

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

April 25, 2013

Our Mission: to promote and support a culture of health and fitness in the Lompoc Unified School District

- I. The meeting opened at 3:33pm. The following members were present: Kathy Bertelsen, RD (Manger, LUSD Child Nutrition Services); Michelle MacKinnon (Supervisor/Dietitian, LUSD Child Nutrition Services); Kirsten Criswell (School Food Initiative, Orfalea Foundations); and Carol Arnerich (Lompoc Federation of Teachers)
- II. Minutes from the previous meeting were approved as written
- III. Old Business:
 1. Final review of sample wellness policies for the principals – one change was recommended by Kathy and Carol recommended calling the documents “School Wellness Policy” vs. “Template or Sample School Wellness Policy”. The changes were agreed upon by those present. Kathy is on the agenda for Admin Council for May 16th to share with the principals.
- IV. Reports:
 1. Summer Food Service Program (SFSP) – Kathy provided the flyer with the SFSP sites: The public will be invited to have free lunch along with the ESY (Extended School Year) students at Fillmore and Lompoc High which will run for 4 weeks beginning June 17th. The other sites are: The Boys and Girls Club, Anderson Recreation Center and the YMCA at La Honda. These sites will serve SFSP lunch and a snack to participants in the program and walk in children 18 years old or younger. They programs will operate for 8 weeks beginning June 17th.
- V. Wellness News in the Community:
 1. Healthy Lompoc Coalition meeting today: Bike Rodeo will be held at LHS on May 18th –Kathy will have a booth to promote the Summer Food Service Program and our “scratch cooking” program. Michelle and I networked with Tina Long - Project Director for Network for a Healthy California. We will be meeting to discuss collaborating with them to provide a Harvest of the Month program here and assistance with some nutrition education for our Summer Food Service Programs.
- VI. Examples of “wellness” working in the District:
 1. Water refill stations: All three grant water refill stations have been installed. Miguelito is scheduled for a “Rethink the Drink” assembly on May 3rd; Hapgood is going to do theirs at the start of the next school year; C. Ruth will have theirs on May 13th.
 2. Orfalea hosted a Culinary Boot Camp at the Central Kitchen over spring break. Seven LUSD Child Nutrition staff attended along with participants from Guadalupe, Goleta and Moorpark school districts. Kirsten reported that they made some of LUSD’s very own recipes during the Boot Camp. Education Center staff members were invited to taste what the “chef’s in training” made on three of the days. Kathy noted that they raved about how delicious the food was.
 3. We made the “Headlines” on the home page of the District’s web page – the blog about the Culinary Boot Camp
 4. Michelle has added a “Child Nutrition Headlines” in our menu section on the District web page where several Orfalea blogs are available to view
 5. We are serving healthy snacks to students during testing at Lompoc High and Cabrillo High this week. Student participation for this snack program has been good.

- VII. Committee comments or issues that need to be addressed regarding wellness in the district
1. New issues/comments: La Honda kindergarten teachers and principal voiced some concerns with Kathy this week: unappetizing broccoli, condiment issues, food choices running out and a request to cut sandwiches in half for kinders (great idea!). Kathy responded by addressing all of their concerns. The meeting was very positive in light of complaints being expressed. The teachers noted that the food was of high quality and appealing to the students.
 2. New Comments
 - a. Carol commented on the great job Child Nutrition Services has been doing to improve the healthiness of the food in the district.
 - b. Kirsten noted how the District has taken full advantage of Orfalea grants to bring the nutrition standards up.

- VIII. Next month topics:
1. The Wellness Committee progress report is due to present to the Board. Kathy will send out an email to the principals in an effort to glean all the healthy events and things that have been going on in our district over the last two years.

- XI. Goals for next year?
1. Update wellness policy

- X. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30.
Our last meeting for the year is May 23rd from 3:30 – 4:30 at the Central Kitchen.

- XI. The meeting adjourned at 4:24.