

**Lodi Unified School District
Wellness Committee Meeting Minutes
JAESC Building, Boardroom B
April 10, 2019 3:30-4:30 pm**

Present: Susan Henderson (LUSD Nutrition Services), Jaime Ruiz (SJC Public Health), Robyn De Guzman (SJC Public Health), Joyce Bishop (UCCE), Stephanie Byrd (Parent), Ann-Marie Christian (Parent), Jeanette Jensen (Parent), Terry Cossey (LUSD Nutrition Services), Annabelle Terra (LUSD Nutrition Services), Mony Soeur (LUSD Nutrition Services), Roselena Menendez (SJC Public Health).

The meeting was opened at 3:30 pm by Susan Henderson.

Review of Past Meeting and Projects in Progress

- **The Wellness Policy Assessment Tool Revision** was presented with updated information. This assessment tool has been posted on our website for public review as is required.
- **Fundraising Brochures** were presented for members to evaluate. One brochure, *School Fundraisers and Smart Snacks in Schools Guide*, provides USDA Smart Snack guidelines/rules. The second brochure, *Fundraising Made Simple*, provides information and lists of food items that can be ordered through LUSD Nutrition Services that are Smart Snack compliant. Concerns regarding the first brochure included that it had too much information (too busy) and that much of the information was hard for a parent/parent club to understand (too complicated). The second brochure was better accepted for its simplicity and layout but the point was made that many of the items offered wouldn't reflect a healthy alternative perception by parents/parent groups. An example of this was Cheetos, which are Smart Snack compliant but are not a whole food and contain many processed ingredients. Idea brought up that educating students about the goodness of healthy foods might drive type of fundraising food items by parent clubs in a more healthy direction, making it easier for fundraiser foods to be compliant. Suggestion made to have school garden produce sold as fundraiser. This has been done very successfully at Vinewood School.
- **Local School Wellness Policy Final rule on Marketing** discussed. Looking for ways to positively get message out to parents, schools, school groups. Alternative (non-food) fundraising ideas discussed and may be worth making a brochure for parents/parent groups.
- **Online student survey** for students to help determine why they don't eat in the cafeterias is being developed by Melissa Allen. Suggestion made to consider using Photovoice, a method used to engage students, giving them an opportunity to communicate their ideas via photographs (using their phones) about meals/cafeterias/staff.

New Business

- **Goals for 2019-20 School Year**
 - **Middle and High School Participation Rates** - Determine why students aren't eating in our cafeterias and work to resolve what is keeping them from eating with us. Suggestion made to consider using focus groups and also to make the cafeterias better social settings for high school students. It was noted that some schools use the wiping down of cafeteria tables as a form of punishment for students, which may be decreasing their desire to eat in the cafeteria.
 - **Increase fundraiser awareness and use of available Smart Snack compliant items** As noted above, providing nutrition education to students in order to drive fundraiser items in a healthier direction would be ideal. Discussed ideas on how to do that with no feasible solution noted at this time. Discussion to continue at future meetings.
 - **Summer Kickoff** – LUSD Nutrition Services is partnering with Cal-Fresh and SJCOE to put on a Summer Kickoff on June 3, 2019 at Heritage School. Several booths will be on site and physical activity, nutrition education, medical information, and other promotions will be featured. During the Seamless Summer Option feeding (SSO), enrichment

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activities will be offered to children who participate. Event details will be emailed to Wellness Committee members when flyer is available.

Wrap-up and Plan

- Next school year's Wellness Committee meeting dates will be confirmed and posted.
- A brochure for fundraising/ alternative to food items fundraising ideas will be completed.
- An online survey for students to help determine why they don't eat in the cafeterias will be completed.
- Planning for a Summer Kickoff event will continue.
- Ideas on how to positively promote our new marketing final rule will be discussed and ideas explored.
- Ways to develop student focus groups will be determined.
- Summer Kickoff Event flyer to be emailed to Wellness Committee members when available.

Next District Wellness Committee Meeting

The next District Wellness Committee Meeting will be September 18, 2019 at 3:30 pm. Location to be determined.

The meeting was closed at 4:40 pm by Susan Henderson.

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