

Our Children, Our Families Council

Summary of Food and Fitness Committee of The San Francisco Unified School District

April 20, 2015

Goals of the Effort

Members of Food and Fitness Committee are committed to advancing policies and programs that reduce the risk of diet-related disease and increase physical fitness in the SFUSD community. The most recent goal of the Food and Fitness Committee is to make recommendations on the wellness policy, as well as to revise the wellness policy for the school district. The wellness policy will drive all food, fitness and after school activity for K-12.

Focal Population of the Effort

The Food and Fitness Committee is focused on all students in SFUSD.

Impact

In the past, the committee's work has included removing junk food from the schools, increasing participation in the National School Lunch Program, reducing the dependence of schools and school-related organizations on food-based fundraising, expanding and improving opportunities for physical activities for students, and increasing the nutrition education offerings to students and families. The food and fitness committee recently completed a redraft of the wellness policy for the school district.

The greatest strength of the Food and Fitness Committee is the large capacity of the school district to make change.

Challenges

The biggest challenge for the food and fitness committee is that it is not staffed.

Origins of the Effort

The SFUSD Food and Fitness Committee was created around 2002 by the SF Board of Education as a committee of the superintendent.

Leading the Effort

Paula Jones was appointed to lead the Food and Fitness Committee. The committee has put in a budget request for staffing.

Members of the Effort

The Food and Fitness Committee consists of a minimum of seven and a maximum of 15 members. The FFC membership has a goal of having at least one representative (or their self-appointed alternate as necessary) from Student Nutrition Services (SNS), PE Department (PE), School Health Programs (SHP), school site administration, physical activity professionals, a student representative, and parents of students currently enrolled in SFUSD. Members have a three-year term with a two-term limit. They may reapply for a third term.

The committee will be working with the superintendent to recruit new members as soon as they know if SFUSD is able to hire a wellness policy coordinator to staff the committee.

Structure of the Effort

The group previously met quarterly when it was drafting the food and fitness report. Now it meets less frequently. The group has good attendance, with upwards of 15-20 people in attendance.

Related Documents

- The SFUSD Wellness Policy can be viewed at http://www.sfusd.edu/en/assets/sfusd-staff/nutrition-and-meals/files/Wellness%20Policy_April%2028%202015.pdf.

- Bylaws