

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

January 23, 2014

- I. The meeting was called to order at 3:32 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Carol Arnerich (Lompoc Federation of Teachers); Kathie Gracyk (LUSD Nurse); Sue Pettis (Asst. Principal LVMS)

 - II. Minutes from the previous meeting were approved as written

 - III. Reports
 - a. Kathy reported on the breakout session highlights from the California School Nutrition Association Convention she attended in November.
 - i. Wellness Policy – Wellness is important for the academic success and well-being of our students. The Wellness Policy is not just a piece of paper but a living, breathing document that supports what we do. The goal is to build support within the school community vs. be the food police. I feel that this is exactly where Sid Haro is leading us.
 - ii. AB 626 – effective January 1, 2014: Now fundraisers that sell cookies and candy must follow nutritional guidelines if sold or picked up during school hours. The State will monitor all sales as part of the Child Nutrition Administrative Review.
 - iii. USDA Smart Snacks in Schools – effective July 1, 2014: New definition of school day – midnight to ½ hour after school (nothing can be sold before school). Must follow same nutritional standards as School Meals. Foods must fall into a “real” food category such as fruit, vegetable, dairy, protein and whole grain; or must contain 10% Daily Value of calcium, potassium, Vit D, or dietary fiber; or be a combination food containing ¼ cup fruit or vegetable. More calorie limitations – 200 for a snack food and 350 for an entrée. Juice must be 100% juice and no added sweetener; electrolyte replacement beverages only allowed in high school. Now the District must maintain records that document compliance for competitive foods sold outside of the control of the Child Nutrition Program. No caffeine allowed in California.
- In summary – The laws are making it almost impossible to sell competitive foods. Fundraising efforts other than foods may be the way to go.

IV. Wellness news in the community

- a. Kathy shared the Orfalea Blog about Food Day on October 24th which featured highlights of healthy foods served at schools across Santa Barbara County, including LUSD.
- b. Kirsten invited us to hear Michael Moss speak at UCSB on February 22nd. This event is free and hosted by the Orfalea Foundations. Michael Moss is the author of *Salt, Sugar and Fat* which explains how the food industry manipulates foods to make them irresistible.
- c. Kirsten reported that April 7 – 13 is *National Public Health Week*

V. Wellness news in the District

- a. *Walk to School Day* – October 9th: This event included the 6 elementary schools and middle school in town. Kathy shared pictures of the event and reported that the participation for the event was good – 86.68% of students participated.
- b. Hummus on menus – After visiting Solvang School and seeing it on their salad bar, we got the recipe from Chef Bethany and menued it on our salad bars and as a side at the other schools without salad bars. We are using it to meet our weekly legume requirement.
- c. Universal Breakfast Update at Hapgood – Kathy reported that despite the high food waste the program is not losing money, but that she hopes to resolve the issue. We will begin serving cereal in the 3rd and 6th grade classrooms next week and in the MPR. We hope to raise participation as students are asking for cereal. Carol reported that teachers are saying they need answers to questions. Kathy said she would visit breakfast classrooms and try to get a meeting set up to answer their questions.
- d. Central Kitchen Remodel Update – Kathy reported that the Central Kitchen bid walk was scheduled for February 19th. The project will take longer than originally thought; therefore there is a contingency plan in place with a temporary central kitchen and walk-in coolers. Without the facility to cook from scratch, minimal scratch cooking will be done except what is done at Lompoc High and Cabrillo High. The remodel is scheduled to be completed by October 15th with staff returning to work on October 20th.

VI. Issues or comments related to wellness:

- a. Sue Pettis brought up the issue at LVMS of what to do with out of date half liter bottles of water. They are required to have 700 on hand for emergencies. One suggestion was to sell them just before they are set to expire at school sporting events or other functions to raise money for replenishing them.
- b. There was a discussion about the vendors that are selling foods in front of the school that are competing with the Child Nutrition Program. The meal comes with chips, candy and sugary beverages which make it hard for the healthy School Lunch to compete with, yet it appears that

not much can be done to stop it. Carol suggested that the District make the area they park as a “No Parking Zone”.

- c. Kirsten expressed how important it is for students to eat breakfast and that there really should be an assembly at the schools to teach the students. She said that she would be willing to go into the breakfast classrooms at Hapgood to do a 5 minute teaching. Sue suggested teaching 5th and 6th grade students some information, which would be a learning experience for them, and then have them teach the other students.

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 February 27, 2014

VIII. The meeting adjourned at 4:35