

## MEETING MINUTES

Dominican University Edgehill Mansion, San Rafael, CA 94901

**Monday, October 26th, 2015**

**In Attendance: Vaughan, Nick, Henry, Sarah, Ethan, Juan, Ruby, Leah, Tara, Alejandro, Abby, Danielle, Bilal, Liza, Josh, Ben, Hector, Rose**

**Absent: Josh and Ruby**

<p><b>6:30pm – Meeting Called to Order</b></p> <ol style="list-style-type: none"> <li>1) Call to order/Roll call; Approval of Agenda</li> <li>2) Time for public expression (3 minute limit p/p)</li> </ol>	<p>Meeting called to order at 6:30 Everyone approve last week minutes Approved agenda Roll call reflected above; _18_ in attendance.</p> <p>Ethan went backpacking in Hetch- Hetchy dam. Made Disney shaped pancakes and gave to group. Liza had people survey them at school about food in the cafeteria and Liza thought Kiely was behind it (she wasn't). Sarah is going to be constantly studying because she has Constitution test. Henry went to big music store. Nick was playing golf with someone who was friends with two major league baseball players. Tara got her record player fixed. Bilal had an article in school paper about it being fall and having to review all the disgusting pumpkin spice stuff. Rose is starting her endangered species projects and she wants to do whales. Ethan wanted to stop by Chipotle for dinner dinner.</p> <p>Josh and Ruby arrived at 7pm which counts as a missed meeting.</p>
<p><b>6:40pm – 6:55pm – Welcome/Opening</b></p> <ul style="list-style-type: none"> <li>➤ Icebreaker</li> <li>➤ Group Agreements Review</li> </ul>	<p>Introductions – Approved last weeks minutes and this weeks agenda Icebreaker – Assassins, related it back to MCYC in that if all the “victims” work together they can then figure out who the “assassin” is. Ben came up with this gem.</p> <p>Group agreements (popcorn style)</p>
<p><b>6:55pm – 7:51pm – New Business</b></p> <ul style="list-style-type: none"> <li>➤ Advisory Committee Report Backs</li> <li>➤ Practice for Supervisor meetings</li> <li>➤ Bioneers Debrief</li> </ul>	<p>Education Equity- Decided that they'd go around schools (reaching out to student councils and principals) and show the documentary and they will also run a fundraiser to try and raise money for SAT prep books for schools who don't have them. Also shared out the statistics from their districts and a lot of schools are having problems with some classes not being represented as well. Leah wants to know whom the money would go to in terms of the Committee as a whole or the Advisory committee. Funds would go directly to the Advisory Committee.</p> <p>Food Justice- Started by sharing research about food justice, no</p>

	<p>specific topics. Talked about food justice on a large scale and how it's kind of corrupt and there are food deserts in Marin. Came up with a list of problems and talked about which ones were a higher priority than others. Have a contact in the Canal and have ideas for other projects and people they can contact. Nick's contact is starting a farmers market in the Canal. Came up with an idea based on what Nick's contact is doing. Inspired by Bioneers presentations and there's a big incentive to buy healthier foods and for farmers to produce more. Possible project is to raise awareness about food stamps being accepted at farmers markets.</p> <p>ATOD- Have completed 100 one-on-ones for the CMCA. Had a call with Christina and she talked about how they can put the data together so it can be organized and looked through. CMCA- Communities Mobilizing for Change on Alcohol</p> <p>Supervisor meetings are set and ready to go. Covering all the what-ifs when with a supervisor. Doing a role-play to practice with what to say to your supervisor. Youth Leadership Institute, YLI CMCA- Communities Mobilizing for Change on Alcohol</p>
<p><b>7:51 – 8:10 – Old Business</b></p> <ul style="list-style-type: none"> <li>➤ Novato Unified Food Policies with Miguel Villarreal</li> <li>➤ PR and Media Brainstorm</li> </ul>	<p>Miguel Villarreal, Novato Unified Food and Wellness Director. Oversees that food wellness programs are being implemented and programs have improved over the years. In 2006, Congress passed federal law about Wellness Programs being implemented. Miguel handed out an addendum document in terms of the wellness policy for Novato to further create more healthy policies to tighten up the existing Federal Wellness Program policy (for example - federal policy only exists during school hours, and not before or after school). There's no local regulation on what gets served outside the school day, like at school functions, and the addendum would address implementing for local policy that specifically covers food services and health. Currently, "Meat-less Monday" exists to help kids eat more plant-based foods but this is not in the federal program, but in the addendum. Recommends closing the open campus policies in schools so there can be a reinvestment in school food. Managing food waste is also an issue and in two schools, there are milk dispensers so that creates 25 gallons of saved milk. Is the biggest issue funding in getting healthy foods to schools? Loaded question, but in some school districts, it's difficult to get healthy foods to some schools. Funding, how it's all going to be covered, no specifics. Food costs is taken out of every 30-35% and labor costs are around 50%. Wants more students eating in the cafeteria because the costs on labor is already taking place. Really wants to promote the healthy eating of students from local businesses and wants to provide kids with healthy foods. Liza noticed that at San Marin, freshmen aren't allowed to go off campus and most juniors and seniors go off campus and that the closed campus policy may not solve the problem. And that some schools run out of food. Maybe expelling unhealthy foods from the campus may help solve problem. Guidelines that must be followed</p>

