

# Wellness Committee Meeting Agenda-Minutes

January 9, 2020

3:00pm at District Office

## **1. Welcome-**

Attendees: Amanda Parkyn, Eva Gutierrez, Melissa LaBelle, Orlando Orozco  
Reviewed previous minutes to adopt new Wellness Policy from the last meeting.  
Proceeded to start going through agenda.

## **2. CVT Wellness-**

Discussed District Benefits Carrier, CVT donation for promoting wellness. In order to receive donation from CVT, need to designate a "Wellness Champ." All attendees agreed as a committee to post flyers throughout district, as well as send email district wide to recruit the Wellness Champ/Ambassador.

## **3. Summer Wellness-**

Orlando announced that he would be participating in the, "Seamless Summer Feeding Offering," which entails of feeding kids 18 and under of 1 meal daily at one of our qualifying sites. It was discussed by promoting the "SSFO" we can join efforts to create a wellness festival, which would entail of bringing in vendors, exercise, nearby medical clinics, Dr. Offices to promote healthy eating and lifestyle. We decided to reconvene at a later time before summer to finalize.

## **4. Policy Revisions-**

Orlando handed out Wellness Policy 503 as highlighted everyone had a copy of the change in the non-program foods category. Attendees were instructed to read and return with any concerns.

## **5. Questions, Concerns or Comments-**

None