

Minutes of the Student Nutrition and Physical Activity Committee
May 16, 2006

Present: Meyla Ruwin(co-chair), Dana Woldow (co-chair), Laura Brainin-Rodriguez, Caroline Grannan, Colleen Kavanaugh, Paula Jones, Jan Link, Ericka Lovrin, Alfredo Sabillon, Ed Wilkins.

The meeting was called to order at 3:35 p.m. Minutes from the last meeting were read and approved.

Subcommittee report -- Wellness Policy:

The draft SFUSD Wellness Policy was submitted for potential approval by the full committee. Several points were discussed.

- The possible removal of a product called Smart Water from the list of disallowed beverages was discussed, based on new information about the product. It was decided to remove the entire list of banned beverages from the policy itself and instead to rephrase the language in the policy to refer to the sfusdfood.org website for the list of beverages. That will allow far more flexibility in revising the list as needed.
- Language will be added to Section 6, item c, as follows: “Develop a pilot point-of-sale system with the goal of full implementation within the district by 2009.” (Move the current item c to become item d.)
- A legend will be added to clarify acronyms.

It was moved and seconded that the Wellness Policy be approved as amended. The motion passed unanimously.

Peer Resources project:

Lauren Moret, a teacher at International Studies Academy, and a group of students made a presentation about their school project on improving the food at their school. They have surveyed fellow students about the food on campus and are coming up with recommendations. Among their ideas are a student-run salad bar, student IDs with a sticker discreetly identifying free/reduced lunch recipients (they say this is used at Lowell), and a Student Advisory Council for food. They told the committee that ISA would like to volunteer to be the site for any relevant pilot projects.

School Health Programs Update

Meyla Ruwin reported on several health-related projects, including the Harvest of the Month (strawberries, which were very popular); an April workshop for 40 teachers on linking nutrition to gardening activities; and a program called Active 4 Life in which participants compete to increase their physical activity.

The meeting was adjourned at 4:25 p.m. The next meeting will be October 17th.