

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

May 22, 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 3:33. The following members were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Lisa Smith (LUSD Human Resources); Carol Arnerich (Lompoc Federation of Teachers); Sue Pettis (LVMS Asst. Principal); Ashley Costa (LVCHO)
- II. The minutes from the previous meeting were accepted as written
- III. Reports
 - a. Principal Forum May 1st – Kathy gave a report about the history and future of Scratch-Cooked-Food at LUSD. She shared about the kitchen remodels that have been completed thanks to Orfalea grants, and shared about the Central Kitchen remodel that was taking place over the summer. And she shared about the timeline for remodeling the rest of the schools. Child Nutrition Services provided a “Real & Fresh” lunch for the attendees for the purpose of showing the great food that is coming to their school.
- IV. Wellness news in the community – reported by Ashley
 - a. The Bike Rodeon May 10th was a huge success: It attracted 1,200 people; 600 bike helmets were given away; 100 people volunteered. She said they received a lot of positive feedback. The event included a bike skills course and an offsite ride to teach bike safety on the road.
 - b. LVCHO received a California for Health Grant for the purpose of decreasing the consumption of sugary beverages and increasing water consumption. With the grant they will purchase five refill stations: two for LUSD (Lompoc Valley Middle School and Lompoc High School); and three for the city (the Library, the BMX Bike Park and a city facility to be determined). There will be a vending machines policy put in place in the city to ensure that 50% of the drinks are healthy.
- V. Wellness news in the District
 - a. Workplace Wellness – Lisa Smith gave a report about the Education Center workplace wellness contest that took place in April. Ed Center employees tracked how many steps they walked in

April. The team from the payroll department won the *Golden Sneaker Award* to show off in their department. Their office walked a total of 707,733 steps, an average of 176,933 per person. Lisa reminded us that outside of genetics, eating well and exercising are most important for your health.

- b. Kirsten reported on the school gardens: La Canada held a Farmer's Market which was run by La Canada students. Proceeds went toward improvements for the School Garden. Miguelito was growing greens in their school garden. They will be holding an end of the year harvest sale in the style of a farmer's market. Hapgood was growing greens that can be used on the salad bar and tomatoes are scheduled for August. Regarding the farmer's markets – parents and grandparents are the customers; they enjoy buying the organic produce that is grown in the school gardens. USDA veggie photo cards are used in the gardens to help students identify the plants. The schools are hoping to get the PTA to help with maintaining the gardens for the summer.
- c. Ashely told how she assisted LUSD to apply for a Safe Routes to School grant, \$411,000 awarded over three years (2015-2018) to support walking and biking to school at all of the schools in the districts.
- d. Kathy gave an update on the Central Kitchen Orfalea grant. The project went out to bid and a contractor was selected. The bid will be on the May 27th Board Agenda. The project is expected to begin on June 8th and completed by October 12th. We have a contingency plan in place to prepare the meals that usually are prepared at the Central Kitchen. We will be using Lompoc Adult School as a temporary Central Kitchen equipped with temporary walk-in cooler and freezers. We will use Cabrillo High as a temporary cooking site and all schools with ovens will heat their own food. The Scratch-cooked food program will be on hold, except for Lompoc High and Cabrillo. Our Lead Cook will be working at Lompoc High to make the scratch food menu for them.
- e. We met with principals at Lompoc High and Cabrillo High to initiate discussions about beginning food clubs on the campuses. A food club can help identify food students are looking for at school and also a way to market new items and promote healthy eating on campus. Paul Bommersbach arranged a meeting with Duane Wilson, HAWC Academy Coordinator at Lompoc High. He agreed to be an advisor for a food club next year and he invited us to have a booth at the Health & Medical Science Fair at LHS.
- f. Child Nutrition Services is having a booth at the Health & Medical Science Fair at LHS on May 29th. Our topic will be "Eating Healthy to be Healthy for Life". We will be providing a quick dietary assessment for students who want it and showing off pictures of the some of the

great food we serve in the Braves Bistro Café. Our very own Chipotle Hummus will be served with fresh veggie dippers.

- g. Kathy reported on the new child nutrition guidelines for next year: The first sodium restrict kicks in, all grains served must be “whole-grain rich”, one cup of fruit must be served at breakfast at all grade levels, ½ cup must be included as one of 3 food items taken with breakfast.

VI. Issues or comments related to wellness

- a. Kirsten reported that she noticed on a visit during lunch on a recent minimum day at Buena Vista Elementary School, Jamba Juice was being served in competition with the School Lunch.
- b. Kirsten stated that Orfalea was holding a School Wellness Summit on October 16th.

VII. Next meeting dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen (note temporary Central Kitchen is located at Lompoc Adult School on J Street). Our next meeting will be on September 25, 2014

VIII. The meeting adjourned at 4:32 pm.

Respectfully submitted by,

Kathy Bertelsen, RD

Chair LUSD Wellness Committee