

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
April 24, 2008

- I. **The meeting was called to order at 3:35.** The following people were present: Kathy Bertelsen, RD (Chair; Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Miranda Burford, RN (School Nurse Supervisor), Lynda Gordon (Teacher Miguelito), Judy Taggart (LVCHO – Community Health), Tracy Janecek (district classified employee and parent)
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
- III. **Wellness News in the Community**
 - a. The district held its annual “Parents Are Teachers Too Conference” on March 1st. This year some health and wellness topics were presented in an effort to provide more health information to parents. Miranda Burford, District Nurse Supervisor, taught a class on portion control. The School Wellness Policy Mini-Grant paid for Michelle Mackinnon, RD and District Food Service Supervisor/Nutrition Specialist to teach a class titled “Healthy Families Making Healthy Choices”. It also paid for Sandi Jefferson, RD to teach a healthy cooking class. The classes were well attended and great comments were made about them by the attendees. The PATT committee commented that they were glad to see health topics offered and hope they would be offered again. Kathy reported that the Mini-Grant was budgeted to pay for more teaching next year at the conference.
 - b. Lynda Gordon shared that she attended the “Family Health Night” at Buena Vista on March 14th. She reported that it was wonderful. There were exercise opportunities such as Yoga and an obstacle course with different exercises that was fun for the attendees. There were healthy snacks offered and Sandi Jefferson did a great job in her presentation of a nutrition topic.
- IV. **Examples of “wellness” working in the District**
 - a. There appears to be a trend toward non-food related, Healthier fundraising by the PTA. Following is what was reported (please note that others may have participated, but not reported for this meeting).
 - La Canada held a jog-a-thon last November
 - Crestview held a jog-a-thon on March 12th and earned over \$11,000
 - Los Padres held a jog-a-thon on October 22nd and there was a magazine drive in March
 - Fillmore held a jog-a-thon on April 25th
 - Los Berros had a jog-a-thon
 - Buena Vista had a “Jumping-for-Health” fundraiser.
 - b. Michelle Mackinnon, RD gave a report on how the National Nutrition Month promotions went in March. Five elementary classrooms won a healthy classroom party in which yogurt parfaits, low-fat cookies, carrot sticks w/low fat ranch dressing and juice was provided. Lynda Gordon was one of the winners. She told how her students “went nuts” over the yogurt parfaits which were attractively presented. Five secondary students won MP3 players

for participating in the “Nutrition Jeopardy” game which was displayed in the libraries of the schools.

- c. Food Services offers nutrition education assistance to teachers in the district. Michelle Mackinnon RD, Food Service Supervisor/Nutrition Specialist reported on the nutrition classes that she teaches in the district. Many teachers sign up for a combination of a nutrition lesson in their class on Tuesday, followed by a Central Kitchen tour on Wednesday. The Central Kitchen tour is really only possible for schools that are within walking distance, however, teachers from all the schools can sign up for just a nutrition class. You may sign up for the classes with Susan McDermott at TRC at 742-3305. If you have any questions you may call Michelle at 742-3352. Michelle has been invited to help teach in grades 1, 2 and 3. She plays a fun Food Pyramid game with the students. Michelle leads the Central Kitchen tour where students see how the food is received, stored and prepared by the staff. They partake of some healthy snacks and learn about sanitation and hand washing. Michelle has also been invited as a guest speaker at the secondary schools on sports nutrition and basic nutrition topics.
- d. A teacher at Lompoc High reported that he has lost weight since the new Food Court was put in because he is now eating healthier food on campus vs. going out for fast food.

V. **Mural at Lompoc High** – we would like to express our thanks to the Lompoc Valley Community Healthcare Organization and Steve McDowell for their contribution of \$1,832.99 for the mural in the Cafeteria.

