

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING
October 22, 2009

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 3:35pm. Those present were: Kathy Bertelsen, RD (Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Carol Arnerich (President, Lompoc Federation of Teachers)
- II. Minutes of the previous meeting were reviewed and approved as written
- III. Examples of “wellness” working in the District
 1. Orfalea Fund Grant Update: Food Services was approved for another Orfalea Fund grant – this time in the amount of \$9,000. This grant will be used to provide a commercial food processor called a Robot Coupe, roasting pans, utility carts, salad spinners, chef coats and other miscellaneous smallwares. Food Services has submitted another Orfalea grant for \$36,000 for a blast chiller for the purpose of cooling food safely and efficiently at the Central Kitchen. Kathy reported that the fresh cooked food program is going well. The oven roasted chicken and potatoes and nachos are very popular at the middle schools. Orfalea continues to provide Chef support for our new program.
 2. Orfalea Foundation Jr. Chef Days Update: As part of the Garden Project – the schools that Orfalea is putting gardens in (5 elementary schools) will be having a Jr. Chef Day which is an all school cooking event. The students will be lead by Chef Andrea to make a vegetable soup called Ratatouille. Every student in every class will get to participate. The soup will be tasted during lunch. Kathy reported that she visited the tasting at Hapgood on Monday said the students were eating the soup and enjoying it. She shared a front page article about the event with the committee. Kathy said she spoke to Chef Andrea who told of how she was teaching the students about sanitation as well as food prep. Students were sanitizing their hands and learning how to cough and sneeze in their elbows – information that will be helpful to reduce the spread of the swine flu.
- IV. Committee comments or issues that need to be addressed regarding wellness in the district
 1. Meeting with the Superintendent in response to Tim’s comment last month about flu shots: Kathy Bertelsen met with Greg Kampf who pointed out that the district web page addressed issues pertaining to both seasonal flu and swine flu. Kathy shared with the committee documents she had printed from the web page which include: LUSD Swine Flu advisory to parents and several documents from the Santa Barbara County Public Health Department. One document addressed seasonal flu and information about Community Based Flu Clinics that were being held in October. Another document addressed both seasonal and Swine flu. This document stated when the vaccine was expected, where it could be obtained and that the PHD would be

offering vaccine clinics in the community to ensure access for uninsured and those without a primary healthcare provider.

2. Carol Arnerich commented how much she loved the food at the high school food courts and that she hears good things about it from many people.

V. Old Business:

1. BP 5030 (the school wellness policy) and AR 5030 (administrative regulation for the school wellness policy) did not get updated as was thought last year.
 - Kathy Bertelsen said she forwarded drafts from last year to Susan Miller and the updates are expected to be approved.
 - Kathy had some concerns about how to collect all the data for the nine indicators that were selected on the Wellness Policy, as she does not have access to the information or the labor required to collect it. She met with Greg Kampf who had some great solutions to this problem. Kathy shared the list of indicators and what she and Greg had discussed with the committee.
2. Review of the Wellness Policy Progress Report: Kathy shared a draft of the Progress Report. It is a report that compares data from the nine selected indicators that the district will track in which to measure the success of the district's wellness policy. The data has been tracked between the base year of 05/06 to 08/09.

VI. The next meeting is Thursday, January 28th from 3:30 to 4:30 at the Central Kitchen. Topics on the agenda will be: Roast Turkey w/ BBQ sauce every other Tuesday more discussion about the Progress Report and goals for this year.

VII. The meeting was adjourned at 4:25