

BOARD OF EDUCATION
FAIRFIELD PUBLIC SCHOOLS
FAIRFIELD, CT

*Wellness Policy Subcommittee
of the Wellness Coalition*

December 18, 2009

Human Resource's Conference Room
501 Kings Highway East
Fairfield, CT 06825

10:00 a.m. – 11:30 a.m.

DRAFT Minutes

1. Members Present: Michelle McCabe, Anne Tack, Analiese McCay, Dave Abraham, Lori Mediate, Joann Fitzpatrick, Tom Cullen, and Anna Cutaia-Leonard.
2. Ms. Fitzpatrick provided an update on the School Meals Portion of the Wellness Policy. Some changes were made in food products to incorporate lower sodium options. A switch is being made by purchasing water bottles made with biodegradable materials. The Food Services Department continues to make regular updates to their website where menus, nutritional information of foods served, and health/wellness news articles are located. Boar's Head products are used as much as possible. The turkey and roast beef used is nitrate free. Connecticut and locally grown produce are used as much as possible. Produce is ordered weekly. Healthy vending machines that include wraps, salads and sandwiches will be installed at the high schools for quick grab and go options and afterschool access.
3. Mrs. McCabe asked that we streamline and clarify the nutrition information on the website. She would like to see us get the most popular food items on the website. Additionally, she requested that menu names match those on the website and that definitions are provided.
4. The committee identified a prioritized list of actionable items for the focus of its work:

- Mr. Abraham asked that we prioritize sharing the Wellness Policy with all staff in order to raise awareness. The committee overwhelmingly agreed with this recommendation. Additionally, he requested that we share this information and any health/wellness information with parents more regularly. In the long term, he'd like to see more physical education at the elementary level.
 - Ms. Mediate recommended as a long-term goal to incorporate more health education.
 - Ms. McCabe recommended that we identify a procedure that will allow us to investigate questionable food ingredients that are included in the foods we serve. Additionally, she would like to see a home component developed in the 2nd grade health curriculum.
 - Ms. McCay recommended as a long-term goal that we have gardens at each school in the district. In the interim, she will work on establishing guidelines and parameters for PTA Council-run gardens in existence today. She also recommends that professional development be included on how to integrate the use of a garden in the current curriculum.
 - Ms. Tack recommended that we aim for more effective hand washing practices and that we help staff, students and parents understand the importance of hand washing.
 - Mrs. Cutaia-Leonard recommended that we share information with parents regarding physical activity, health and nutrition at home.
5. It was determined that these priority items would be shared with the Wellness Coalition at its next meeting on January 13, 2010 at 10:30 a.m. at Tomlinson Middle School.
 6. Other items shared by Ms. Tack: 1-concern over the inclusion of Benzalkonium chloride (BAC) in the hand sanitizer used in our schools; and 2-concern over the grades 3-5 walking policy.
 7. The next meeting of the Wellness Policy Subcommittee will be on January 29, 2010 at 11:00 a.m. in the Human Resources Conference Room.
 8. The meeting was adjourned at 11:35 a.m.