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

**Meeting Minutes**

**December 6, 2016, Period 6, Room 76**

In attendance:

Period 6: Patty Heidel and Tracy McCormick, PEHS Teachers, Noah Salazar, PEHS Student, Christopher Epps, PP4H Garden Manager, Rhoan Ruddick, ARAMARK manager, Janice Strong, ARAMARK manager, Kelly Sierra, Joanne Kouba, Loyola SBHC dietitians, Shanika Blanton, Proviso Partners for Health.

**Welcome and Introductions.** Everyone introduced themselves. New members included Patty Heidel, PEHS Teacher and Rhoan Ruddick new ARAMARK Foodservice Director who is replacing Jamie Schumann, acting ARAMARK Food Service Director. Mr. Ruddick was previously with the Buffalo Grove School district. There were no changes to the minutes of the October 11 Wellness Committee meeting.

**ACTION NEEDED: none**

1. **Giving Garden: Christopher Epps**

* Chris Epps and Mary D’Anza visited the 2 freshmen homeroom groups (approximately 200 students) and another foods class (approximately 25 students) on November 10 to increase awareness of the Giving Garden and opportunity for community service. These sessions were successful and well received. Approximately 30 students expressed interest in working in the Giving Garden in spring 2017.
* Giving Garden winter produce will be available for sale (cash-and-carry) to PEHS faculty and staff. Mary and Chris will set up a table outside of the main office approximately 10:00 am until all items are sold. Spinach, radishes and scallions will likely be available.
* Discussion followed related to expanding production and sales of the 7 PP4H gardens in 2017. This would increase access to healthy foods in the Proviso area and also provide students with entrepreneurial learning opportunities. A farm stand is planned for summer 2017 sales at the Giving Garden location on Madison. The sale of garden produce to District 209 for use in the schools would require coordination of Farm Logix related to regulations and standards.
* Ms. Heidel generously donated seeds to the Giving Garden compliments of her mother who receives these through her work connections.

**ACTIONS NEEDED:**

1. Christopher Epps, Mary D’Anza and Joanne Kouba and students will plan and coordinate selling of Giving Garden produce on December 20 morning in PEHS, outside of main office.
2. Chris will see that the donated seeds are used for spring planting.
3. Chris and Mary will investigate Farm Logix partnership for garden sales.
4. Chris and Mary will contact PEHS students who expressed interest in the Giving Garden for community service or summer internship in spring 2017.
5. **ARAMARK Updates: Janice Strong**

* Grab’N’Go continuing well at PEHS with 160 salads produced and served some days and a minimum at least 100/day.
* Janice Strong, Shanika Blanton and Joanne Kouba toured PWHS and PMSA to identify location for Grab’N’Go coolers.
* ARAMARK managers noted that staffing is a problem. There are a number of open food service worker positions. The hiring and on-boarding process may slow some of the cafeteria initiative implementation.
* Regular taste-testing discussed to increase student interest and participation in cafeteria with PEHS student to assist.
* Several members, including students, voiced concerns about cafeteria items including frozen milk and lack of salads. A means of gathering student feedback was discussed including a suggestion box and Instagram.

**ACTIONS NEEDED, including some from last month:**

* 1. Shanika B to schedule “Action Lab” planning meeting for Grab’N’Go expansion with Mr. Ruddick, Janice Strong, Joanne Kouba and Shanika Blanton.
  2. Marcia Laporte will follow up on potentially using canvas paintings.
  3. Joanna Kouba will follow up to see if grant money can cover cost for canvases for project.
  4. Joanne Kouba will follow up to coordinate taste tests in cafeteria from students.
  5. Suggestion box to be started in January 2017 with coordination from Loyola students.

1. **PHYSICAL ACTIVITY**

* Discussion followed about adding a goal related to increasing physical activity options for PEHS students, faculty, staff and families.
* The possibility of PEHS pool use was discussed. Information is needed related to the facilities status and administrative support.

**ACTIONS NEEDED:**

1. Marcia LaPorte will arrange a meeting with Dr. Hardy to explore administrative support and next steps.
2. Joanne Kouba will investigate any PP4H partners such as the West Cook YMCA.
3. **Cooking Up A Change:** 
   * This is a student-led, culinary competition that was started 10 years ago by the Healthy Schools Campaign at CPS. It increases student involvement and input into the cafeteria menus. The idea of starting a similar program at PEHS, or event district-wide eventually, was discussed. Mr. Keith Morris, PEHS Foods Teacher, was a coach of a winning team for this competition several years ago. He has experience and may be willing to coordinate with Wellness Committee support.

**ACTIONS NEEDED:**

**a.**Joanne Kouba will discuss with PEHS and PP4H connections to determine interest and resources. Further discussion at the next meeting.

1. **Goals for 2017: Joanne Kouba**

After discussion at the last two meetings, input from PEHS Wellness Committee members and our PP4H partners, the following goals were proposed by Joanne Kouba:

* + **Monthly Taste Testing:** Conduct and analyze monthly taste testing of PEHS cafeteria items to increase student engagement and participation in the PEHS cafeteria and National School Lunch Program. The dates proposed were: Tuesdays, January 24, February 7 and Wednesdays March 1, 15, April 8 and April 26.
  + **Grab’N’Go Salads:** Expand variety and total amount of salads served monthly in PEHS; and implement Grab’N’Go salads at PWHS and PMSA.
  + **Cooking Up A Change:** Develop a plan in the spring for this menu development competition with student teams to increase student involvement in cafeteria menus, tentatively implemented for the first time in fall 2017.
  + **Physical Activity:** Investigate one strategy to increase physical activity options for the PEHS community including students, faculty, staff and families.
  + **Giving Garden:** Increase number of PEHS students that are involved gardening

1. Pending from November meeting:

* **Marketing/Promotion of the PEHS Wellness Committee**: T-shirt designs were reviewed. **ACTION NEEDED: Policy T-shirt distribution. Attendance at meetings, etc.**

**Future PEHS SWC Committee Meeting Schedule:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Date | Day | Class Period | Location | Notes |
| **2017** | | | | | |
| 5. | January 30 | Monday | 5 | TBD | After MLK holiday |
| 6. | Feburary 14 | 2nd Tuesday | 6 | TBD |  |
| 7. | March 14 | 2nd Tuesday | 3 | TBD |  |
| 8. | April 11 | 2nd Tuesday | 5 | TBD |  |
| 9. | May 9 | 2nd Tuesday | 6 | TBD |  |

Lunch will be served at all Wellness Committee Meetings.

**Reminders:** PEHS Wellness Committee website is : <http://pehswellnesscommittee.weebly.com/>

This on-line sources has all PEHS Wellness Committee minutes.

Respectfully Submitted, Joanne Kouba, PhD, RDN, LDN, Loyola University Chicago