**Proviso East High School Wellness Committee**

**Meeting Minutes**

**April 22, 2015, 12:10 pm (5rd period); PEHS, Room 76**

In attendance: Joi Price, Shiondrell Davis, Hector Blanco (PEHS student), Marcia LaPorte (PEHS teacher/co-chair), Ms. Porcia Lindsey (PEHS teacher), Arthur Pope (Loyola medical student), Mary Belluomini (Loyola dietetic intern), Kelly Sierra, RD, (SBHC/Loyola), Joanne Kouba, PhD, RD (SBHC/Loyola).

1. Review of the March 5, 2015 Minutes. No revisions to the minutes.
2. PEHS Wellness Committee Website. A website for the PEHS Wellness Committee has been started by Mary B (Loyola dietetic intern). Meeting minutes, a calendar, gallery and updates about Wellness Committee activities is included. The address is:
   * <http://pehswellnesscommittee.weebly.com/>

Everyone is asked to share this with colleagues, students, administration to increase awareness and participation in PEHS WC events.

1. School Food Updates

a. In an effort to increase cafeteria use and introduce students to more foods, the first tasting in the PEHS cafeteria was completed on Monday, March 31 during each of the 4 lunch periods. The week before the tasting activity, announcements were made on the PA, and flyers were posted. Mr. Carter and ARAMARK staff prepared 25 samples of Thai Chicken salad for each period (100 samples total). SBHC staff and Loyola students distributed samples to PEHS students. Each student was verbally asked to complete a survey to evaluate the product immediately after receiving sample. The survey was adapted from a sample cafeteria survey from the Alliance for a Healthier Generation materials. The 25 samples were distributed within 10 minutes during each lunch period. Results of the 74 completed surveys are summarized below. Additional details can be reviewed in the attached documents including the flyer

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Taste Test Survey** | **PEHS** | **30-Mar** | **2015** |  |  |
| **Thai Chicken Salad** |  |  |  |  |  |
|  | Very Good | Good | OK | Bad | Very Bad |
| How does the food look? | 23 (31%) | 29 (39%) | 21 (28%) | 1 (1.3%) |  |
| How does the food taste? | 37 (50%) | 26 (35%) | 10 (13.5%) |  | 1 (1.3%) |
| How would you rate the food overall? | 41 (55%) | 27 (36.5%) | 5 (6.7%) | 1 (1.3%) |  |
| Would you select this food from the cafeteria? | Yes | No | Total |  |  |
|  | 69 | 5 | 74 |  |  |
|  | 69/74=93% | 5/74=7% |  |  |  |
| Gender | Female | Male | Unknown |  |  |
|  | 29 | 35 | 10 |  |  |
|  |  |  |  |  |  |
| Lunch Period | 3 | 4 | 5 | 6 | Total |
|  | 14 | 29 | 11 | 20 | 74 |
| Grade | 9 | 10 | 11 | 12 | Staff |
|  | 14 | 28 | 24 | 6 | 1 |

survey form and comments. The overall feedback was that this is an item that was well accepted and students would eat from the cafeteria. Everyone involved agreed that students enjoyed the tasting and were interested in providing feedback. Those present agree that this activity should be a regular feature in the cafeteria, especially with samples of foods that incorporate concepts of healthy food choices (less fat, more fruits and veggies, more whole grains, etc). Mr. Carter was not present for discussion, but Joanne Kouba and Kelly Sierra have discussed the positive response of this activity with him.

1. PEHS Health Fair. The PEHS Health Fair was held on April 2. Recruitment was completed for the Wellness Committee and PEHS Garden. Students will be contacted for these activities in the future.
2. Proviso Partners for Health (PP4H). The PEHS Wellness Committee is one of the partnering organization in PP4H. At the March 28 PP4H quarterly meeting some ideas that were discussed included branding of “healthy hot spots” through Cook County. A logo was developed and may be made into decals or stickers to identify health promotion spots in the community such as Room 76, cafeteria, etc. Some members of the PP4H group have offered mindfulness training at day care centers as a possibility for stress reduction and promoting healthful thinking, etc. There is a possibility of trying this with PEHS audiences based on feedback from the day care experience with this. PP4H received a *Spreading Community Accelerators through Leadership and Evaluation* (SCALE) grant through the Institute for Health Care Improvement (funded by Robert Wood Johnson). Several community members are joining PP4H as staff and will be trained on community engagement techniques. They may be at our PEHS Wellness Committee meetings to facilitate our work.
3. School Improvement Report. Ms. LaPorte included a summary of the Wellness Committee and PP4H for this report.
4. Goals for the next Academic Year. This is the last meeting of the Wellness Committee for this school year. Over the summer, the PEHS garden will be started with support from Triton College and PP4H (Dr. Lena Hatchett and Loretta Brown). Other ideas that were discussed included staff wellness offerings, more improvements in the cafeteria and partnering with other PEHS groups (Girl Talk, etc).

## Respectfully Submitted,

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Joanne Kouba, PhD, RDN LDN

Registered Dietitian and Associate Professor

Loyola University Chicago and PEHS School Based Health Center