

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING  
September 25, 2008

- I. **The meeting was called to order at 3:38.** The following people were present: Kathy Bertelsen, RD (Chair/Food Service Manager), Michelle Mackinnon, RD (Food Service Supervisor/Nutrition Specialist), Robin Madden (Teacher, Crestview Elementary School), Elisa Wolfe, RN (District Nurse)
- II. **Minutes of the previous meeting** were distributed and there were no noted changes.
- III. **Wellness News in the Community**
  1. Report on the Summer Food Service Program – Kathy Bertelsen reported on the Summer Food Service Program that was started this summer. The Summer Food Service Program is a USDA program that provides reimbursements for meals and snacks during the summer to students who qualify so they will continue to be well-nourished and ready to learn when they return to school. The students who live in the downtown schools qualified for free meals because the schools in Lompoc had more than 50% of their students qualify for free and reduced meals during the regular school year. It was a collaboration between LVCHO and the district. There were four feeding sites: The YMCA at C. Ruth, The Boys & Girls Club, Anderson Recreation Center and the First Southern Baptist Church. There were 200-250 lunches and 100 – 185 snacks provided each day between the four locations. It was a successful program. The partners in the collaboration provided labor to serve meals and monitor children as they ate. Food Services made a small profit from the program which will be used in the school meal programs.
  2. LVCHO is having a – “Lompoc on the Move” contest – 15 local businesses and a total of 200 people completed over 14 million steps so far in this contest. The contest encouraged people to increase their exercise and all forms of exercise are converted into steps. The program ran for the month of September. At the district there were two teams – La Canada Elementary School and Food Services.
- IV. **Examples of “wellness” working in the District**
  1. There was more SPARK training in August for grades K – 2<sup>nd</sup> grade. Fifteen teachers participated.
  2. Kathy Bertelsen, Michelle Mackinnon and three Food Services staff attended a week long culinary training in Santa Barbara called “Back to s’Cool Food Culinary Bootcamp” which was paid for by the Orfalea Fund. They were introduced to “scratch” cooking techniques in an effort to make more foods from scratch. Some ideas were brought back to the district which will be menued starting January and next year.
  3. Michelle Mackinnon, RD – assisted in the freshman health class at Lompoc High and taught on nutrition to all 7 sections

4. Food Services is serving more whole grain products for breakfast and lunch. Michelle MacKinnon, who does the district's menus, is making a point of stating the wholesomeness of the foods that are offered on the menu.

**V. Committee comments or issues that need to be addressed regarding wellness in the district**

School Breakfast news – Buena Vista has restarted their 2<sup>nd</sup> Breakfast and it is going well – they are serving 100 breakfasts each day. Overall breakfast participation is down 33% in the district which is because of the 2<sup>nd</sup> Breakfast going away.

**VI. The District requested that the committee review the update to the district Wellness Policy BP 5030.** The only change the committee recommended was to change the indicators selected that determine if the policy is working to the same indicators that the Wellness Committee has been tracking.

**VII. The next meeting date is Thursday, October 23<sup>rd</sup>** from 3:30 to 4:30 at the Central Kitchen.

**VIII. The meeting adjourned at 4:30 pm.**