

Healthy Asbury Committee Meeting

October 7, 2014

In Attendance: Meredith Fort, Melissa Muñoz, Melissa McClung, Consuelo Kelly, Stephanie Vieau, Kristi Leech

1) Walk-to-School Day:

We coordinated for Walk-to-School day on October 8th and can learn from the experience to plan for the May bike-to-school day. Lori Netzly is already looking forward to planning for it.

2) Health corner in the Newsletter:

Meredith coordinated with Gaby Jakubowski to have a corner in the parent newsletter dedicated to health – the “health corner”. The topic for the October newsletter will be the flu season. Recommendations for the November newsletter are healthy eating/nutritious snack options for the holiday season/healthy recipes. Gardening will be a good topic to cover in the spring.

3) Garden, farmer's market, and volunteer opportunity to fill school produce orders

Stephanie coordinated with Consuelo to help have Asbury students go to the garden and pick vegetables. Molly volunteered on behalf of Asbury to help fill school produce orders for farmers’ markets. Stephanie suggested that in the spring Healthy Asbury can help coordinate volunteers and have families sign up for watering over the summer.

4) Report back from meeting with DPS Wellness Specialist Shawn St. Sauveur

Shawn is supportive of the work that we are doing at Asbury and offered to take part in upcoming meetings and/or stay in touch in the future about our work to see if there is a way that he can help out. Meredith agreed to reach out to him about a grant called Fuel Up that he mentioned to Melissa McClung and will report back to the group at the next meeting. Meredith will also reach out to him to learn more about DPS Healthy eating policies to see about potential opportunities for Healthy Asbury to work on and to see if DPS would be interested in supporting a health fair/activity in the Spring (see more about this below).

5) Promoting healthy eating at Asbury

Stephanie shared some history with the group about past work to promote healthy eating within Asbury. There was an attempt to remove flavored milk from the lunchroom – but chocolate milk was put back after seeing that milk consumption had declined. In the past there have been some programs like Cooking Matters - that were great – and were offered when there was a higher free and reduced lunch percentage than what Asbury currently has.

Melissa Muñoz shared her interest with the group about the topic and specifically mentioned Moms Across America and the Slow Foods Movement as efforts for our group to follow and think how we can implement the type of work that they are doing within the Asbury community. The group will continue to think through opportunities to

work on this topic. Consuelo and Kristi agreed to research some ideas that Healthy Asbury can share with families as recommendations for healthy snack/classroom celebration foods – that can be distributed to families through room parents and through the newsletter.

6) Other topics:

- Hand washing/hand sanitizer in the lunchroom. Some of the kids have reported that they are putting on sanitizer on the way out to recess and not before they eat. Meredith will check with Pam Kirk on access to hand sanitizer to see if it is a question of having it available at both ends of the lunchroom or if some kids just are not making use of it.

- Extracurricular physical activity: Melissa Muñoz will be teaching Zumba on Friday afternoons in November and December as an additional physical activity extracurricular. She wants to make it accessible to all families and will be offering scholarships.

- Health and wellness fair/activity in the spring. The group talked about organizing a health and wellness fair or including a health and wellness component to other planned Asbury activities in the spring. Kristi had a number of ideas about groups that might be interested to sponsor such an event (local hospitals, gyms, etc.) This could be a chance to share healthy food options with the Asbury community in a celebratory way. We will talk over this idea with the PTSO to see about the best opportunities to incorporate health and wellness into the winter/spring activities in 2015 and discuss this more at our next meeting.