

Wellness Committee Meeting 3.29.18

Marcela's Home

Attendees: Janis, Marcela, Hae Sue, Sabine, Alexis, Maria, Erika, Susanne

Janis – followed up with Karen Lumb, will keep in mind for future

Colleen, PTSA Treasurer has our budget requests for 18-19

Colleen also said we can make income/expense estimated line items now (like the play does)

Hae Sue- still needs to check w/ Debbie regarding PantherBuck meeting w/ Janis, HS and DMCC

Community Safety Meeting-not great attendance, great participation from community leaders

Sodexo- Hae Sue still researching potential of them helping us- BBQ has to be @ lunchtime

Marcela- Sara Adler teaches at Whisk, meal plans for teens, great with kids (Ann/owner)

Resource to use for cooking class or WFest- we could reach out to Sara?

Can print at the office for donated copies

Dr. Neal- ask her for help in food purchase (Deru or Outshine)

Can print logo'd stickers at office, just need to purchase stickers

Sabine- Dr. Ethridge, dentist , asking if they would donate

Differentiator for WellFest staff- doesn't have to be shirt- stickers on shirts?

Food/sponsors

Culinary schools?

DeRU- sandwiches- **Marcela** will ask, since they would like to participate (could charge if quantity too high) 300 little sandwiches?

Kind Bars- **Erika** will contact them, Janis will pass along contact

Microsoft- matches donations- any way to tie that in?

Juju Beet- small batch smoothie- guess what's in it? Tastes good "Inflammation"

Pink Panther- **Janis** will follow up with them to ask

Janis updated that Trace Kuhn's friend named Hailey has a nutrition and psych degree and was really interested in helping with a booth, **J will reach out** with our ideas (mystery food and label reading)

Backup Plan- make chicken salad sandwich or wraps as a committee if we can't get food donated

Susanne (whose hair looks great today)-

Kale Chips- bring some already cooked/made, have kids make, garlic olive oil, sea salt

Recipe available for take-away, Marcela will print it

Can you get us cost estimate for this? Or perhaps ask Fred Meyer to donate the items? I would think we'd need a lot of kale for that many kids to toss and taste?

Sign up Genius- **Hae Sue** will create , add donation line items, volunteers- can't hurt to start now!

Amazon wishlist ships right to a committee member?

Maria – will check with printer if he can help with signs again

reviewed Maria's Mandala design-love it! Our awesome Panthers!

Put three circles on table for kids to color

Erika- leadership is working on INsta/Snap piece, will get update

*update some of the booth info in our spreadsheet, always check there for the latest.

We also need to start filling out an overview form for each station. This helps us stay organized, keep track of budget, materials needed and also to share with Debbie for final review. Janis will update the form for this year and post.

Start a list of AMZ Wish list items for stations-

Avery round stickers

Markers

Giant post it pads

Sticky gems

Balloons

Helium tank

Sign materials

Cereal

Sugar cubes

*Note, we should look forward on schedule/timeline, will need to start to go to weekly meetings by May.

Next Meeting is 4.12.18 @ Janis's house 1639 10th St. West