

Minutes of the SFUSD Student Nutrition and Physical Activity Committee
March 20, 2007

Present: Colleen Kavanagh; Libby Albert; Paula Jones; Loretta Lee; Meyla Ruwin; Jan Link; Dana Woldow

The meeting was called to order at 3:35. The minutes from the last meeting were approved as read.

Dana reported that the catering truck ordinance had just this afternoon passed at the Board of Supervisors for the second time, and will now go to the Mayor for his signature. It goes into effect 30 days after being signed by the Mayor, and the police department then has another 30 days to identify any catering truck routes which are in violation of the ordinance and to notify the truck operator that such stops are no longer approved. By June 1st the ordinance should be fully in effect. The Wellness Policy change addressing this issue will be heard at the rules committee of the BOE March 21st, and tentatively at the curriculum committee on March 29th.

Grab n Go at Balboa was awarded an \$8,000 grant from the “got breakfast?” foundation and Share Our Strength foundation. The money is being used to purchase a warming cart to keep the meals hot in the drafty school lobby, and to add more protein, such as eggs and yogurt, to the weekly menus.

A new lunch pilot called ‘Power Lunch’ will begin at Balboa HS after spring break. There will be a choice of several hot entrees every day, instead of the current one, and students will also have a salad bar with mixed greens, raw vegetables, several varieties of fresh fruit, and a changing array of whole grain bread and muffins. Preferred Meal Systems will provide a new freezer to store the larger variety of meals at the site, eliminating problems caused by late daily deliveries; Balboa currently has a functioning convection oven, but at other schools, they will also replace the aging warming ovens, which were not designed to reheat frozen meals (and can take up to 3 hours to do so), and which are breaking down all over the district, with a new state of the art convection oven which can bring a meal from frozen solid to serving temperature in just 30 minutes. All of this equipment is provided at no additional expense to the district, except to make sure that there is adequate electricity at the site. The goal is to increase participation in the lunch program.

Miraloma Elementary will begin in April a smaller scale pilot, featuring only the salad bar but not the increased choice of entrees. At the start of next school year, their pilot will include entrée choices, and there will be a second pilot begun at Harvey Milk once the unrelated construction at that site is complete next fall. However, the ultimate goal is to offer the full “Power Lunch” at all schools.

Meyla reported on various activities her department is doing, including professional development around nutrition and physical education/activities. SHPD is also conducting workshops for representatives of elementary, middle and high schools to learn about the

Wellness Policy and go back to their sites and help educate the staff there. Fifteen schools participated in January; Meyla will have a report at the next meeting of how well the staff training done by her “trainees” is going at those various sites. Meyla has also provided Wellness Policy training to all Principals at all three levels (ES,MS, HS).

She also reported that every elementary school now has a .5 (half time) mental health counselor or school nurse, and that this program is expected to expand next year to middle schools. There are 11 high schools with wellness centers and 4 more are expected to be added next year.

Various proposed revisions to the Wellness Policy were discussed, and language refined. The changes will be voted upon at the next meeting., and including exempting eggs from the limits set on fat/saturated fat; some tightening of the regulations around vending machines; and adding a staff wellness component.

Colleen presented information on a new non-profit she is founding called Campaign for Better Nutrition. The goal is to improve the health of families by providing them with practical nutrition information and improving the nutrition programs which support them. CBN expects to focus on policymaking, funding, and implementation, and can support Student Nutrition Services through identifying, applying for, and securing grant funding.

The meeting was adjourned at 4:40.

Next meeting: tentatively scheduled for May 22nd, but this is likely to change due to the need to get Wellness Policy changes through BOE committees and to the BOE by June 12th. Watch for new meeting date information coming soon.