



## **Good Food Implementation Committee**

March 13, 2018  
2:30 – 4 p.m.

Attendees: Patrick Durgan, Jessica Sankey, Elizabeth VanNeikerk, Michelle Abernathy, Margaret Gude, Megan Stephenson, Jennifer Moon, Tanya Storm, Anna Ciao, Jen Pinnow, Priscilla Brotherton, Erin Chervenock-Johnson, Holly O’Neil, Atalia Jones, Tami Slack, Pat Draper, Faith Whaley, Alexandra Sands, Maressa Valliant, John Bosche, Mardi Solomon, Robert Kalahan, Anna, Laura Plaut, Cindy Scott, Amy Blom, Priyanka Anand, Josh Silverman, Mike Cohen , Rainbow Koehl

### **Welcome and Introduction of the Good Food Promise**

Jessica Sankey, Director of Wellness, welcomed the group and talked about the development of the Good Food Promise and an overview of what food in our schools looks like. Beginning with Whatcom Farm-to-School Bellingham has done a lot of work to improve the quality of food served in our schools.

The Good Food Promise originated within the work of the committee that developed wellness policy that is required of all districts. It became apparent during that work that our goal would be to “meet or exceed” the USDA standard for food in schools. The Good Food Promise has been developed over the last year; it outlines three values for making food choices in the district. The goal of this committee is to provide guidelines to help folks when choosing food in their environment, specifically in the following categories: food services, classroom food, celebrations, fundraisers, extended school day & vending, and food education.

### **Overview of Food Services and Central Kitchen Project**

Patrick Durgan, Executive Chef, shared a food services road map with the development of food services. In the last year we’ve added salad bars to every school in the district. Salad bars are an offer vs. serve model allowing kids to take what they like and encourage kids to eat more fruits and vegetables. The choices and popularity are different in each school. Shuksan middle school’s dinner program and Breakfast in the Classroom programs support equity for students by providing greater access to food.

Bellingham Public Schools has more than 11,000 students. There are three cooking kitchens that serve all 22 schools. 32% of our population qualifies for free or reduced lunch which is a benchmark for families at or below the poverty line. 22% of students eat school breakfast. 32% of students eat school lunch. We serve about 65% of our free and reduced population. Our ideal is for all students to eat and enjoy our school meals together.

Patrick also shared the plans for the central kitchen and talked about the guiding principles for the project. The Central Kitchen is scheduled to open October 2018 and be in full operation for January 2019.

## **Introductions and Prioritization of Work**

Jessica asked everyone to introduce themselves and answer the question “If you could advocate for only one priority with regard to food in our schools, what would it be?”

- less waste
- more choices
- plastic ware (real utensils)
- food education & relationship between food and physical activity
- food education- nutritional aspects and social component, fats – minimally processed fats and cooking with the right fats
- food education – psychological well-being; food education – story of food, growing and cooking
- scarcity
- reducing waste, food recovery; food education – healthy choices; foods in the classroom – healthy choices that are exciting
- food waste
- Food Education – nutrition, food waste; food and nutrition – healthy choices and preparation
- whole foods and locally sourced food for the lunch program
- food waste, healthy choices available for kids
- food in the classroom, improving breakfast; food education
- more vegetarian options
- food services, more healthy choices, more local food, fundraisers
- integrating health fitness curriculum
- food services – equity & community health
- coherence – consistent food message everywhere in school system
- welcoming environment, real tableware, trays, noise
- Food education – important to know where food comes from, environment
- Consistent message across district
- Food education – improved culture, gardening, cooking
- Equity and access to food
- classroom food/fundraisers align with good food promise
- Diversity in cooking

A question was asked if there is a goal to have more children having school lunch and would that affect the time that is available for lunch? Currently the USDA requires 20 minutes for lunch. Implementation of Recess before Lunch has improved school meal patterns. Kids don't feel rushed to go outside and seem to eat more.

## **Closing Comments**

Jessica asked everyone to share a recent action or change with regard to food in our schools that they appreciated or support?

Answers included: Salad Bars, staff, Harvest of the Month, no chocolate milk, change in high school schedule, scratch cooking, Common Threads- gardening in school, Breakfast in the Classroom, recess before lunch, good food promise, Chef Patrick and Jessica Sankey's roles in supporting change, community support. Changes in menu – new recipes. Taste tests for harvest of the month, day before HOM day to increase participation.

Adding Breakfast in the Classroom to Shuksan Middle School.

**Upcoming Meetings:**

April 17, 2:30 – 4 p.m.

May 15, 2:30 – 4 p.m.

June 12, 2:30 – 4 p.m.