

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

March 22, 2012

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

- I. The meeting began at 3:38. Present were Kathy Bertelsen, RD (Manager, Child Nutrition Services); Michelle MacKinnon, RD (Child Nutrition Supervisor/Dietitian); Carol Arnerich (Lompoc Federation of Teachers); Anastasia Hendricks (Orfalea Garden Manager); Lauren Danner (Orfalea Garden Manager)
- II. Minutes from the previous meeting were approved as written.
- III. Reports:
 1. Kathy Bertelsen reported on the pilot projects at Buena Vista and La Canada. At both schools the students are getting through the lunch lines on time so they can still eat their lunch and enjoy recess. The students at Buena Vista are accepting the new food more so than at La Canada, but we would like to see more participation at both schools. We have planned some marketing to the parents at school and district meetings such as PTA and ELAC and we are making some student driven changes to improve the acceptance of the food. We are seeking input from the students at student council meetings and making changes. The recipes for macaroni and cheese and cheese quesadilla were changed and we substituted lasagna for turkey gravy, which was not a favorite of the students. We are tacking the revenue vs. the costs at the schools and based on our preliminary findings, we believe the programs will sustain themselves financially.
 2. Lauren Danner and Anastasia Hendricks, Orfalea Garden Education Managers (GEMs), reported on the school garden projects. The purpose of the school garden is to connect students to their food and the environment through the garden. They tie the garden in with curriculum. "Life Lab Science" is the curriculum that is used. There is a Garden Club that is going on at Buena Vista which meets Tuesdays after school. Fifty students are interested and 4-5 parents show up. A Garden Club will be starting at La Canada on Tuesdays. The Garden Educators give weekly classes where teachers sign up their class. About 15% of the teachers have a high level of interest in the garden. Overall there is good garden participation by the teachers – every available slot for the garden class is filled. In the garden they have grown: strawberries, snap peas, carrots, kale, cauliflower, salad mix, heirloom spinach, cilantro, tomatoes and artichokes. Orfalea has provided 3 years of funding for the GEMs. They also offer professional development for the teachers. There is funding for a team of 3 teachers from each garden school to attend the Garden Teacher Training class, which is held at the Occidental Arts & Ecology Center. There are two sessions: June 11- 15 or July 9-13. So far there are a couple of Lompoc teacher teams who plan to apply. Now that the gardens are up and running, it is time to do some cross pollinating – bringing the produce from the gardens into the cafeteria.
 3. Kathy Bertelsen reported that she was invited by the Dairy Council to write a success story about some of the healthy things going on in Lompoc, which she did. If it is chosen, it will be part of a webinar in May that will feature success stories from around the state.
- IV. Examples of "wellness" working in the District
 1. Kathy met with a parent this month who is requesting healthier foods at Fillmore Elementary School. Kathy shared with the parent about some of the healthier food items on the present menu and about the Pilot studies being done at La Canada and Buena Vista and the direction the district hopes to go in the future toward freshly cooked food. The parent was satisfied to learn the direction the district is going with the food and to find some healthy choices on the present menu.
 2. Michelle MacKinnon reported that Child Nutrition Services has made the decision to no longer serve holiday cookies with lunch. The only dessert now offered in our district is fresh fruit
- V. Meeting dates – usually the 4th Thursday of the month from 3:30 to 4:30.
Our next meeting for the year is May 24th from 3:30 to 4:30 at the Central Kitchen.
- VI. The meeting adjourned at 4:30