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

**Meeting Minutes**

**February 23, 2016, 1:15pm – 2:15pm (6th period)**

**PEHS, Social Room**

In attendance: Breanna Winfrey (PEHS student), Kelly Sierra, RD (PEHS SBHC), Miguel Ortiz (PEHS student), Madly Espinoza (PEHS student), Joanne Kouba, PhD, RD (SBHC/Loyola), Kelly Willeford (Loyola Dietetic Intern), Amanda Montgomery (Loyola Dietetic Intern), Suzanne Ngo (Loyola Medical Student), Rob Miller, MD (SSOM faculty and SBHC physician), Marcia LaPorte (PEHS teacher), Arius Gatson (PEHS student), Chanel Rodney (PEHS student), Ben Goslawski (PEHS teacher), Myleah Matheny (PEHS student), Hector Blanco (PEHS student), David Harvey (PEHS student), Keenan Folks (PEHS student).

1. **Welcome and Introductions:** Introductions were made, and there was a brief review of the minutes from the meeting on January 26, 2016.
2. **Grab’N’Go Salad Lunch Program:** The cooler has been ordered and delivered. The target date for implementation will be March 1, 2016. In order to increase awareness of the new offering, there will be : a) tasting during lunch periods this Friday, February 26, 2016, with 25 samples per lunch period of the 4 varieties of salads. b) verbal announcements, c) website announcement, d) flyers posted. Chanel Rodney will read the verbal announcement after approval by Mrs. McCray. Flyers will be will be hung in the high school hallways and other areas by PEHS students and Loyola staff. Student feedback shows that students are liking the salads and sandwiches that have been implemented so far in the school lunch program. There was discussion of placement and staffing of the cooler. This still needs to be worked out by ARAMARK staff. The possibility of students assisting was discussed but uncertain.

**ACTION NEEDED:**

1. Kelly Sierra to recruit student volunteers for Friday’s tasting (goal of 2 students per lunch period). Dr. Kouba will coordinate the tasting with Janice Strong and Gloria White from ARAMARK, PEHS and Loyola students.
2. Chanel Rodney, PEHS student, will coordinate approval and delivery of the verbal announcement, after J. Kouba emails her the wording.
3. Ongoing evaluation of this project is needed to show that the salads are helping to increase access to health food in schools.
4. **Food Patriots:** One of the producers of Food Patriots, Jennifer Spitz, will be attending the viewing of the movie, and will be available to answer questions after the movie. The movie will be promoted via posters in school, advertising in health classes, in the Broadview park district and elementary school, and in newspapers such as the Chicago Tribune. The goal for advertising is to get local students and parents, and other community members to attend the movie.

Ideas still pending:

* Drawing during the movie for prizes
* Giving out seed packets to attendees
* Panel at the end consisting of local food/gardening influencers discussing how they have been active in the community (Including Loretta Brown and Jennifer Bridgeman)
* Students watching small children during movie

**ACTION NEEDED:**

1. Myleah Matheny (PEHS student) to plan activities for students before the movie, such as a photo booth, or a “green carpet” with photos.
2. Wellness community members to come up with questions to ask Jennifer Spitz after the movie to ensure enough questions are asked.
3. Marcia LaPorte (PEHS teacher) to reach out to Jennifer Bridgeman to speak.
4. **PEHS Faculty/Staff Wellness**: The teacher and staff health screening is coming up on March 10, 2016. There are 4 more staff events coming up, 2 of which will be health screens.

**ACTION NEEDED**

1. Mrs. McCalister to send out the word.
2. **Cookbook:** Kelly Sierra is creating a cookbook with Lunch Bunch recipes to hand out at the health fair. It will be the main giveaway at the health fair. The idea behind the cookbook is to have easy recipes you can replicate at home.

**ACTION NEEDED:**

* 1. Kelly to finish cookbook for health fair.

1. **PEHS Prom Boot camp**: Kelly Sierra contacted Portia Lindsay, still waiting to hear back.

**ACTION NEEDED:**

* 1. Kelly Sierra to continue to follow up about details.

1. **Review of Yearly Goals**: Discussion of how the PEHS wellness committee has met the goal to improve food access. This was done via the garden, the Grab’N’Go Salad project, and increasing participation in breakfast and lunch.

**ACTION NEEDED:**

* 1. PEHS wellness committee to get students signed up for participation in the garden, which will be opening in a few weeks.
  2. Joanne Kouba to look into having a gardener to come and speak to freshmen during freshmen support class about getting involved (date not yet set).

1. **April 23rd: “Village Pride~~ Village Wide”:** Village Pride Day will include activities related to cleaning up the village (gardening, planting flowers, picking up trash). The PEHS School wellness committee to have a team for this event.

**ACTION NEEDED:**

* 1. Marcia to communicate with Loretta Brown on Proviso team’s attendance
  2. Hector to design the T Shirt for Wellness Committee

1. **Additional Notes/New Ideas:**
2. Wellness Committee to have a booth at the health fair. , people to staff
3. Seniors to bring underclassmen to meetings and lunch bunch.
4. Idea for fruit salad in the cafeteria
5. Fruit water (either in cafeteria or in vending machines). Dr. Kouba to check with Mr. Carter. This may be a project for next year after salad program established.
6. Connect with cooking classes and do a recipe challenge to bring new recipes into the cafeteria.

This meeting began at 1:20 pm and concluded at 2:15pm in the PEHS Social Room.

The next meeting is scheduled for March 22, 2016, 11:05 am-12:05 pm, 4th period.

Respectfully Submitted,

Amanda Montgomey