

Marshfield School Wellness Committee meeting minutes

Date: Tuesday, May 15, 2012

Time: 3:30-5:00 p.m.

Location: High School Library

Attendance: Torri Bradley, Kathy Brunette, Amber Engen, Deb Englehart, Kari Gillen, Lea Hanke, John Harrington, Lindsey Hoffman, Nate Johnson, Sue Lee, Kristie Rauter, Stacey Weichelt, Kim Ziembo

1. Introductions
2. Safe Routes to School grant
 - Amber Engen provided an update on behalf of Josh Miller, Planning and Zoning Administrator for City of Marshfield, about the infrastructure and non-infrastructure projects the City of Marshfield applied for within the Safe Routes to School grant. They asked for \$13,800 for pedestrian and bicycle education and encouragement efforts, and \$129,725 for installation of Rectangular Rapid Flash Beacon signs for crosswalks at high traffic intersections near elementary schools and the middle school. They didn't incorporate any sidewalks this year as there wasn't enough time. They will find out more in August or September if awarded; contracts will be sent out in October.
3. Budget Approval
 - a. Cooking Cart: Blenders, Juicers, Utensils, etc.
 - Stacey distributed a handout with a sample of all supplies that could be included in each of the elementary school cooking carts that will be purchased for Fall. Elementary staff gave recommendations on which items to add more of and which items to delete. Stacey emailed Scott Scheuer and he's interested in having a cart ordered also for his Balance class; this was pre-approved to purchase by the committee. Youth Net staff and students could also use a cart, blender and juicer; this was approved and the items will be ordered by May 25. The wellness committee approved all these purchases and the totals spent will be updated in the Fall under the gardens/greenhouses budget.
 - b. Youth Net garden supplies
 - Nate and Torri Bradley explained the proposal for cost and equipment for the Youth Net gardens. This included money for seed, plants, tools, utensils for produce preparation, hardware for putting beds together, outdoor kitchen supplies (because kids aren't allowed in YN kitchen), a compost bin, compost, watering system and more. They purchased a rain barrel from the Marshfield High School FFA also. Youth Net staff and students will be planting during the end of May and harvesting during the summer school classes. Maximum amount budgeted and approved by the committee to spend is \$900 from the gardens/greenhouses budget.
 - c. Salad Bars

- Stacey will be purchasing a salad bar for the middle school and high school as soon as they layout is finalized. She will also be purchasing fruit/vegetable bars for each elementary school. The final costs are to be determined but the committee approved these purchases to come from the farm to school budget.

d. Melon Containers

- Stacey asked for approximately \$1,050 to be approved to purchase melon containers. In September, every Friday they will serve watermelon as the Harvest of the Month. These containers will be used for transporting melon, Harvest muffins and other farm to school products from the high school to the elementary schools. The lady in Arpin will be processing the watermelon, but they need to transport it to each school. The committee approved this purchase to come from the gardens/greenhouses budget.

e. Cookbooks

- Amber Engen and Torri Bradley explained various kid-friendly cookbooks that could be purchased and included on the elementary cooking carts, in school libraries or given to leadership student groups to use and do a healthy cooking demonstration. Examples of cookbooks were Gimme Five!: Kid-Friendly Recipes for Helping Your Child Enjoy Eating Fruits and Vegetables (\$12), From Asparagus to Zucchini (\$13), Farmer John's Cookbook: The Real Dirt on Vegetables (\$15), and Salad People and More Real Recipes: A New Cookbook for Preschool and Up (\$12). Deb Englehart will email Amber other resources she used in her summer cooking classes. Deb Englehart has also been collecting an inventory of all the cookbooks in the elementary libraries to see what they have and if we could purchase more if needed. We will finalize our purchasing plan for these at the August meeting and then have a final amount to bring for approval.

4. Fresh Fruit and Vegetable Grant-Stacey Weichelt

a. Lincoln Elementary

- Lincoln Elementary qualifies for a fruit and vegetable grant so Stacey will find out soon if they get this. It would offer a fresh fruit or vegetable snack every morning to all students at Lincoln Elementary.

5. Updates

a. Gardens/Greenhouses – Tori Bradley/Tim Heeg

- No updates at this time.

b. Farm to School and "Harvest of the Month"

- There is a tentative schedule created for the 2012-2013 school year which will include watermelon every Friday in September, Wenzel hot dogs (no fillers), squash and more.

c. Planting of fruit trees/bushes

- Torri Bradley and Amber Engen met with Mark Zee to discuss planting of fruit trees and bushes on school grounds. Keeping in mind concerns from Mr. Sturmski, Mark's suggestions were to plant behind the baseball outfield fence line and in open areas at the school forest near the cabin. Torri and Amber will put together a proposal for how many trees and bushes will be planted, where they will be purchased from, and help

coordinate a student work day in the Fall for planting. Maybe we could partner with Rotary to have adults mentor students during planting.

d. School Wellness Policy Review

- No updates at this time.

e. Fit-tastic Program students

- There are 122 kids total in the North Wood County programs. Below is the breakout of students participating in the Marshfield School District area.
- Lincoln Elementary: 15
- Grant Elementary: 30
- Youth Net: 13

6. Bicycle Discount Program

- Amber distributed a Bicycle Discount Program participation sheet and stickers to anyone who was interested. The sheet explains how the program works and the stickers go on the participant's helmet to allow them to receive discounts. Mary Ballard, AmeriCorps member with Healthy Lifestyles, went to Grant Elementary's soccer/fitness club to distribute bicycle discount program stickers to the students. Currently over 9 businesses are participating and we're hoping to continue to grow the program each year. We highly encourage businesses to offer healthy discounts but cannot force them. The goal is to get people active and also show that bicycling can be used as a means of transportation.

7. Chef in the Schools- September 1-30 is National Fruit and Veggie Month

- September is National Fruit and Veggie month so it would be great to do some type of kick-off and education around all the healthy systems and environment changes that have taken place throughout the school district during the last year. Ideas mentioned were a fruit and vegetable challenge, showing the chef in the schools video at an assembly, or coordinating an on-site chef demonstration in the cafeterias. We will use the summer meeting to discuss and finalize details for our Fall launch. This would include introducing the cooking carts for elementary staff, talking about farm to school items that will be highlighted during the year and more. Please email Amber any other ideas you have. Here is the link to the video for the chef in the schools from LaCrosse: <http://www.preventionspeaks.org/stories/kids-cheering-for-veggies>

8. Bike Rack

- a. Fit-tastic Program Data
- b. Feeder Table-Student Education
- c. Fuel Up to Play 60 grant
- d. 2012 Operating Plan
- e. Implementation of Go, Slow, Whoa into vending/ala carte

9. Next Steps

- a. **Next meeting- Monday, June 25 from 10-11:30am at Madison Elem. Art Room**

b. Upcoming meetings:

- Tuesday, August 21 @ 10:30am at Central Office, Conference Room C