

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

February 27, 2014

*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 3:38 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Ashley Costa (LVCHO, Healthy Lompoc Coalition)
- II. Minutes from the previous meeting were accepted as written
- III. Reports
 - a. Kathy reported about the Principal Forum, Health & Wellness topic she provided on February 6th. The topic was Competitive Food Sales. Topics discussed were: the definition of a competitive food, history of competition with the school meal programs, goals of competitive food regulations, and the new rules this year: AB 626 effective January 1, 2014 and USDA Smart Snacks which will be effective July 1, 2014. Kathy told the principals that the new laws are very strict and even effect fundraising during school hours. And that records need to be kept for foods that are sold or picked up during the school day. Her recommendation was to fundraise with non food items. She provided an updated handout “Creative Fundraising Ideas” and suggested they let their staff, ASB directors and PTA know about the new laws. Kathie Froemming at Vandenberg MS is to be commended for sharing the fundraising guide with her department chairs soon after the meeting.
 - b. Ideas for reports at next meeting – School Gardens or SPARK/PE: Kirsten said she would invite one of the Garden Environmental Educators to the next meeting.
- IV. Wellness news in the community
 - a. Orfalea grant opportunity for orthodontia at LVMS – up to 15 students were eligible, 11 applied
 - b. Community Health Summit on March 20th
- V. Wellness news in the District

- a. Universal Breakfast at Hapgood Update: The cereal we added to the breakfast has been a hit with students and participation is beginning to go up. It had dropped from 88% in September to 68% in December – now up to 75%. Cereal was being piloted in the 3rd and 6th grade classrooms, now it will be served in all the classrooms serving breakfast: 3rd - 6th grade, one kinder class and one 1st grade class. Food cost has been running high because of the high amount of food waste, so I provided some ideas on how to reduce food cost. One teacher found these to be a solution to a problem she was having – the time it took setting it up before the students came, especially when she was scheduled to do something else. Some teachers commented on the redundant menu – we will add one or two hot items each week once we have our oven training on March 11th. Some teacher's commented on the unsanitary placemats – we will provide the food tray every day which has proved to help with milk spills and crumbs. Some teachers are still having issues with unclean desks and floors.
- b. Lynda Gordon held another healthy Valentine party in her class. Only healthy snacks were offered. She reported that the students did not miss the sweets at all.

VI. Old Business

- a. One change was made on the School Wellness Policy Template to add a statement of purpose, stating that the guidelines and goals of the policy were for the purpose of promoting healthy eating and physical activity. There were 3 votes – Kathy Bertelsen and Kathy Gracyk voted on option 2 and Sue Pettis on option 1. Option 2 carried which, in addition to the above statement, also stated that it was our intent to help students by teaching them to make their own healthy choices so they could achieve their goals and be as healthy as they could be.

VII. Next dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on March 27, 2014

VIII. The meeting adjourned at 4:27 PM