

Report to the Board Student Support and Community Relations Committee

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Wellness Policy Development

- Required by federal Child Nutrition and WIC Reauthorization Act of 2004 (Section 204 of Public Law 108-265)
- Integral to the District's Strategic Plan
- Internal Work Group established in September 2005 – includes representatives from the offices of the Superintendent, General Counsel, Nutrition Services, Health Education, Physical Education, Communications, Information Technology, Finance and the School Board.
- The District Work Group:
 - Surveyed the literature on wellness models, best practices, implications for resources, and model policy language developed by other school districts nationally; (survey results are attached)
 - Involved parents, students, school administrators, representatives of relevant and interested community organizations, and the public to provide input for the development of the policy;
 - Drafted a School Wellness Policy and Administrative that reflects community values and comments, encompasses all aspects of the law; (copies attached)
 - Recommended for appointment, individuals to serve on the District Advisory Committee.
- Public input sought through a series of public hearings to collect the ideas of our community on this School Wellness Policy and an on-line survey. The focus of the hearings and survey included:
 - Goals for nutrition education
 - Goals for physical activity
 - Goals for other school-based activities to promote student wellness
 - Nutrition guidelines for a la carte sales
 - Nutrition guidelines for foods and beverages sold in vending machines, snack bars, student stores and concession stands
 - Nutrition guidelines for foods and beverages sold as part of school-sponsored fundraising activities
 - Nutrition guidelines for refreshments served at parties, celebrations, and meetings during the school day
 - Establishing a District advisory committee
- Close to twenty members of the community, representing individuals, business, health care and community organizations, presented testimony at the hearings.
- The on-line survey ended December 31, 2005.
 - 853 individuals completed the survey, including 364 Portland Public students.
 - Input was also sought from SuperSAC.

- A draft policy and administrative directive (AD) were developed pulling from the survey, testimony, community input and other research undertaken by the Internal Work Group.
 - A group of principals recommended by PAPSA reviewed the drafts and also provided comment and recommendations.
 - Public comment through a Wellness Web page on the District's Website
 - Wellness Advisory Committee (WAC) input
- The School Board adopted the policy June 12, 2006 and then-Superintendent Phillips signed the administrative directive on December 18, 2006. Both the policy and administrative directive require a report by the Wellness Advisory Committee and Superintendent (or designee) to the appropriate School Board committee.

Superintendent's Wellness Advisory Committee

- The Superintendent appointed a Wellness Advisory Committee in February 2006. The WAC is comprised of representatives from district teachers, district students (high school juniors or seniors), district staff, district parents and the Portland-area business, health care and community partners. The Advisory Committee:
 - Assisted with the development of the Wellness Policy and Administrative Directive.
 - Advises the District on issues concerning physical activity, health education, and nutrition.
 - Makes recommendations and updates to the District.
- The WAC met extensively through 2006 and 2007 to provide recommendations and input into the policy and administrative directive. In addition, for the 2007-2008 school year, the WAC provided considerable input into a baseline survey sent to all schools during the Fall of 2007.

Legislative activities impacting student wellness

- The Oregon legislature enacted several pieces of legislation during the 2007 session and the 2008 supplemental which have an impact on student wellness. These include:
 - Department of Agriculture Budget Appropriation bill – The annual funding bill for the Oregon Department of Agriculture provided funding for a full-time position Agriculture to provide assistance and planning to school districts on Farm-to-School and School Garden initiatives. (2007 session)
 - HB 3141-A –This legislation recalls school districts to implement minimum standards and requirements for physical education in grades k-8 by school year 2017. The act also establishes a minimal grant program to assist school districts in meeting these requirements. (2007 session)
 - HB 2650 – This bill established minimum standards for food and beverages sold on school campuses. It also allows school districts to adopt more stringent standards. Portland Public Schools had already implemented many of these standards and in places, went beyond the state requirements. The state requirements go into effect beginning with the 2008-2009 school year. (2007 session)

- HB 3601-A – This legislation created a full-time position within the Oregon Department of Education to provide assistance and planning to school districts on Farm-to-School and School Garden initiatives. This position will work with a counterpart at the Oregon Department of Agriculture. (2008 supplemental session)

