

FLEMINGTON-RARITAN REGIONAL BOARD OF EDUCATION
District Wellness Committee Meeting

October 7, 2014
2:00 p.m. – 4:00 p.m.
JPC Media Center

MINUTES

1. Welcome –

Kathleen Barbee – Voluntary Secretary for current meeting

2. Committee Overview

Role of the Committee

The District Wellness Committee will make recommendations to the Board of Education to establish and maintain a school environment that promotes the consumption of nutritious foods in school, provides opportunities for students to engage in physical activities and provide health and wellness education.

Objectives of the Committee

- a. Meet in October, February and May each year to evaluate the current policy as required by law.
- b. Assess compliance with the policy and legal requirements.
- c. Explore opportunities for improvement.

3. School Reports – Building Committee Reports

Robert Hunter

Expressed concerns with visibility of fruits/vegetables in lunch line and not enough time to eat.

A discussion ensued about pros and cons of eating 1st vs. recess 1st and whether or not additional time could be given for students to eat lunch. Mrs. Voorhees explained that we are already struggling to gain additional educational time. The only option available would be to take time from recess or expressions.

RFIS

Expressed concerns with long lines, the lunches are going in the trash due to time constraints, pin pad issues with the software provider and new pins for all the kids this year. RFIS reported more 5th graders eating lunch this year. It was suggested to add another cashier.

A discussion ensued regarding whether or not children understand what a full lunch includes. We need to do a better job educating parents and children. Maschio's will craft a flyer to educate parents.

The Committee discussed concerns with current POS software, a master list is needed and the pin pads are not operational. We may consider a barcode reader. Changing vendors is also a possibility.

Maschio's shared our participation rates to date. See below:

September	Participants	Percentage
	JPC	34%
	RFIS	38%
	RH	46%
	CH	39%
	FAD	38%
	RH	32%
	BS	36%

RFIS wants to conduct a staff wellness survey through Survey Monkey. Once RFIS creates the survey, they will be sure to share with other schools. Mrs. Voorhees suggested we conduct another staff health fair. She will begin investigating.

The Hunterdon County Partnership for Health may be willing to assist with health fair and we can also use the hospital as a resource.

JPC – no meeting yet.
RH – no meeting yet.
BS – no meeting yet.
FAD – no meeting yet.
CH – no meeting yet.

RFIS also expressed concern as to snack issues.

We discussed encouraging kids to eat “lunch”. We can reinforce what a healthy snack is but cannot force our philosophy or prohibit snacks.

The following recommendations were made:

- *Design picture signs at the beginning of the line describing what a complete meal looks like.*
- *Create and send a flyer from Maschio’s about what is a complete lunch, best buy, parent can limit number of snacks per week/per day.*
- *Consider increasing staff at RFIS. May consider moving one staff member from JPC to RFIS.*
- *Fix POS system problems. (pin pads and master list)*
- *Craft a staff survey – RFIS to share*
- *Ms. Voorhees will investigate a Staff Health Fair with Blue Cross/Blue Shield to kick off staff wellness.*

4. Previous Work Completed – Review

Food Service contract amendments included: Maschio’s reviewed the below changes.

- a) NJ fresh local fruits (when possible) and in season fruits (when possible) would be offered daily (apples in bag are considered fresh) – No canned fruit, only fresh vegetables (frozen as 2nd choice) no legumes from a can.
- b) No artificial coloring or sweeteners will be in any food sold in the cafeteria.
- c) K and 1st grade will not be able to purchase snacks
- d) Ice cream will only be available for students in 2nd through 4th grade once a week.
- e) 2nd through 6th grade will only be able to purchase desserts (i.e. cookies or ice cream) the last 10 minutes of their lunch.
- f) No flavored milk will be sold for breakfast
- g) An organic salad meal will be offered as an alternate daily to all students in grades K-8.
- h) Food tastings will continue and will highlight fruits, vegetables and legumes. The foods that are well received will be incorporated into new menu items. All food tastings being offered by Maschio’s will be conducted in the cafeterias. School Nurses will be made aware well in advance of all food tastings to prevent exposure for students with food allergies.

The 1st food tasting is for 4 different kinds of local apples. The next tasting is slated to be spaghetti squash in a marinara sauce. The nutritionist will be sure to share the recipe with the nurses.

The Committee discussed what foods to try for the next tasting. Labor and cost were reviewed. Low salt rules make it difficult to do soup tastings. Vegetarian chili and humus were suggested.

Concerns about cleaning hands for enterovirus for which hand sanitizer does not work were discussed. Mrs. Voorhees will investigate wipes where sinks are not available.

The Committee discussed the need for sinks and water fountains in each cafeteria. Water bottle fillers (Brita) were also suggested.

The following recommendations were made:

- *Investigate hand wipes to combat enterovirous*
- *Investigate installing sinks and water fountains in cafeteria’s (Water bottle filler too)*

5. Discuss: Outstanding Topics

- a) Snacks and desserts for 7th and 8th grades- no representatives from J.P. Case were present to comment. There are no limits unless the parent limits the student -Move to the next meeting in February.
- b) Flavored milk during lunch- Maschio’s has moved white milk to front of refrigerator. Doesn’t seem to help. It was noted that milk consumption does not recover if flavored milk is removed as an option. The Committee decided to keep flavored milk for lunch.
- c) Availability of water-discussed previously in the meeting.
- d) Healthier swap outs – moving in the right direction.
- e) Local pizza options. Maschio’s reported that there was a concern with local places abilities to provide the quantity and the cost. Maschio’s will continue to investigate.

6. Review and Revise FRSD Wellness Policy -

- FRSD Policy and NJ Department of Agriculture resources *Attached*
Please review within School Committees
- Gather recommendations/revisions and send to Ms. Voorhees for culmination of suggestions.
- Chair will report out recommendations at the February District meeting for discussion

The Committee agreed that they need a universal vision to update, review and enforce wellness policies. The State of Wisconsin, wellness tool for rating wellness policy, alliance for healthier generation is a resource available to us.

7. Other Business - NONE

**8. Next Meeting – February 13, 2014 @ 12:30 – 3:00 p.m.
The meeting will take place in the JPC Library**

Complete List of Recommendations:

1. Design picture signs at the beginning of the line describing what a complete meal looks like.
2. Create and send a flyer from Maschio's about what is a complete lunch, best buy, parent can limit number of snacks per week/per day.
3. Consider increasing staff at RFIS. May consider moving one staff member from JPC to RFIS.
4. Fix POS system problems. (pin pads and master list)
5. Craft a staff survey – RFIS to share
6. Ms. Voorhees will investigate a Staff Health Fair with Blue Cross/Blue Shield to kick off staff wellness.
7. Investigate hand wipes to combat enterovirus
8. Investigate installing sinks and water fountains in cafeteria's (Water bottle filler too)
9. Maschio's will continue to investigate local pizza options.