

**SFUSD Student Nutrition and Physical Activity Committee meeting
Tuesday, November 16, 2004**

MINUTES

Committee co-chair Dana Woldow called the meeting to order.

The Committee reviewed and approved the minutes from the previous meeting.

Subcommittee reports:

- Publicity (Dana Woldow provided update.)
 - There was an article in Business Week recently that mentioned how SFUSD had lost money after banning soda. Caroline Grannan called the publication to provide more accurate information. Business Week is now interested in doing an entire separate article on SFUSD.
 - Dana talked to someone representing “Our Children” - a magazine published by the National PTA.
 - The San Francisco Chronicle briefly covered the Harvey Milk salad bar pilot in the Friday Section last month.
 - Dana talked to someone representing a magazine called “About You” that is distributed at Wal-Mart stores, targeting a young adult female audience.
 - “Beyond Chron,” an online daily is running a two-part series on this Wednesday and next Wednesday on school food.
 - Caroline Grannan has promoted the return of school meal applications in various publications.
 - The return of school meal applications was promoted in the Parents for Public Schools newsletter.

- Nutrition Education (Laura Brainin-Rodriguez provided update.)
 - This subcommittee had one meeting with Arden Bucklin-Sporer, mark Elkin, and Laura Brainin-Rodriguez.
 - Subcommittee is planning to have another meeting on December 7th or 8th in order to solidify and approve its mission.
 - Group has suggested combining forces with the Physical Activity Subcommittee.

- School Food (Dana Woldow provided update.)
 - This subcommittee agreed to revise the nutrition policy to include a provision around artificial sweeteners. These used to be present only in soda and other beverages, but are now showing up in food products as well. This proposed revision will go before the full committee at the January meeting. Proposed language is underlined below:

“Foods shall be minimally processed, using whole meat whenever possible, whole grains or converted grains that retain most of their whole grain

nutrients, minimal dyes, sodium and added sweeteners. No artificial sweeteners (includes aspartame and sucralose) may be used. Cooking methods shall retain the maximum nutrients possible.”

- Reports from ongoing projects
 - Point of Sale (POS) system pilot project is on hold while SNS is awaiting and reviewing bids.
 - The count of returned meal applications is not completed yet because SNS is trying to reconcile its software system with the district IT department’s database. This department’s file is showing excessive enrollment numbers that do not match those in SNS.
 - A taste test was done at Visitation Valley Middle School last month to gather feedback from children on new meal options.
 - A parent on the Subcommittee is looking at possible vegetarian options that the district can serve (including those without cheese). It is possible that a soy alternative could be used in place of ground beef in some entrees. Ed Wilkins is meeting with Preferred Meals to discuss this week.
 - Subcommittee is looking at developing a limit on sodium. There are only 3-4 district’s in the country that have developed a sodium guideline for school food. Subcommittee is basing recommendation on guidelines from WHO, NIH, and NAS.
 - Dana read an e-mail from Lorna Ho, thanking Ed and Philip Smith, among others, for their work in making sure that the SFUSD was in compliance with all health and safety regulations when the NBC program *Dateline* came around investigating. The investigators were not able to find any “dirt” to report on our district and so focused their attention on other districts. The committee applauded Ed and Philip for their hard work.

- Salad bar at Harvey Milk Civil Rights Academy
 - Salad bar has been up and running for two months, and replaces the hot lunch option every Tuesday and Thursday.
 - Salad bar offers 2-3 different fruit choices, 4-6 vegetable choices, 2 protein choices (one vegetarian), breads, and milk.
 - Leah Rimkus is tracking data on usage of the school lunch program on salad bar and non-salad bar days. During the first month of the pilot, the participation rate on salad bar days was on average 23% higher than pre-pilot participation in the lunch program. After implementation of the salad bar, participation on salad bar days has been on average 14% higher than on non-salad bar days.
 - It looks like participation among paying students (as opposed to students qualifying for free or reduced lunch) is slightly higher on salad bar days. This is great for promoting the program and

reducing stigma, but also notable since the revenue SNS generates from paid meals is lower than what the government reimburses for free and reduced-price lunches.

- The possibility of expanding the pilot is contingent upon a more thorough financial analysis and the availability of a supportive school and parent community. The Harvey Milk salad bar has been operating with the help of about three parent or staff helpers per day. Dana suggested that older students (middle or high school) would probably not require as much monitoring in line, making it less labor-intensive.
 - Leah is preparing a more thorough analysis of the food used and financial impact (including food, labor, and transportation costs) during the first two months of the pilot for the December School Food Subcommittee meeting.
- Physical Activity
 - No update from this subcommittee.
 - The Committee discussed the discontinuation of the culinary program at O'Connell High School and how culinary training/cooking classes might be an appropriate recommendation from the Committee. The District could partner with training programs at City College and other schools and develop a Career Pathway, as encouraged in the Superintendent's *State of the Schools Address*.
 - Announcements from School Health Programs (Mark Elkin provided update.)
 - Conducted training for middle and high school teachers around nutrition and physical activity. This was the first training for teachers at the middle school level.
 - Conducted full-day training with 44 elementary school teachers on nutrition education and how the policy fits into what is going on at their school and in their classrooms.
 - Sponsored a grape harvest at 14 elementary schools, distributing bunches of grapes to each classroom with suggested educational activities.
 - Received a grant from DCYF to implement a physical activity program.
 - The meeting was adjourned.
 - Next meeting dates are January 18th, March 15th, and May 17th.