

FUSD Wellness Committee

Meeting Minutes

April 4, 2019 from 3:30 – 5:00

Present: Anna Lague, Karl Reynoso, Vanessa Corona, Stephanie Willits, Katie Lovewell, Cheryl Knight, Olga Tymoshchuk, and students Sia, Michelle, Annabelle, Polly, Hudah, and Giya

1. Meeting started at 3:35 pm attendees introduced themselves. A presentation on nitrogen output was added to the agenda.
2. Anika Wadhwa, a sophomore from Mission High School presented her report “The Nitrogen Output of FUSD”. The report focused on the harmful environmental effects of excess nitrogen released from cow’s manure into the environment. Ideas on how FUSD could reduce the nitrogen footprint included “Meatless Monday’s and beverage options other than cow’s milk. Anna mentioned that cow’s milk is mandated to be offered as part of the school meal program. Also, non-meat entrees are being tested for student acceptability.
3. Anna provided examples of food allergy language for addition to the Student Wellness Policy. Anna also suggested that an allergy policy could perhaps be adopted by the Board and referenced in the Student Wellness Policy. Discussion followed. No conclusion was made as to what language could be included in the policy. Cheryl will reach out to site administrators to see how many schools do not allow foods into the classroom for sharing. Anna also shared that starting in May, all the child nutrition staff at the sites would be able to see which of the eight most common food allergens are in the foods that they serve. The information will be listed next to the menu item on the daily nutrition production record.
4. The girl scout troop from Brookvale presented the results of the food survey (attached). Of the 676 students at Brookvale only 20 took the survey. A lot of students bring their own food from home. About 120 students buy school lunch. Girl Scout recommend: plain pasta sauce on the side. Sushi with cooked fish- make your own sushi, sushi with a small bowl of rice. They can go to salad bar and top as desired. Sometimes salad bar runs out of items fast, recommend extra salad bar items to be available. CNS will follow up on the idea of separating pasta from the sauce and the salad bar.
5. Anna provided an update on the CNS departments work to increase plant based vegan entrees. Karl report that hummus was taste tested at Niles elementary. Students who don’t typically buy school lunch were offered the taste test and like it. The department plans to test Chana Masala a popular Indian dish. A vegan chili was taste tested at Walters Jr High and the students commented that it needed more flavor.
6. Anna presented sample recess language that was suggested by Stephanie and language pulled from other school districts wellness policies. A discussion followed with members suggesting that teacher input needs to be gathered before any decision is made.
7. Stephanie announced the upcoming Earth Day event and that detailed information should be posted to the district website and PeachJar soon. Cheryl announced that the Ohana Wellness Fair was postponed to June 8th. Cheryl also announced that May is National Allergy Awareness Month and the nurses would be offering classroom education.