

Wellness Policy #721.1 Committee – Meeting Minutes

Monday, Nov. 5, 2018 | 4:00 to 5:30 | Jerry's Foods in Woodbury

Attendance: Jana Stepka, Nitika Moibi, Kerri Kvasager, Chloe Richter, Bobbi Jo Grummons, Julie Nielsen, Katie Carter, Jodi Witte, Gary Diamond, Mary Panek, Laura Cierzan

| AGENDA | NOTES AND FOLLOW-UP |
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| Welcome/Partner Exercise Julie Nielsen | Sharing exercise |
| Review of Wellness Policy and Advisory Team role | Provided recap of current wellness policy and history of changes/requirements |
| MDE Policy Audit Results | <ul style="list-style-type: none">• Bobbi Jo Grummons reported on MDE audit from spring 2018. Overall audit was positive with just a few findings. A school coffee shop was cited for smart snack non-compliance. Corrective action was taken.• Nutrition Services put new pre-approval process in place to assure school clubs follow smart-snack nutritional requirements. Clubs must submit a form with items to be sold for review/approval. This applies to any competitive foods sold between midnight until 30 minutes after the school day ends. |
| Wellness Policy Assessment Review | <ul style="list-style-type: none">• Washington Co SHIP grant supported development of on-line wellness policy assessment. Overall district and individual school results reports were shared. Reports are all available on Nutrition Services website under District Services – Wellness.• Two partial/under development compliance areas included extended school day food/beverage compliance with USDA; 20-minute lunches offered; collaboration with Nutrition Services and teachers to reinforce nutrition ed lessons; alternative lunch entree option; and vending machines shut down times.• Individual School reports – health education is a particularly high need improvement area and is scheduled for updating. |
| Discussion on issues and improvements | <ul style="list-style-type: none">• Rewarding with candy – still issue in schools. Several examples were cited along with several healthier examples too that demonstrate progress – i.e., no birthday at Crestview.• Nutrition Services – students get a compliant whole grain cookie once a month – belief in balance. |

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| | <ul style="list-style-type: none"> • Food waste issues. Some foods must be disbursed to be reimbursed. Each school gets highest fruit/food consumption report to limit waste. Share tables are a great idea but must be monitored and food allergy issues pose problems. Food donation is better option. • NS uses marketing to educate children on what they need to take - <i>Emmy</i> books from Whistling Well Farms. • Can we do more to get kids involved in kitchen and food prep? <ul style="list-style-type: none"> ○ Family Meal Time grant-funded projects implemented in 3-4 of our schools each year ○ Family Fitness Night at Crestview • Length of lunch time – too short for some students. To combat this, principals instituted finishing tables. School day schedules (limited time) and lunchroom capacity are significant challenges. |
| <p>Prioritizing Policy Team Issues</p> | <p>The Wellness Policy team will work together on a priority project. Members voted on top issues. Results as follows:</p> <ol style="list-style-type: none"> 1. District health curriculum 2. Wellness Committee Policy – general communications 3. Rewarding with candy (tied) 4. Birthday Treats (tied) 4. Length of lunch time 5. Vending machines 6. Food Prep / Kids in the Kitchen |
| <p>Next Meeting – 3:30 to 5:00 February 4 – but possible date/time change. April 1 in DSC – last mtg.</p> | <p>Next meeting scheduled for February 4 but hope to tour kitchen/lunchroom during school time. FOLLOW-UP: Possible dates/times/location will be emailed to you.</p> |