VI. **Update on the new Food Courts at the high schools**

- a. Kathy and Michelle met with the student focus groups at Lompoc High and Cabrillo High. Both meetings were very positive. The students are enjoying the food and say there is plenty of variety. A few comments were made for improvements which are being worked on. They say the service is good and the lines move fast. They love the ambience of their new cafeterias. Cabrillo students did express dissatisfaction with not being able to pick their own theme which was a fifties/beach theme. Kathy has expressed a need for help with murals at the LVCHO meeting and Denny Anderson will bring that need to the Mural Society meeting.
- b. Participation changes – with the new food court Lompoc High has experienced a 130% increase in lunch participation and Cabrillo High a 150% increase. Breakfast has increased 86% at Lompoc High and 62% at Cabrillo since the food courts were added.

VII. **Report on the Orfalea Fund Initiative** - Kate Chef conducted visits at all the schools in the district to assess opportunities for a grant. The initiative is geared to serve healthier food that is made from scratch and, if possible, grown organically. Not having kitchens at the elementary sites or hot serving lines at the elementary and middle schools Chef Kate admitted was a challenge. She did however note that some scratch cooking could be done at the Central Kitchen to serve on the new hot serving lines that have been installed at Cabrillo High and Lompoc High with the food courts. Kathy will be going to a cooking class along with two staff members in August that is being put on by the Orfalea Foundation.

Kathy and Michelle went to a luncheon and presentation by the Orfalea Foundation, also called “s’Cool Food” last week. One of the speakers is the Food Service Director at Berkeley Unified School District. She shared how they are cooking all foods from scratch and purchasing only organic foods. Admittedly she said that the program has encroached on the district’s general fund by \$350,000 a year. She said that with budget cuts this year it will encroach on the general fund by \$250,000.

- VIII. Tracy Janecek – comments on 2nd Breakfast** - Tracy commented that her son, who is a kindergartner in the district, loves the second breakfast. She said that she is aware that many of the teachers would like to see the program go away because they feel the kids should be exercising at that time instead of eating. She hopes it does not go away because her son eats breakfast at home anywhere between 5:30 and 7:00. At 10:00 he is hungry and looking for something to eat. That is when he partakes of the 2nd breakfast. She said that her son has a tendency to have a “melt-down” when he is hungry. Miranda Burford commented that the recess time when the 2nd breakfast is offered, is not considered exercise time that is required by state law. Kathy commented that if students are hungry during recess, it would benefit them to eat before they go out to play. Tracy also said that her son loves the lunches. He especially likes the fruit and mentions that first when she asks him what he ate for lunch.
- IX. Committee comments or issues that need to be addressed regarding wellness in the district** – there were none.
- X. Discussion about health topic:** Lynda Gordon brought up the topic of what to do about children who crave carbohydrate foods and eat them in excess. This opened up a great discussion by all present. In general the group expressed that our generation tended to be stricter about what and when foods could be eaten. Parents were more disciplined and permission had to be obtained before helping themselves to food. It was suggested that parents encourage children to eat healthier foods. When children ask for high sugar, high carbohydrate foods, a fruit or vegetable might be suggested instead. Parents should keep offering the healthy alternatives and gently persuade them. Parents should be healthy eaters themselves to model healthy eating. When a child who is overweight wants seconds at dinner, suggest vegetable or fruit instead. Suggest that the child wait until the food settles so the feedback mechanisms such as a rise in blood sugar and stomach distention will send a message to the brain that that they have adequately eaten. Michelle Mackinnon will research a good book that might be helpful to refer to parents.
- XI. Feedback about Food Service Programs:** Judy Taggart reported that she and the Leadership Lompoc Valley group had lunch at Cabrillo High on April 18th. She raved about how wonderful the new Food Court was. She said there was a lot of variety, the food was good and the staff was attentive.
- XII. Staff Wellness** – Miranda Burford reported that she received some information about a “Weight Watchers at Work” program. Judy Taggart said that they are starting one at the hospital. They had surveyed the staff and 27 out of 54 staff surveyed said they were interested. It was suggested that the Weight Watcher’s

work program might be something the district could try in the future. Judy will keep us posted on how the program at the hospital is going.

XIII. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30
Our last meeting will be May 22nd at the Central Kitchen.

XIV. The meeting adjourned at 4:32