

**Lodi Unified School District
Wellness Committee Meeting Minutes
McNair High School Culinary Arts Classroom
November 14, 2018 3:30-4:30 pm**

Present: Susan Henderson (LUSD Nutrition Services), Melissa Allen (LUSD Nutrition Services), Cindy Oliver (LUSD Nutrition Services), Merrie Mettler (LUSD Para Educator and Parent), Lorena Hoyos (UC CalFresh), Joyce Bishop (UC CalFresh), Nancy Rostomily (LUSD Nutrition Services), Jill O’Conner (Parent), Rosa Mendez (SJC Public Health).

The meeting was opened at 3:32 pm by Susan Henderson.

Review of Past Meetings and Projects in Progress

Minutes from the last meeting were reviewed, no corrections or additions were indicated. Updates were made to the Wellness Policy Assessments Tool, and Policy Indicators. Policy Indicator #6 – information was sent from PE regarding policy. Policy Indicator #7 – number of minutes was found in previous Healthier US School Challenge application, but can also be obtained from LUSD Randy Malandro. Information will be researched further. Policy Indicator #8 – a list of programs (physical activity) needs to be compiled to include before and after school activities, FLIP Program, Health Fairs, Running Clubs, Etc.

Final Rule on Marketing – clarification from CA Department of Education was obtained regarding the Wellness Policy Rule on Marketing and Branding. Any food promotion/marketing done on campus and off campus must adhere to Smart Snack guidelines. Advertisements can go to parents and on social media platforms, but nothing can be sent home or advertised through a student. Ways to get message out to the schools about this final rule was discussed. Information may need to be presented to the LUSD Board for Policy Change.

New Business: Local School Wellness Policy Final Rule on Marketing, How to Implement

How to implement the Local School Wellness Policy Final Rule on Marketing was discussed. Ideas and questions below were brought up:

- Is there alternative fundraisers? Accounting may have stats on jog a thongs and fundraisers that generated the most money in the past.
- Does the Final Rule on Marketing pertain to all brands, or only food brands? i.e. yankee candle?
- Comments that a jog-a-thon generates more money than a candy sale (in the past)
- Fundraiser websites can be looked at for ideas
- Color run, fun run, myplate themed?
- Math-a-thon to generate money
- Game-a-thon
- How to shift fundraisers from food to non-food?
- Obtain list of PTA/PTO leaders to send information through email, attend leadership meetings
- Put together list of non-food fundraiser ideas
- Email blast entire district about wellness committee
- SNAC- get students involved to create a list of non-food fundraisers at school
- Policy indicator #9- market and promote hydration stations, refillable water bottles w/ mascot

Other Business:

Student Nutrition Advisory Committee (SNAC) at Larson School update – students meeting and eat together once a week during lunch. Model good eating behavior. Are interested in a survey and taste testing. Nancy is interested in joining for lunch.

**Lodi Unified School District
Wellness Committee Meeting Minutes
McNair High School Culinary Arts Classroom
November 14, 2018 3:30-4:30 pm**

Larson after school program is interested in having a nutrition and cooking club, and other ideas or activities for their after school program.

Lodi High after school program would be a great area to implement student surveys and taste testing during their cooking club. Teaching basic cooking and life skills. Lorena mentioned the "Photo Voice Project", allows students to take pictures and determine project ideas and direction.

Board Certified Health Coach (Parent) is interested in helping with nutrition education during the summer feeding program.

Wellness Committee Infographic, Flier ideas to include:

- What is the LUSD Wellness Committee
- Community facts/obesity rates, etc.
- # produce LUSD serves and local food information
- Highlight school cafeteria
- Upcoming meetings
- What is the district doing for health and wellness
- Healthy fundraisers

Tabled Discussion, and action items

- The Assessment tool will be updated to reflect discussed completion dates and progress made.
- The Board of Education will be updated on the LSWP Final Ruling on Marketing.
- Create flyer describing wellness committee and alternate fundraising ideas to distribute.
- Send SNAC idea, and student survey to Merrie Mettler.
- Identify goals for 2019-2020 school year.
- Summer program and nutrition education enrichment, including summer feeding sites.

Next District Wellness Committee Meeting

The next District Wellness Committee Meeting will be held February 13, 2019 3:30-4:30 pm in the Nutrition Services Training Room at the Central Kitchen, 840 S. Cluff, Lodi

The meeting was closed at 4:30 pm by Susan Henderson.

The LUSD Wellness Policy can be found at: <http://foodservice.lodiusd.net>