



## FUSD Wellness Committee Meeting Minutes

November 7, 2018 from 3:30-5:00

### Welcome and Introductions

- Attendees included representatives from FUSD child nutrition staff, FUSD health services, FUSD recycle, parents and students also attended.

### Food Allergies in Schools

- Berenice presented a PowerPoint presentation on food allergies and what CNS procedures are.
- Cheryl verbalized the need to make a stronger statement in the Student Wellness Policy regarding food allergy's as they relate the foods students and parents bring from home for parties, celebrations, rewards, etc. She cited the shortage of EpiPENS and the lack of awareness of the dangers food allergens can pose to some students and staff
- Anna to research other policies and find language to bring back to the committee for review.

### School Food Survey by Girl Scouts from Brookvale

- Girl Scouts presented their flyer that they designed along with Karl and Berenice to advertise their survey. Some questions are do you have food allergies, what do you like or not like, who are you? In April the girls are going to see how the school lunches are made.
- There is a bronze award due before 6<sup>th</sup> grade. Survey is for both parent and student. Survey is online.
- Girl Scouts will present the results at the next Wellness Committee Meeting.
- Karen to e-mail the principal to let him know survey dates.
- Berenice and Tommy to finalize the flyer, print, and send to Brookvale for the girl scouts to post.

### Stop Waste Program in FUSD:

- Stephanie Willits presented an overview of the Stop Waste initiative using a PowerPoint presentation.

- The green food share carts are being introduced districtwide. The carts are only for foods or beverages provided by CNS. The purpose of the cart is to decrease waste and help hungry students. Any student can go to the cart and take the food or beverages left.
- Karen explained the no shaming rule that now any student can get a meal even if they don't have money so no student has to ever go hungry.

**Discussion:**

- What is happening with the proposed recess policy and the request that students not be denied recess as a form of punishment. It was proposed that the district website be viewed for information.
- Katie asked for follow up from last meeting about a comment of food being delivered cold and the students do not want to eat it. Karen reported that that CNS has ongoing training with the staff on how to operate the hot holding units.
- Committee members asked who is responsible for the implementation of the Wellness Policy, goals and assessment. Karen will ask the superintendent the name of the person and report back to the committee.
- Girl Scouts discussed some of the lunch menu items they like or don't like. Karl mentioned that the Vote and Be Heard survey is at all Elementary schools on election day and we should be able to report results and action plan at the next meeting.
- Katie inquired as to how can language be inserted in the Student Wellness Policy that would help improve the quality of the school food; such as increasing organics, decreasing items with added sugar, removing flavored milk, nitrates, high fructose corn syrup and artificial dyes. Berenice said she will report back to the committee after a more detailed review of product labels report back is topic to the next agenda

**Announcements:**

Dec 7<sup>th</sup> the high schools are hosting a sustainability dinner through FERCE at the teen center at Lake Elizabeth.

**Next meeting:** February 28, 2019 3:30-5:00