

Wellness Committee Meeting 12.11.18

Marcela's house-Janis, Maria, Marcela, Hae Sue

Smoothie day on Tues 12/18

Arrival for us: 8am

Susanne is confirmed to join us. Has Ninja blender. Also 400 Dixie cups from WellFest left over she will bring.

Us: Marcela, Janis, Susanne, Erika, Hae Sue

Two stations- 2 people at each (one working, one talking)

Marcela- bullet

Janis- Vitamix

Susanne- Ninja

Erika-

Alexis-

Susanne and Alexis are our speakers at the tables → be ready w/properties of each ingredient

Marcela will print recipe cards (30 sheets) and flyers for kids (60)

Last week's content--

Admin- mtg hosts, new members

Trot recap- had 2nd largest team, 50 or so participants on our team, weather was great

Nice easy effort to replicate each year with growth

Sur la table- Janis met cooking program manager named Meghan Morrill, interested in partnering for an after school healthy teen cooking program, will get back to me next week w/updates as she talks to corporate

Barbie- sign program

Holiday social! Why not? Fun! Open for existing members and parents that just want to mingle

Weds 12/12 6:30

Marketing- facebook, word of mouth, Meredith's list, Panthergram?

Erika will check with Melody Lynne re: table same arrangement as before was lovely

Flyer creation: Janis

Smoothie WellFest Pop Up-

30- ten in each group- 3 groups?

Gluten free/dairy free- don't mix equipment

Keep everything nut free

Everything prepped ahead

Give them the recipe, also post on Insta account, make at home

Include cost per smoothie (compared to buying out somewhere)

Kids can name their smoothie- contest?

We control the ingredients

Target end of Dec or January- trial version Dec, replicate for 'real' in Jan
Maria can print sign/recipes
Put recipes on One Note for Ryan to send to parents, also on PG, on our wellness page

What do we need:

2 recipes-(one allergan free, one w/everything) simple ingredients, all look online and nominate ideas!

Focus on simple/healthy/yummy for kids

Janis will ask Stephanie, Emily, Susanne, Francesca for their faves

Recipe trial- Tues 12/4 @1 pm at Erika's house

Maria, Marcela, Erika, Hae Sue, Meredith, Angela – food handler permits

Ryan's schedule- decide how to do a trial

Donations-Janis has Met Mkt (\$30?) and Costco gift card (?) -Whole Food paper one (70)

Someone to get the food

One to talk, one to assemble, one to assist

Meeting for next regularly schedule is 12/11 @ Marcela's houes