

## Meeting Minutes

<b>Meeting:</b>	<b>Nutrition and Fitness Health Advisory Committee (HAC)</b>		
<b>Date:</b>	April 18, 2016	<b>Time:</b>	4:00-5:30 PM
<b>Purpose:</b>	Updates, Priorities, Plan for 2016-17		
<b>Topics:</b>	Fitness Update, NS Update, Health Services Update		
<b>Present:</b>	Doug Wordell (Nutrition Services) Laura Martin (Empire Health Foundation) Terry Perry (WSU Food Sense) Natalie Tauzin (SRHD) Angelina Ely (U of Idaho Intern) Pam Tatosky (Purchasing)	Gina Nunes (Nutrition Services) Megan Read (Community Member) Linda Bushinski (RD, Nutrition Educator) Stephanie Splater (Fitness & Health) Sarah Goodey (Fitness & Health) Becky Doughty (Health Services Coord.)	
<b>Absent:</b>	Shasta Glotfelty Heather Jordan Dempsey Ortega Ponrat Pakpreo Paul Gannon Janell Buchkoski	Amy Dawley Greg Lang Brett Hale Angel Fairbanks Carole Meyer Paula Lutsey	

ITEM NO.	DISCUSSIONS	ACTION BY	DATE REQUIRED
1.	<b>Welcome, Introductions, Review Agenda:</b> <ul style="list-style-type: none"> <li>Introduced Gina Nunes who is the newest member of the Nutrition Services team and Becky Doughty who is our Health Services Coordinator.</li> </ul>		
2.	<b>HAC Purpose and Requirements:</b> <ul style="list-style-type: none"> <li>We meet for a number of reasons per United States Dept. of Agriculture (USDA) and Washington State requirements.</li> <li>We are in charge of looking at our systems and advocating for the health of our kids.</li> <li>One of Doug's goals is to try to make healthy living and healthy activities part of what we do, not just one more thing we have to do.</li> <li>As a Committee, we have to keep messaging how to incorporate movement, health and being healthy for a lifetime.</li> </ul>		
3.	<b>Fitness and Health Program Update</b> <ul style="list-style-type: none"> <li>New State standards just got approved for health and physical education that will provide more specific grade-level outcomes.</li> <li>A new curriculum aligned to these standards will be rolled out to teachers</li> </ul>		

## Health Advisory Committee (HAC) Meeting Minutes

	<p>for the Fall.</p> <ul style="list-style-type: none"> <li>• An assessment is required as part of procedure 6700 which will position our Fitness and Health program to receive additional block grant funding that should be available in July of 2017.</li> <li>• The assessment will be the review of the Fitness and Health portion of the Centers for Disease Control and Prevention (CDC) School Health Index (SHI) by the Fitness Instructor or Department Lead at each school with the help of one or more building team members. The goal is to have this done by June 1 of this school year and to be placed in the School Improvement Plan (SIP) done in the Fall.</li> <li>• Our health standards have changed and the Office of Superintendent of Public Instruction (OSPI) document says that physical educators, in support of nurses and counselors, are required to teach other subjects such as sex education, social/emotional health and safety/first aid.</li> <li>• We would need an extra 40 min. a week towards Health Education to accomplish this.</li> <li>• Brain breaks and recess don't count for physical education.</li> <li>• We will schedule Site Visits for the end of May for a group of us to talk to High, Middle and Elementary school Fitness and Health Instructors, look at their school meal programs and look at the food environment.</li> </ul>		
4.	<p><b>Nutrition Services Update:</b>  <u>USDA Audit Summary</u></p> <ul style="list-style-type: none"> <li>• We had a USDA audit this year and, administratively, did really well.</li> </ul> <p><u>Smart Snacks</u></p> <ul style="list-style-type: none"> <li>• Smart Snacks have been one of our biggest challenges.</li> <li>• Our school sites have to have a binder of analyzed data (showing calories, sodium, fat, etc.) on every food item that is in our vending machine, student store, etc..</li> <li>• Our DECA Advisor, Dempsey Ortega, worked hard on compliance. DECA lost 50% of their revenue due to 2005-06 Healthier School vending changes and then another 15-20% due to Smart Snack compliance.</li> </ul> <p><u>Scratch Cooking</u></p> <ul style="list-style-type: none"> <li>• We have 14 new schools who are excited to start Scratch cooking -- this will give us a total of 24 schools.</li> <li>• We're conducting Taste Tests at each new school so that the kids can give us their opinion of the food, as well as get their buy-in for healthier meals.</li> <li>• We've had great help with Washington State University (WSU) Extension and Empire Health Foundation (who gave us the funding to be able to implement our Scratch kitchens).</li> <li>• We are partnering with LINC Foods and local vendors who are providing great fresh products.</li> <li>• We are contracted with a Spokane vendor who makes a whole grain pizza crust for us and assembles the pizzas with our clean label sauce and cheese.</li> </ul> <p><u>Spokane Regional Health District (SRHD)</u></p> <ul style="list-style-type: none"> <li>• SRHD has helped us with Smarter Lunchroom Design -- where to locate/position our foods, how to promote the healthier foods and how to put them on our lines.</li> </ul>		

## Health Advisory Committee (HAC) Meeting Minutes

	<ul style="list-style-type: none"> <li>• Natalie Tauzin (SRHD) has done a Plate Waste Study measuring and targeting our Scratch cooking, fruits and vegetables and consumption patterns per grade.</li> <li>• We've also been working on Positive Persuasion teaching our staff to smile and be enthusiastic about the product.</li> <li>• We did a Scratch vs. Non-Scratch Survey which resulted in our Scratch schools having a significantly higher satisfaction rating. The Cafeteria staff were perceived as more knowledgeable and competent by switching to Scratch.</li> <li>• We're trying to integrate and align all our Marketing and Nutrition Education so that all the schools have the same brochures and materials.</li> </ul>		
6.	<p><b>Health Services Update</b></p> <ul style="list-style-type: none"> <li>• We had a Parent Allergy Meeting today.</li> <li>• We're in the process of meeting with all the nurses to review processes and develop standard operating procedures.</li> </ul>		
7.	<p><b>Planning for 2016-17</b></p> <ul style="list-style-type: none"> <li>• Our next Health Advisory Committee meeting is set for <b>Wed., June 1<sup>st</sup>, 4-5:30 p.m.</b> at the Spokane Public Schools Administration Building in Boardroom A (200 N. Bernard St.).</li> </ul>		