District Activities Touching on Student Wellness

- Physical Education curriculum adoption
 - As part of the district’s comprehensive core curriculum adoption process, the School Board approved a new core curriculum for Physical Education for all grades. This includes professional development activities for all of the district’s physical education teachers.
- Baseline survey of school efforts
 - The Wellness Administrative Directive, requires each school to complete a baseline survey of the school’s existing environment as it relates to nutrition, nutrition education, physical education and physical activity programs and practices. This electronic survey was undertaken during the Fall and Winter of the 2007-2008 school year (additional efforts were made from February and March 2008 to capture initial non-responders). The survey also included questions intended to gather information relating to physical education and health education/prevention in order to assist on-going efforts by the Office of Teaching and Learning in curriculum development.
 - The WAC provided considerable assistance in the development of the survey. A handful of schools have yet to complete the survey modules, and the district will continue to work with those schools to get the necessary information. Preliminary survey results are attached to this report.
- Changes to foods and beverages sold on campus:
 - Nutrition Services proactively implemented restrictions on snack food and beverage sales in the 2005-2006 school year in advance of the adoption of the Wellness AD in December 2006.
 - After taking the first steps in 2004-2005 to sell “healthier” snack foods such as baked chips and smaller size cookies, Nutrition Services decided to completely eliminate a la carte sales of snack foods in cafeterias in 2005-2006. In addition to improving nutrition by replacing snack food sales with balanced school lunches (served with unlimited fruits and vegetables and 1% or nonfat milk), the decision to eliminate a la carte sales also promoted equity by eliminating the separate lines of students who could afford to buy a la carte choices from those receiving free and reduced price meals.
 - In 2006-2007, as part of the Wellness AD, Nutrition Services proposed limiting beverage sales to water, 100% juice and low fat or fat-free milk for all grade levels from Pre-K through 12th grade. Previously, this had been the standard for Pre-K through 5th grade and for Middle Schools since 2004-2005, but high schools had continued to sell carbonated soft drinks in vending machines and student stores. Adopting this standard for all grades placed PPS ahead of the

majority of school districts in the country in restricting access to minimally nutritious beverages during the school day.

- Nutrition Services provided school administrators with easy-to-implement charts of the new nutrition standards, lists of allowable foods and web sites with nutrition calculators for snack foods to assist schools in implementing nutrition standards for all foods sold at school until 30 minutes after the school day.
- For the 2008-2009 school year, Nutrition Services will streamline and integrate three existing Administrative Directives that address child nutrition programs, vending and nutrition standards for foods sold during the school day.
- For the 2008-2009 school year, Nutrition Services will provide an updated quick reference guide for administrators and school staff incorporating all nutrition standards for snacks and beverages and the new calorie guidelines of Oregon Statute 455, which goes into effect in July 2008.
- Promotion of Dietary Guidelines:
 - Since 1993, Nutrition Services has continued to promote the availability of unlimited fruits and vegetables through self-serve salad bars as a way to promote the US Dietary Guidelines and to reduce waste by allowing students to choose their own servings.
 - Nutrition Services has increased the whole grain offerings on the menu each year to gradually win student acceptance for 100% whole wheat bread, rolls, sub buns, hamburger and hotdog buns.
 - Lowering fat content of school meals by offering low fat and nonfat milk and lower fat entrees that are baked not fried has also been an important goal over the last two decades. Restricting French fries to high schools only, serving appropriate portion sizes (3 ounces) and offering French fries only three times per week as a part of a meal is an example of a favorite food being eaten in moderation.
- Farm to School, Local and Sustainable Food Purchasing:
 - Nutrition Services is striving to increase the amount of fresh, local and sustainable foods on the menu each year.
 - In 2006-2007, Nutrition Services introduced the Harvest of the Month program adapted from Abernethy's Vegetable of the Week and developed in partnership with the Abernethy Garden of Wonders program through grant funding. Featured products purchased directly from local farmers included roasted squash, potatoes, asparagus and fresh Oregon strawberries.
 - In 2007-2008, new Harvest of the Month foods introduced included beets, pears, cherry and blackberry cobbler made locally by Willamette Fruit Company of Salem, watermelon, kiwi berries, strawberries, winter squash, salad greens, plums and green beans. Local pizza, a new Zac-Omega breakfast bar and bread products made from Shepherd's Grain sustainable locally produced flour were also added.
 - The Abernethy pilot, which began in 2005-2006, has been successful in testing recipes that are kid-friendly and that can be made using local ingredients and produced by local businesses and purchased for use district-wide. This is the

direction that Nutrition Services is moving to promote equity and keep overall costs under control since the “chef in every kitchen” model cannot be replicated with current resources.

- Nutrition Services Looking Forward
 - In the 2008-2009 school year, Nutrition Services will introduce new “Local Lunches” featuring handmade quesadillas and burritos, three-bean vegetarian chili and new Harvest of the Month featured produce such as lemon cucumbers, corn on the cob, parsnips, cabbage, potatoes, radishes and asparagus. We are also exploring a partnership that would bring Country Natural beef hamburgers to Portland students.
 - Nutrition Services continues to work with community partners such as Ecotrust and Growing Gardens who helped advocate for the Cory Schreiber Farm-to-School position with the Oregon Department of Agriculture and the counterpart position at the Oregon Department of Education. PPS will work with these state agencies to develop and test new menu items that support local farmers and food producers, appeal to students and meet our food and labor budgets.
 - Nutrition Services will participate in a pilot test of spending 7 cents per meal to increase local food purchases in 2008-2009. Northwest Health Foundation and Kaiser Health Foundation have provided funding for the pilot in the hopes of demonstrating the benefits of adding additional state funding per school meal (in the 7 cent to 25 cent range) to the Oregon Legislature. Farm to School advocates hope to introduce this in the 2008-2009 legislative session.