**Proviso East High School Wellness Committee (SWC)**

**Meeting Minutes**

**September 22, 2015, 1:15pm-2:15pm (6th period); PEHS, Social Room**

In attendance: Hector Blanco (PEHS student), Shanika Blanton (Proviso Partners for Health/PLCC), Madly Espinoza (PEHS student), Ben Goslawski (PEHS faculty), Lena Hatchett, PhD (Loyola), Marcia LaPorte (PEHS faculty), Porcia Lindsey (PEHS faculty), Meghan Nilan (Loyola dietetic intern),

Miquel Ortiz (PEHS student), Zainab Raji (Loyola medical student), Janice Strong (ARAMARK), Addie VanZwoll, CSW (PEHS SBHC), Breanna Winfrey (PEHS student), Dorothy Winfrey (Parent), Joanne Kouba, PhD, RD (SBHC/Loyola)

1. Welcome and Introductions. Introductions were made. A special welcome to new members. For the first time, a parent representative was present. This is wonderful.
2. Review of Minutes. Minutes of the April 22, 2015 meeting were reviewed without revision.
3. School Wellness Committee Updates: Accomplishments that the PEHS Wellness Committee have been involved with since its start in spring 2015 have included:
   1. A School Health Assessment was completed using the *Alliance for A Healthier Generation* on-line tool. The summary report will be posted on the PEHS SWC website.
   2. Taste-Testing was conducted one day in March and considered a success. With collaboration between ARAMARK and SWC, it was suggested this be a regular activity to increase awareness and exposure of PEHS students to new and healthy foods.
   3. PEHS Giving Garden became a reality and grew from the partnership between PEHS (facilitated by Marcia LaPorte), Triton College, Reuse Depot and Loyola (Lena Hatchett). Twelve local teens, including some from PEHS, completed a gardening internship this summer in this community garden on Madison.
4. PEHS Food Service Updates: Janice Strong, Assistant Director of Food Service, is the new ARAMARK representative on the PEHS SWC. She reported on major changes in the food services offerings which were implemented this school year as follows:
   1. *DOD Fruit and Vegetable program*: ARAMARK has applied for assistance from this federally funded nutrition program which will provide more fresh fruits and vegetables.
   2. *Community Eligibility Provision* of National School Breakfast and Lunch Programs. District 209 and ARAMARK are implementing expanded offering of the National School Breakfast and National School Lunch meals to PEHS students as a result of the Community Eligibility Provision. Student participation has almost doubled from last spring. Currently lunch service exceeds 1300 students/day; and breakfast is about 550/day. This provision allows students to receive free lunch without submitting an application completed by parent.
   3. *Fuel* program through DOD resources will be offered starting in October. This provides for more variety in the menu.
5. Strategic Planning. As part of the *Proviso Partners for Health* obesity prevention coalition, the PEHS SWC, can benefit from the grant awarded by the Institute for Health Care Reform. The implementation of Grab’N’Go salads in the cafeteria has been discussed as a goal. Shanika Blanton and Lena Hatchett led an activity to gather feedback from those present regarding cafeteria design and traffic flow related to implementation of the Grab’N’Go project. Several students expressed interest in having this located outside of the cafeteria for ease of access. A key consideration is electric outlet access for the laptop computer and refrigerated unit. The older, constraining physical layout of the PEHS cafeteria and kitchen were discussed as limitations. Considerable cost is required for complete renovation.
6. Wellness Committee Goals. In addition to the main discussion of the Grab’N’Go salads in the cafeteria, the following were discussed as Wellness Committee projects for the year:
   1. *PEHS Cafeteria Environment:* To enhance the visual environment and encourage intake of healthy foods, PEHS students (through art classes, coordinate by Ms. LaPorte) will be asked to produce posters. Janice Strong offered to have these enlarged, copied and posted.
   2. *Food Patriot.* This is a food documentary that examines food production, including safety and prevention of food borne illness which was produced by a local filmmaker who teaches at Columbia College. The Wellness Committee may sponsor an event with the film showing and possibly filmmaker leading a discussion before or after. This ties in with the PEHS gardening activities, may encourage the PEHS community to be aware of food choices and become more involved in food system. Joanne Kouba and Marcia LaPorte to coordinate.
   3. *Taste-Testing.* This was a hit in March. Regular tastings were discussed but will likely start with the launch of the Fuel program in October.
   4. *PEHS Staff Wellness offerings.* Ms. Lindsey suggested a survey to gather feedback from PEHS faculty and staff on what topics and format for these offerings. Joanne Kouba will work on this with her students.
7. Proviso Partners for Health (PP4H). This relatively new community coalition, with the goal of obesity prevention, meets quarterly. The fall meetings was Sept. 19 at Loyola Health Sciences campus with good attendance. Marcia, Ann Andreoni, Lena, Shanika, Joanne and Dr. Garry Sigman all attended. Highlights included updates from the various workgroups (food access, schools, built environment), the Spreading Community Accelerators in Leadership and Evaluation (SCALE) grant (from IHI), a video from the PEHS garden, and a strategic planning session. Member from the PEHS Wellness Committee are welcome and encouraged to attend the PP4H meetings. Announcements will be shared.
8. The meeting started at 1:10 pm and concluded at 2:15 pm in the PEHS Social Room. The next meeting is scheduled for Tuesday, Sept. 22, 6th period. With everyone’s different schedules and lunch periods, it is not expected that everyone can attend every meeting. That is fine. The committee’s work can still proceed with team work, coordination and good communications.

## 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