

MINUTES: LOMPOC USD WELLNESS COMMITTEE MEETING

September 25, 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 3:30. The following members were present: Kathy Bertelsen, RD (Manger, Child Nutrition Services); Michelle MacKinnon, RD (Supervisor, Child Nutrition Services); Kirsten Criswell (Orfalea Foundations); Carol Arnerich (Lompoc Federation of Teachers); Ashley Costa (LVCHO); Angela Wynne (parent, member Cabrillo HS Site Council)
- II. The minutes from the previous meeting were accepted as written
- III. Old Business:
 - a. Issue brought to floor in May about Jamba Juice being sold during school lunch at Buena Vista Elementary School. Kathy shared about her communication with the Buena Vista parent about how Jamba Juice met nutritional guidelines for Smart Snacks if it were the flavors made with 100% juice and 8 ounces or less. Jamba Juice nutrition facts sheet showed a 16 oz serving.
 - b. Received calls from teachers this month about selling ice cream at elementary schools. Kathy reviewed the ice cream nutrition label and found it did not qualify as a food group listed, or meet the nutrient specs. Kathy shared this information with the teacher and told her it could not be sold during the school day, which is 30 minutes after the end of school.

Kathy is sharing the “Quick Reference Cards” provided by CDE and the guide for Creative Fundraising Ideas with all who ask for clarification on the Smart Snack guidelines.

Discussion followed about how we might share information to schools about the new snack and fundraising guidelines. Angela said she would share information at Cabrillo Site Council. Other suggestions: Share at Youth Leadership Lompoc Valley (contact Ken Ostini), Lompoc Youth Commission (contact JoAnne Plummer), Club Advisor meeting at high schools (contact ASB Directors), food clubs at high schools (once one is formed).

- IV. New Business:

a. Update AR 5030 (Wellness Policy)

Step #1: Kathy provided a copy of the updated BP 5030 and the AR 5030 that needs to be updated. She suggested keeping it simple and focusing on main points to get it down from 15 pages to around 5 pages like the school wellness policies templates. One way she suggested was to make sure the main points in the BP 5030 were covered in the AR and focus on those main points. Ashley suggested having outside working groups, for example, Healthy Lompoc partners to help with the update. The remaining committee members unanimously agreed that the work needed to be done by LUSD Wellness Committee members. Kathy asked each member to compare the BP and AR provided to make sure all of the points in the BP are in the AR to bring to the next meeting.

Step #2 - Review indicators we have been tracking and make necessary changes in the updated AR

Step #3 - Update Elementary & Secondary School Wellness Policy templates to new AR 5030

Step #4 - Develop a one page graphic to promote school objectives which could be easily displayed at the schools.

V. Reports

- a. Kirsten shared an example of a one page graphic put together by Orfalea School Food Initiative to promote campus health and wellness.
- b. Kirsten shared about the upcoming Orfalea School Wellness Summit scheduled for October 9th at Alisal Ranch in Solvang.
- c. Kathy reported about the Health & Medical Science Fair held at LHS on May 29th. Kathy and Michelle were invited to have a booth where they shared about the Real & Fresh food choices in the Cafeteria; conducted a simple food recall with students and did some on-the-spot nutrition counseling with them.

VI. Wellness news in the District

- a. Kathy told how she and Kirsten were working toward getting Food Clubs at high schools for the purpose of having discussions with students about what is menued at lunch. Hopefully these clubs would turn into a group who is passionate about healthy food and would act as a student peer group to promote eating in the Cafeteria and healthy food promotion on campus.
- b. Kathy gave an update on the Central Kitchen remodel. The project is coming along and the contingency plan to feed the students during the remodel is working well. There is a press event scheduled on Monday, Sept 29th at 11:00 am.

- c. Kathy and Michelle reported about how they launched *Harvest of the Month*, a program created by the California Public Health to provide free health education resources for the purpose of motivating students to increase consumptions of fruits and vegetables. Because Harvest of the Month activities are reinforced in a variety of settings (classroom, cafeteria, school community, home) they have the capacity for big impact on changed behavior- that will be sustained over time. Each month seasonal produce will be featured on menus, taste tested in the Cafeteria and curriculum will be placed on the District's web page for teachers to use in the classroom.
- d. Michelle reported on the healthy changes in our menu planning this year: Real cheese vs. processed, whole muscle chicken vs. processed, eliminate high fructose corn syrup and food additives, moving toward bulk condiments vs. packets, elimination of foam trays and plates for environmentally friendly alternatives.

VII. Wellness news in the community

- a. Ashley reported about the Walk to School event on October 8th. In addition to the seven Lompoc schools, Buena Vista, Los Berros and Crestview will also hold Walk to School events this year. There will be six "Walking Wednesdays" following the event to solidify this healthy habit. Hapgood's bussed students will be dropped off a distance from the school for four of those days so they can participate in "Walking Wednesdays" too.
- b. Ashley told how LVCHO through a grant was providing refrigerated, filtered water refill station at Lompoc High and one for Lompoc Middle School that will be outside near the eating area and therefore, a vandal resistant model. Plagues and banners will also be provided that market a health message to promote drinking water.
- c. Angela reported about a project at Cabrillo High School by student Paris Wynne: Cabrillo Girl's Volleyball Tie Dye Game. The game was Cabrillo vs. Lompoc on September 30th. Tie dye T-shirts were sold for this event. All proceeds went to Lompoc Relay for Life/American Cancer Society.

VIII. Next dates – usually the 4th Thursday of each month from 3:30 to 4:30 at the Central Kitchen, will be at the same time but at the Temporary Central Kitchen located at El Camino Community Center on 320 J Street. Our next meeting will be not be held on October 23rd.

IX. The meeting adjourned at 4:32 pm.