

FUSD Wellness Committee

Meeting Minutes

February 28, 2019 from 3:30 – 5:00

Present: Anna Lague, Tommy Kham, Beverly Taub, Stephanie Willits, Bailey Rose, Sharmila Rajamanickam, Katie Lovewell, Irene Shen

1. **Welcome and Introductions** Meeting started at 3:35 pm attendees introduced themselves.
2. **Sample Food Allergy Language** Anna provided examples of language regarding food allergies for several school districts. Bringing awareness to food allergen. No agreement was made as to the language that could be inserted into FUSD Wellness Policy at this time.
Suggestions:
 - a. Food brought in to be shared should have an ingredient label
 - b. Teachers who want to have an event in classroom could send out a standard statement that if they have a student with a food allergy to let the parents know not to bring foods with said allergen
3. **Results for Food Survey** The results of the online cafeteria survey were not presented since the girl scouts were not able to attend. Anna commented that the response rate on the online survey was very low despite outreach efforts. Committee attendees suggested a paper survey at lunch or a survey that the teachers have the students complete might be more effective.
4. **Flavored Milk** Bailey Rose presented a PowerPoint “Positive Dairy Messaging”. Presentation reviewed the nutritional benefits of cow’s milk and other dairy products. The nonfat chocolate milk has 1 teaspoon of added sugar. Anna commented that the USDA requires that cow’s milk be offered at school breakfast and school lunch and that the USDA does not recognize an alternate beverage that is equal in the nutritional make up of cow’s milk.
5. **Stop Waste** Stephanie Willits reported that the bright green share carts are set up in every school cafeteria. The carts have plastic tubs with labels on them that indicate what the student can place in the bin. The share cart is used for unwanted cafeteria food or beverage that is packaged or whole fruit. Share cart is left out only during lunch service. If any foods are left after lunch, they are for compost or if applicable returned to food service or in the case of American High, donated to a non-profit organization. Only 5 schools are not on compostable program.
6. **School Meal Requirements** Anna shared Katie’s recommendations for additional items to be added to the Wellness Policy for foods offered through the child nutrition program
 - a. Compared the USDA’s My Plate to the menu planning requirements for the national school meal program. Milk takes the place of dairy and meat / meat alternate takes the place of protein.

- b. Difficult not to offer 100 % processed foods due to kitchen design and labor. The program does bake the rolls, cinnamon rolls, cookies, brownies, and cakes that are on the menu. In addition, as the food industry evolves more and more “clean labeled” items are becoming available. Product ingredient labels are examined before putting it on the menu.
 - c. High fructose corn syrup is only in two menu items, the jelly in the sunflower spread and jelly sandwich that is on the menu once a month and the marinara dipping cups that are on the menu with stuffed cheese sticks. CNS have been looking for an alternate to the jelly. The marinara dipping cups can be removed, and marinara sauce can be offered on the salad bar.
 - d. CNS continues to look for legume based vegetarian options that meet the meal planning guidelines of the meat / meat alternate group. It has been a challenge finding items that the students like.
 - e. CNS will focus on incorporating more cooked vegetables into entrees such as pasta and marinara sauce. It is difficult to hold cooked vegetables and offer it hot. Each day, at least two vegetables are offered on the offering bar at each school site.
- 7. Update on Recess Policy** Anna stated she was not able to provide an update but shared a hard copy of an e-mail from Irene supporting not using benching at recess as a form of discipline. Several studies were cited in the email. No conclusion was made at this time to find the appropriate language that could be inserted into the Wellness Policy.

Miscellaneous

- Environmental curriculum that is available for teachers to teach their students. HS/JHS has their green team and eco clubs that want to help change the environment and let their peers be aware.
- Nutrition Education: State just released a new curriculum that will eventually trickle to the classroom. Bailey stated that the Dairy Council has free nutrition curriculum with student workbooks.

Announcements

Stephanie announced the Earth Day event that will take place at Washington West Hospital on April 20th which is Earth Day

Next meeting: April 4th, 2019 3:30-5:00 Professional Development Center