diet and the program will remove items they need to limit. That allows the parent to know when they might need to send a meal for that day.

Announcements:

Mar 10-24 is National Drug Facts Week

3-27-23 9 am Morris County Judge and CASA of TCM will take a picture with agencies and citizens that support Child Abuse Prevention. DJHS students will place pinwheels in front of the Morris County Courthouse.

April is Child Abuse, Sexual Assault, Teen Dating Violence, Sex Trafficking Awareness, and Crime Victim's Month.

4-1-23 "Go Blue Day"- Wear blue to raise awareness of Child Abuse Prevention.

April 4-8 Child Abuse Prevention Week activities on their campuses

4-11-23 SHAC/Ounce of Prevention focus 12 noon

CRCG- Community Resource Coordinated Group Meeting to bring agencies to review and provide more options for families of children who need support. Ebony Roney is the Chair. Let me know if you need her contact info. This is a good resource for schools.

TCHAT- Texas Child Health Access Through Telemedicine- counseling is available to have a counselor to meet with families, students, and schools. Jennifer.Peoples@uthct.edu

Community Healthcore NET- Stacie Tidwell- 9 Counties that provide mental health services for adults, children, substance abuse, IDD, and 40 programs. Main office Longview- communityhealthcore.com Stacy.tidwell@communityhealthcore.com Flyer on Mental Health First Aid events. Katie Roberson mhfa@communityhealthcore.com

Texas Health Steps-Alicia Hampton- Medicaid Program to children, pregnant women, SSI, children with special healthcare needs. Referrals to doctors or arrange transportation. alicialharrison@maximus.com

MCC- April 29th at Pewitt High School- 9-12. Presentation on progress and citizens will be invited to participate on setting priorities for our strategic planning.

Morris County Collaborative (MCC) Grand Opening- Thursday May 4th from 5-7 PM 200 Jefferson St. Daingerfield, TX 75638
Meetings are happening to discuss partnerships with NTCC and Agencies.

Community Healthcore ADRC- Today Texas Rent Relief stated today-28th. Texasrentrelief.com
See flyer.