

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

October 23, 2013

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

- I. The meeting opened at 3:34 pm. The following people were present: Kathy Bertelsen, RD (Manager, LUSD Child Nutrition Services); Michelle MacKinnon, RD (Supervisor/Dietitian, LUSD Child Nutrition Services); Kirsten Criswell (School Food Initiative, Orfalea Foundation); Janet Stevenson (School Food Initiative, Orfalea Foundation); Rose Wagner (Orfalea Dietetic Intern); Ashley Costa (Lompoc Valley Community Health Organization); Magdalena Flores (LUSD Interpreter); Ana Hernandez (Parent Los Berros); Maria Aiman (Parent Fillmore)

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

- III. Reports:
 - a. Competitive Food Sales – Michelle reported that Lompoc High and Cabrillo High were selling snacks that did not meet the established guidelines for schools. She has informed the Athletic Department and the snack vendor that two of snacks in the vending machine in the Lompoc High MPR must be removed. One was too high in saturated fat and one contained Trans fat. At Cabrillo High many of the snacks sold by ASB at their snack bar do not meet the competitive food sales guidelines. A report will be compiled and sent to the principal and ASB director.
 - b. Update Universal Breakfast at Hapgood – Kathy reported that Universal Breakfast in the Classroom at Hapgood is going well in the 3rd through 6th grades. Students are enjoying eating together and teachers report that students are calmer. But there are problems with the teaching minutes and messy classrooms in the K through 2nd grades and Special Ed. The plan is to serve the lower grades and Special Ed Universal breakfast in the MPR before school. Universal breakfast is

served at no charge to all students who participate. Because of the high free and reduced rate at Hapgood, Universal Breakfast is an option. Participation increased because of Universal Breakfast in the Classroom from 30% to 90% , but over the last two weeks it has gone down to 86%.

IV. Wellness news in the community:

- a. Ashley reported on what the Healthy Lompoc Coalition is doing. They will apply for an Express Grant from the Santa Barbara Foundation to help with the Health Summit that is slated for April. They are presently seeking a key note speaker. The Walk to School Day event was on October 9th. Seven schools in town participated. Overall average participation was 87%, up from 84% last year. Ashley commented on the Poverty Study of Santa Barbara County. The statistics for physical fitness was troubling for Lompoc children – only 13% of 5th grade students passed all required physical fitness tests. Lompoc scores were reported as the worst in the county.

V. Wellness news in the District:

- a. Kathy shared the Orfalea blog featuring Lompoc High Real & Fresh Grill with the committee which opened at both Lompoc High and Cabrillo on September 16th.
- b. We provided a nutrition article for parent newsletters to the principals on the topic of the Dietary Guidelines for Americans. The article spoke of the new Federal lunch guidelines which began last year and the breakfast guidelines that began this year. The new USDA meal guidelines are based on the Dietary Guidelines for Americans. The article summarized the guidelines and pointed out how healthy and delicious the meals are at school, and that they were a good value as well.
- c. Kathy & Kirsten were guest speakers in Amy Bean's Culinary Arts and Food and Nutrition classes this month. The topics we were asked to teach on were: the history of school meals, the nutrition guidelines that must be followed for the Federal School Meal programs and the revolutionary food changes that have

taken place at Lompoc High. Consequences of unhealthy eating were also reviewed.

VI. Issues or comments related to wellness:

Ana Hernandez, who has 6 children in our district (4 at Los Berros, 1 at Vandenberg MS and 1 at Cabrillo HS), voiced a complaint about the food her children are served at Los Berros. Mrs. Hernandez states that her Los Berros children are gaining weight on the convenience type foods they are served there. She has been disappointed with the food at Los Berros and favored the food served at the elementary school her children used to attend in Los Alamos, which was freshly made and included a salad bar. When asked how she felt about the food where her other children attend school in our district, she said the food served at Vandenberg MS and Cabrillo High is made from scratch and therefore acceptable to her. We explained to Mrs. Hernandez that the District is in a transition. The secondary schools and 2 elementary schools have been remodeled to support a “cooking from scratch” food program. But the Central Kitchen is not equipped adequately to support that cooking style in the remaining 7 elementary schools; and the schools are not equipped to serve that style of food at the present time. The Central Kitchen is being remodeled this summer and all the schools are receiving a remodel to provide ovens, hoods, hot serving counters and salad bars. She was not pleased to hear that the Los Berros remodel is slated for 2015. She said she would consider moving her children to another school district that serves freshly made food. It was suggested by the committee that she request to move her children to either Buena Vista or La Canada that is serving freshly made food. Mrs. Hernandez also complained about the food vendors that are serving unhealthy food in front of Cabrillo High. We explained that we had pursued having them removed but because they operate on County property, we were unable to make them leave.

VII. Next meeting date – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Our next meeting will be on January 23, 2014

VIII. The meeting adjourned at 4:45.