

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

May 1, 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 3:45. The following members were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations)
- II. The minutes from the previous meeting were accepted as written
- III. Reports
 - a. Kathy reported on the Principal Forum she attended on April 10th. Classroom parties was the topic she presented for the Health and Wellness topic. Kathy provided a handout to the principals which listed the District Board policy and County Health Department guidelines for classroom parties: District policies strive to maximize Child Nutrition programs; foods that do not meet district standards do not support the District's educational programs; party foods can be high in calorie and poor in nutritional quality which leads to poor student health and performance; and foods which are not provided by the Child Nutrition Department could hold the District liable for a food borne illness incident. Principals were asked to minimize classroom parties, have them after lunch and purchase healthy snacks from their Cafeteria. They were provided with an order guide and a "Healthy Food Guide" booklet (both documents can be found in the Wellness Policy section of the District's web site. Kathy also discussed a pizza party pilot where the District's very own "Real & Fresh Pizza" would be served instead of Dominos.
- IV. Wellness news in the community
 - a. The Orfalea Foundation's School Food Initiative is hosting a specialized training for the Promotores Network. The Promotores are community members who believe in promoting healthy communities through education and linking services. This training featuring the meals of Lompoc Unified School Districts, which provided catering for the event, as well as hosted a tour of the Lompoc High School Real & Fresh Grill. Training topic included, healthy cooking and recipes, how to read and calculate information on nutritional labels, waste reduction for a healthy environment, healthy shopping education and field trip, food safety, Salad Bar Ambassador programs, as well as Wellness.

V. Wellness news in the District

- a. Kathy gave an update on the Central Kitchen Remodel for which she wrote an Orfalea Grant. A bidder has been selected by the District. If the grant is awarded, the project is slated to begin after school ends in June and completed by October 30th. There is a contingency plan in place to provide the 4,000 plus meals that are produced and sent out from the Central Kitchen each day. Unfortunately, the scratch-cooked-food will be on hold until the project is complete. The remodel will ensure that scratch-cooked-food will be served in all of the District's schools.
- b. Angela Wynne is officially the liaison between Cabrillo High School and the Wellness Committee. She reported at the March 27th meeting at the Cabrillo High Site Council Meeting.
- c. Kathy shared information about the District's work place wellness contest that is in process at Child Nutrition and the Ed Center. She shared the wonderful documents (Daily Steps Log, Step Conversion Chart and walking maps) all available on the District's web site.
- d. The District plans to hire a full time Safety & Wellness (Coordinator?) paid for with Safe Routes to School and Dept. of Transportation grants

VI. Issues or comments related to wellness

- a. Kirsten reported on a recent school visit that LUSD staff is not modeling eating healthy while joining students at lunch.

VII. Next meeting will be on May 22nd, 2014 at the Central Kitchen from 3:30 to 4:30

VIII. The meeting adjourned at 4:25