

Wellness Policy Advisory Group
Notes 5.5.2016

Members present: Mark Dalton, Maria Tyes, Tanya Rowe, Mark Dalton, Heidi Rodriguez, Kathy Thompson, Sarah Simpson, Tanya Peckler, Caroline Greer, Steve Wiley, Brooke Larrabee, Erica Lamson, Mary Anderson, Alison Merz

Members absent: Nikki Lockhart, Gail Knops, Anne Welsh, Jaren Tilley, Analisa Ficklin

Welcome & Introduction to Nutrition Topic

Jessica shared background information:

Local School Wellness Policy Implementation Under the Healthy, Hunger-Free Kids Act of 2010; Summary of Proposed Rule:

At a minimum, policies would be required to include:

Nutrition guidelines for all foods and beverages available or for sale on the school campus during the school day that are consistent with Federal regulations for:

- School meal nutrition standards, and the
- *Smart Snacks in School* nutrition standards.

Policies for other foods and beverages available on the school campus during the school day (e.g in classroom parties, classroom snacks brought by parents, or other foods given as incentives)

Policies for Food and Beverage Marketing that allow marketing and advertising of only those foods and beverages that meet the *Smart Snacks in School* nutrition standards.

Nutrition Topic: Activity

1. Common elements exercise: small groups read through one of five sections and discussed: what is valuable, what is not relevant for Bellingham, what is missing. Note any interesting illustrations or examples from your expertise of each element in action
2. Summary: first group returns to their first section. Explain what the comments are. Estimate how far from a working draft we may be.
3. Discussion Points:
 - a. Difficult to define best “food rules”: USDA Smart Snacks don’t go far enough; individual school examples are not comprehensive enough. Request time for a more complete look at local food values and “rules” that are a good fit

- b. School leadership requests firm wellness policy as a support to instruction
- c. Thoughtful notes about not using food as a reward. There are circumstances where food is the only effective motivation/relationship-builder for teachers and students.

Tabled planned activity (Wellness Policy Draft Revision: Physical Activity Section) for next meeting.

Next Steps & Adjourn

May 19, 3-5 pm

Nutrition Education topic

Review physical education, physical activity, nutrition drafts and come with your suggestions.