

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
February 25, 2010

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

- I. The meeting was called to order at 3:35 pm. The following people were present: Kathy Bertelsen, RD (Manager, Food Services); Michelle Mackinnon, RD (Supervisor/Nutrition Specialist, Food Services); Pamela Lee (Mobile Chef, Orfalea Foundation); Steve McDowell (Director, Lompoc Valley Community Health Organization); Niki Sandoval (Education Director, Santa Ynez Band of Chumash Indians); Carol Arnerich (President, Lompoc Federation of Teachers); Glenda Grover (Physical Education Teacher, Lompoc Valley Middle School)
- II. Minutes of the previous meeting were approved
- III. Wellness News in the Community:
 1. Kathy Bertelsen reported about the article in the Lompoc Record which highlighted the new “Cooking from Scratch Program” that was started in the district this school year. The article spoke of the support that was given to Food Services by the Orfalea Foundation by way of chef support for training and recipe development and grant money to purchase equipment.
 2. Steve McDowell reported on the Lompoc Valley Community Health Summit which will be on March 25th at the Veteran’s Memorial Building. The Keynote Speaker is James F. Sallis, PhD. His topic is Building Healthy Communities.
- IV. Examples of “wellness” working in the District
 1. Curriculum Arena: The Orfalea Foundation, as part of their School Gardens Project, held Jr. Chef Days, which are all day cooking events in which students were trained by a chef to prepare a soup which they tasted at lunch. Students received “hands on” experience as they cut up vegetables for the Ratatouille that they made. They also learned about food sanitation and what a chef does. The schools that held this event were: La Honda, Los Berros, La Canada, Hapgood and Buena Vista.
 2. Nutrition Arena:
 - Food Services obtained another grant from the Orfalea Foundation - \$35,000 to purchase a blast chiller which is needed at the Central Kitchen to safely cool large quantities of foods. Orfalea has also provided chef support and assisted with a “salad bar assembly” at Hapgood to teach the students salad bar etiquette.
 - Three more Food Services staff attended a “Culinary Boot Camp” training session put on by Orfalea at the Santa Maria Bonita School District.
 - Starting January 1st, Food Services stopped serving chocolate milk and sugary cereals and most of the sugary breakfast items. This is an effort for the district to be proactive regarding the obesity issue.
 - A salad bar was started at Hapgood. It is amazing to see how much the students are enjoying the vegetables that are offered. Our meal participation has increased on the day we serve it.

- V. Michelle Mackinnon reported on the National Nutrition Month promotion she is working on for March. The topic is about healthy snacking. At the elementary schools every teacher will be provided with educational materials. Teachers who participate are eligible to win yogurts parfaits for their class. There will be one winner selected at each school. At the secondary schools – educational posters will be posted in the school libraries.
- VI. There were several issues that were addressed with the committee regarding wellness in the district:
1. Carol Arnerich brought up a concern regarding Santa Barbara County Health Department requirements, i.e., their statement that any foods sold or given to students must go through their permitting process except foods they do not consider being potentially hazardous such as individually packaged snack type foods. Carol explained that there were two issues here – students are hungry at midmorning and the expense of providing foods that are packaged. She asked if Food Services could provide snacks for the student's mid-morning. Kathy Bertelsen replied “no, there is not a reimbursable snack program”. Kathy shared a new order list for foods that fit both the Health Department regulations and the district wellness policy, but it was felt they were too costly. Kathy shared how the district used to have a second breakfast, which was a reimbursable school breakfast program at the elementary sites that served as a snack for kids who were hungry. It was served at recess time. It was stopped because it was felt the students did not get the exercise they needed. Kathy stated that Buena Vista is the only school that offers a second breakfast at this time.
 2. Glenda Grover spoke about how wonderful the SPARK program is for teachers and students and expressed her great desire to be trained in San Diego in SPARK. Kathy reviewed what Angelica Hernandez shared at the Wellness Committee last month regarding SPARK – that the district was moving toward training efforts at the middle school level which is planned for this spring.
- VII. Other Business: A new member joined the group – Niki Sandoval, Educational Director for the Santa Ynez Band of Chumash Indians. The mission of her organization is to promote healthier lifestyles in the community in which she works. She hopes to get some ideas regarding wellness from LUSD Wellness Committee.
- VIII. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30. Our next meeting is Thursday, March 25th from 3:30 to 4:30 at the Central Kitchen.
- IX. The meeting adjourned at 4:35.