	<p>like no more than 300 calories per package. Look at things that can be offered based on standards. Less inclined to buy a bag of chips if you have to wait until the end of the day and that getting rid of them could help reduce the unhealthy foods being consumed. Food trucks still park in front of some schools, serving unhealthy foods to students (except in Novato-where Miguel worked with MCYC to get a 2011 city ordinance passed to ban unhealthy food trucks in front of Novato Schools). Miguel works in Novato School District and if he does work outside that city then it is all volunteer and tries to help other people who ask for it. Rose is trying to approach the person who has his same role in the Tam school district and is trying to ask for advice on how to approach them. Suggests just asking what their programs are and what they are serving (and surveys for data gathering is always a good place to start). Local rotary is buying a food truck for Novato with healthy foods on the food trucks. They'll call it "Food Truck Day" and youth won't pay for the meal because it will act as a portion of the free/reduced meal plan.</p> <p>Miguel wants MCYC to look through the roadmap/ policy/ addendum and give possible suggestions as well as if the Commissions votes in favor of adding the addendum to existing Wellness policy.</p> <p>Bilal moves to have Food Justice look at addendum, give possible suggestions, and report back on November 16<sup>th</sup>, Liza seconds. 18 yes's, 0 no's, 0 abstention's, unanimous.</p>
<p><b>8:10 – 8:15 – Announcements</b></p> <ul style="list-style-type: none"> <li>➤ Upcoming YLI county wide trainings (Nov. 4, 4:30-6:30pm)</li> <li>➤ Next Cabinet meeting (call) is tomorrow 4:30pm</li> <li>➤ Thank Ruby's Mom for snacks</li> <li>➤ Next MCYC meeting is Nov. 2<sup>nd</sup> in Library 202</li> </ul>	<p>November 4<sup>th</sup> Wednesday 4:30-6:30, Environmental training, 2 per committee, Prize for whoever has the most there.</p> <p>All Supervisor meetings have been scheduled. Please greet Kiely with a handshake before the next MCYC meeting.</p> <p>Next meeting is a week from today, on November 2<sup>nd</sup>, November 16<sup>th</sup> and the week after that.</p> <p>Next CMCA meeting at 4:30-6:30</p> <p>Thanks Ruby's mom for the snacks!!!!</p>
<p><b>8:15-8:25 Clean Up</b></p>	
<p><b>8:25-8:30 Closing and Adjourn</b></p>	<p>Liza motions to end, Juan seconds Adjourned at 8:35</p>
<p><b>Additional Notes:</b></p>	<p><b>TO DO:</b></p> <ol style="list-style-type: none"> <li>1) Email out: <ul style="list-style-type: none"> <li>• minutes to MCYC</li> <li>• Send Miguel's document to all commissioners</li> <li>• Remind them MCYC meeting is one week from today.</li> <li>• Reminder about Nov. 4<sup>th</sup> training</li> <li>• Send out Supervisor Meeting Helpful Hints document again</li> </ul> </li> </ol>

