

# Manitowoc County

## Aging & Disability Resource Center Nutrition Project Council

Date: October 13, 2025

Location: ADRC of the Lakeshore – Education Room

Members Present: Emily Siemers, Gary Thomas, Kevin Hagerty, Diane Hagerty, Guest Paul Hacker

Excused : Laura Affelbeck, Virginia Coffman

Meeting called to order at 1:00 by Emily Siemers, Nutrition Program Coordinator

Motion made by Diane Hagerty, seconded by Kevin Hagerty, to accept the meeting minutes from July 14, 2025. Motion carried.

Motion made by Emily Siemers, seconded by Kevin Hagerty, to accept the meeting agenda for October 13, 2025. Motion carried.

### Evaluation of the program:

- a. Annual Survey results reviewed. Menu preferences for the 8-week cycle have been adjusted based on client input. It was noted that the quality of some menu suggestions would not hold up well, such as pizza and French fries. Some clients (31%) have requested that carb counts be included on the menu. It was suggested that possibly providing carb counts of the standard menu items could be done separately for those who request it. Ways to improve revenue are being explored. Some other counties use the Food Share Cards. 23% responded that they would consider this. It would require a machine to run the card. The Council agreed not to pursue this at this time. Clients commended the work of the volunteers.
- b. The GWAAR audit results were good.

### Promotion and Outreach efforts:

- a. The ADRC newsletter Senior Nutrition Program page will be simplified to decrease wordiness and promote interaction with the ADRC staff. The website also will decrease wordiness and prompt connecting with the ADRC. The social Media outlets are doing a great job and will be kept as they are at this time.

### Planning updates:

- a. The Hmong meal site goal is being worked on with Ann's Noodles as a possibility to provide a weekly in person meal and also a meal for the weekly group that meets with Human Services. Currently, it is cost prohibitive. Portion size adjustment may bring down the price and will be discussed with them
- b. Nutrition Education topics that have been suggested are: simple meal recipes, high fiber diets, and high potassium foods.
- c. Upcoming events include partnering with Froedtert Hospital for a Thanksgiving Day meal for Manitowoc City home delivered meal recipients. Local high school choir groups will be performing at the Manitowoc and Two Rivers congregate meal sites on Dec 10. Lutheran High School will be in Manitowoc and TRHS will be in Two Rivers.

### Advocacy Updates:

Elder input has been positive about the meals. Positive remarks regarding the monthly summer fresh produce deliveries were also noted. No issues or concerns.

Meal site and Home Delivered Reports:

In August, 315 Congregate meals and 4088 home delivered meals were served. In Sep, 355 congregate meals and 3967 home delivered meals were served.

Trends : Sep had the highest number of congregate meals YTD. Manitowoc had a decrease in congregate meals and an increase in home delivered meals. Two Rivers has been trending upward for congregate and home delivered. Kiel has been stable.

Other items:

There have been discussions with Amber Daus with Grow It Forward in possibly partnering outreach to the Home Delivered Meal program.

The Home Delivered Meal Program also has 150 shelf stable meals available that will need to be utilized soon.

Next meeting: January 12, 2026 at the Manitowoc Senior Center.

Emily Siemers made a motion to adjourn the meeting at 1405. Seconded by Kevin Hagerty. Motion carried.

Respectfully submitted by Diane Hagerty