SFUSD Food and Fitness Committee
Approved Meeting Minutes
4/12/12

Attending: Stacey Bartlett, Mark Elkin, Maryann Rainey, Colleen Kavanagh, Lena Brook, Paula Jones, Christina Goette, Antonia Williams, Jessie Mandle, Ericka Lovrin

Public: Nancy Waymack, Carridad Taber, Eli Zigas, Shellie Wiener, Lucy Hicks, Carridad Taber

Next year: budget, replacing equipment, menu analysis

1. March Minutes: approved with one change

2. Food Quality: What are our goals—we want to increase participation but what kind of food do we want? Discussion lead by Nancy Waymack.

Maryann – appealing, at HS level kids have many choices but cardboard container, plastic film are unappealing. We need marketing as to what healthier choices are available like brown rice, variety in salad bar. Water needs to be easily accessible, dispenser to fill up water bottles, cups need to be available, washable utensils more appealing than sporks, minimize waste. Have additional vegetarian main courses (tofu and beans).

Colleen – healthy, tastes good, kids eat it, doesn’t matter if the food is local or organic right now. We will decrease waste because the food tastes good. We need to decrease budgetary chaos by having line item in school board budget for no child goes hungry provision.

Carridad - Not use film on each meal – you can use the same food but plate it on site to make it more appealing visually and taste-wise. The environment of cafeteria is important as well as having recess before lunch, nutrition education by peer health educators with video surveys, descriptions, etc.

Lena – having right equipment to heat the food, food environment, whole foods, less processing, variety, appealing, ideally locally sourced and sustainable for meat and poultry (antibiotics and hormones) but may be too costly. Also want seasonal produce and fruit.

Christine – level of chemicals in food is a concern, marketing and making it more appealing, nutrition, decreasing harm (chemicals)
Shelley – meals are challenging to eat for elementary kids—little kids need help with bananas to open, pizzas can be so hard you can’t cut them, physical plant (shared multispace).

Eli – ingredients kids learn about in school, minimally processed, improving health, set goal for success like food waste, maybe use the Oakland definition (see report)

Mark – marketing piece, having organic as part of the conversation-even if just starting with one item like lettuce. Student input as part of the process. Add variety and have fruit that kids can eat (ie, cut up for younger kids).

Antonia – chocolate milk is going to waste, instead offer more alternative beverages like spa water or juice

Jessie – teachers and volunteers should eat with the kids

Stacey – at her school they eat family style, would like teachers to eat with the kids, is there anyone else who can do better than the current vendor (PMS)? Wants to see plates instead of cardboard boxes and improved cafeteria environment.

Erika - culturally relevant food, fresh quality (recently at Berkeley high and salad bar was great, entrees were more like ours), kids would eat chow mien and burritos at school if it tasted better. She sees kids throwing out half of the food they buy from the nearby restaurants and vendors.

3. FOOD TRUCKS

Lena provided an update on what happened at last meeting. Current policy is 1500 feet around MS/HS. Sacramento legislation is speeding up local effort by Sup. Weiner to revise SF’s regulations. State legislation is off the table now.

Ideas –

(1) if a vendor has 2 violations, the permit is revoked
(2) have BOS fund vending machines for HS to improve access in schools where long lines prevent kids from getting food and/or having time to eat.

Nancy Waymack said district’s position is to keep the 1500 feet at HS, go to 500 ft at MS. Schools change their open campus policy, so they don’t want to codify the ordinance based on whether schools have open or closed campuses. They are willing to look at individual circumstances but don’t want food trucks to target HS students. Can make adjustments for events. More vending machines are a great idea and the district supports it. She had not heard Weiner’s interest and will follow up with him and Hydra Mendoza about it. Haven’t talked about enforcement. Does think revoking a permit might be too harsh but maybe a suspension but would need to be appropriate to the situation. Permits should come with maps of where is okay and where is off limits.
This discussion and ordinance does not apply to push carts.

Lucy added that some school districts have created (San Diego, West Contra Costa) reimbursable food trucks.

Nancy stated would be valuable to have more youth voices.

**RESOLUTION:**

The FFC supports the SFUSD position to keep the food truck restrictions at 1500 feet at all high schools and 500 feet at all middle schools, with consideration for individual circumstances as needed and with an appropriate enforcement mechanism. The Committee strongly recommends push carts and all types of outside food sales near all district schools be addressed in the immediate future. **Passed unanimously.**

4. PHYSICAL EDUCATION UPDATE

PE advocates releasing video study of 3 places where PE is doing well. The PE working group will start to look at physical education/activity part of the wellness policy the 3rd Tuesday of the month. They are compiling data from other districts right now.

Poster contest is happening now. Shape Up is paying. Shape Up is looking for sustainable funding stream for physical activity and nutrition. UCSF researchers talked to Shape Up this week about how a 1 cent tax on soda would save lives. In July, the Public Health Law Advocates will talk at the Shape Up meeting about options for approaches for creating funding stream.

4. WELLNESS POLICY

3 areas: PE, Environment, Food - meetings are being set for discussion

5. GOALS FOR NEXT SCHOOL YEAR:

Bring ideas to next meeting. The goal is to have 2-5 things that we can advocate for in PE/PA and school food that will benefit the kids right now or the immediate future. Some ideas are (1) asking the board to make a line item for no child left hungry policy in the budget so it doesn’t show up as a deficit in SNS’s budget and (2) to evaluate cost of keeping or replacing equipment.

Next meeting is May 10.