

Healthy Food and Lunch Committee

January 24, 2019, 4-6 pm

Attendees:

Mike Klemetson, Head Cook
Cyndy Valdez, Principal at JR/SR High
Greg Yama, 9th Student
Kimmy Jordan, 10th grade Student
Natalie Valdez, 10th grade student
Shawn Iliff, Chef Fronttigers-25 years of experience
Elka Cox, 4th grade PBE
Gauge Mealy, 11th grade/running start
Kristin Hieronymus, OSE staff member
Maverick McLean, 5th grade OSE
Claire Davidson, 10th grade student
Maverik Ashe, 10th grade student
Rettai Bruni, District Counselor/McKinney-Vento
Andy Kelly, Superintendent
Joann Stearns, Assistant Head Cook
Heidi Ross, PBE Secretary

Purpose of Committee (scheduled topics/discussion):

-Understand the parameters that we must operate within to be reimbursed for food through the state/federal government.

-Ensure that every student who qualifies for free/reduced lunch eats two meals at school:

Discussion: Most elementary kids are eating their lunches, or at least taking one. The secondary school students are tending to opt out.

-Engage with stakeholders to improve daily choices for breakfast and lunch

-Create an ongoing feedback mechanism to monitor growth and progress over time

-Explore fresh "farm to table" organic, healthy options for kids

Discussion: Potential partnership with local company with seafood; community garden in OS; Mr. Clucky is proposing to create greenhouse/garden growing area; potential hotbeds-herbs; local farmers who are growing produce all year round; join a coop for fresh fruits and vegetable; potential berries; potential salad bar

-Explore non-school day healthy food options, Evenings, intercession, breaks, summer

Discussion: Food trailer, teaming with Phyllis (green lantern lunch); getting students/children to volunteer; culinary classes to help kids who are interested in food preparation; CTE four career pathways

Other topics that were brought up by attendees:

-Eating less processed foods

-What do the students enjoy eating?

-Why are students choosing not to eat? (specific)

-potential salad bar

5 components to a meal: milk, meat(alternate), grain, vegetables, fruit

3 components make up a student meal (reimbursable)

The district runs as offer vs. serve due to all of the waste that was occurring
5-6 vegetable components

Mike is monitoring offers- if they aren't getting a good number, it is removed; if it is liked by students, they add it more.

What are other districts doing to meet the guidelines? Carts that kids could "grab and go"

Cinnamon roll for breakfast??? Potential healthier options??

Frequency of meetings: Monthly with goals to be accomplished through food service and at each school site in between meetings. Next meeting: 02/28/2019, 4-6 pm, JR/SR High library

Where do we start:

1. Obtain grid (food guidelines Mike and kitchen staff must follow) and email to all member of committee- Mike Klemetson
2. Survey the students (building specific) completed by next month- Andy Kelly
K-2 class survey; Have teachers do a survey with the current menu
3. At the elementary schools, what is getting thrown away?- Kristin Hieronymus
4. Generate a list of local farmers- Shawn
5. Look at adjusting gym time during lunch.
6. Come up with template with the breakdown and have students and staff complete (dream meal). Resource: USDA- my plate
7. For the month of February-Offer two entrees daily (serving the same sides)- Mike Klemetson