

# *MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING*

*October 23, 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 3:32 pm. The following people were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Betsy Swain (Teacher Buena Vista Elementary School); Tammi Martinez (Teacher Fillmore Elementary School).
  
- II. The minutes from the previous meeting were approved with date error changed for Orfalea School Wellness Summit.
  
- III. Reports:
  - a. Kathy gave a report about the review she provided to the PTA Council Meeting on October 1<sup>st</sup> on the topic of the new regulations for foods sold during the school day. Kathy reviewed the two new laws: California Assembly Bill 626 (effective 1/1/2014) and USDA Smart Snacks in Schools (effective 7/1/2014). She provided the Quick Reference Cards from CDE and used a snack food to show a scenario of how to determine if a food is an allowable food to be sold during school. She summarized by saying the new guidelines are very strict and demonstrated how difficult it is to determine if a food is compliant with the new laws; therefore, it was recommended that non-food fundraising options would be best.
  - b. Kathy reported on Harvest of the Month, which is a California Public Health program that is aimed at providing nutrition education to students, their families and the community for the purpose of increasing consumption of fresh fruit and vegetables. Kathy told how this program is being used to build community in the schools and in the community. Each month a seasonal fruit or vegetable is featured. It is marketed on the school menu using Harvest of the Month menu slicks and wonderful graphics. Curriculum on the produce is placed on the District's web page for teachers to easily access. Principals can share Harvest of the Month educational materials with parents and the community. Kathy shared how the curriculum is shared in the community at the Healthy Food Pantry, a monthly event held at El Camino Community Center

where families can receive free food and Harvest of the Month fact sheets with recipes included to use to prepare the free food they received.

#### IV. Wellness news in the District

- a. A Press Conference was held on September 29th regarding the Central Kitchen Remodel which was being accomplished with the help of a \$1,200,000 grant from the Orfalea Foundation. The newly updated kitchen will have more large cooking equipment such as steam kettles and another tilt skillet, a combi oven, new pot washer and enlarged walk-in refrigerator and cooler space. Offices for the Child Nutrition administrative staff will also be built. An article appeared in the Lompoc Record and Santa Maria Times and on the Orfalea Whole Child Action Blog. The articles were shared at the meeting.
- b. Update on Food Clubs at high schools – Meeting with Jennifer Pyre LHS Health and Wellness Career Academy: In January “Harvest Week/Wednesday” will begin. Every Wednesday the 10<sup>th</sup> grade Careers Class will deliver proactive health education and harvest of the month featured item to administrators, support staff, and teachers. If the person is at their desk, they will get a 3 minute informational talk on the benefits of eating the produce. If they are not there, it will be left along with a fact sheet. Harvest of the Month curriculum and graphics will be used. The produce will be purchased through the Cafeteria. Students will learn how to give a health message as well learn about health. Eventually they will share messages with their peers and it could turn into some kind of nutrition club.
- c. Walk-to-School event on October 8<sup>th</sup>. Ten schools participated; thousands of children and parents walked or biked to school.
- d. Tammy Martinez, Health & Fitness Support Teacher, reported on how she is using USDA MyPlate curriculum to teach healthy servings in the 4<sup>th</sup>-6<sup>th</sup> grade classes at Fillmore Elementary School. She looks for different ways to teach food literacy, like looking at calories of foods and what a healthy menu looks like. She brought in a Mexican meal and compared its nutrition to a healthy meal.
- e. Betsy Swain, teacher at Buena Vista Elementary School, is using the Harvest of the Month curriculum in her class which she said she likes. She used it to teach her students about apples.

#### V. Wellness news in the community

- a. Kirsten reported about the School Wellness Summit that was hosted by the Orfalea Foundation. It took place on Oct 9<sup>th</sup> at Alisal Ranch in Solvang. This was an all day event that key people from Santa Barbara County school districts, Santa Barbara County Education Office, parents

and public servants were invited to hear about and discuss issues related to the school wellness policy.

VI. Old Business:

a. Update AR 5030, the District Wellness Policy

Goal today: capture main points on updated BP 5030 and keep these points on AR 5030

- (i) Kathy provided copies of existing BP 5030 which had main points highlighted.
- (ii) She also provided copies of edited draft of AR 5030 where she highlighted the main points that were on BP 5030. And she lined out verbiage that was not on BP 5030.
- (iii) The committee discussed paragraph #1, page 1. Several changes were agreed upon which will be updated and brought to the next meeting.

VII. Next dates – usually the 4<sup>th</sup> Thursday of each month from 3:30 to 4:30 at the Central Kitchen. Because of holidays and Winter Break, our next meeting will be on January 22, 2015

VIII. The meeting adjourned at 4:30 pm.