

Healthy Asbury Committee Meeting

February 3, 2015

In attendance: Melissa McClung, Meredith Fort, Pam Kirk, Stephanie Vieau, Molly Withers, Consuelo Kelly, and Kristi Leech

1) Presentation by Traci Carpenter, Whole Foods

Traci explained to the group that she offers a number of different educational opportunities on healthy eating for schools, parents, teachers, and kids. Her main program is a Rainbow Tour in which she brings groups into Whole Foods to select a “rainbow” of fruits and vegetables and then go into the kitchen to prepare something with them (often a smoothie).

She also does tours of seafood and bakery, and does a training on label reading and sorting.

She also can come in to the school (e.g. to help out in the garden) but she prefers to begin with the Rainbow Tour at her store.

Another offering is a professional development day for teachers called a healthy teacher workshop.

And there is a series for parents that includes breakfast boost, healthy snacks, and school night suppers.

And there is a kids’ club for 3-8 year olds, and she can arrange to host private groups of parents/kids (e.g. girl scouts groups).

After Traci’s presentation she headed out. Then the group talked about making sure that we recognize all of the support the Wash Park Whole Foods has given to Asbury – Meredith will follow-up with Holly on this topic.

The group talked about the cost of busing to the Whole Foods site being an issue since the Rainbow Tours would require multiple buses (since the tour is ideally a maximum of 30 kids).

Meredith will circulate information from Traci in case anybody would like to follow up with her directly.

2) Healthy and fun ideas for holiday parties

Traci shared several ideas with the group for the upcoming Valentine’s day parties. Meredith agreed to send the list of recommendations to Denise Youngquist to share with room parents.

3) Spring events

Bike-to-school day – due to their being a 5 de Mayo activity planned, the group agreed to shift Bike-to-school day to a different date (other than May 6th).

(Meredith heard from Pam after the meeting, who had coordinated with Lori Netlzy, that the best date for bike-to-school day for Asbury would be **Wednesday May 13th**.

Consuelo agreed to check at Swedish about whether there is any bike safety-related that they would be able to provide.

In the past, Campus Cycles provided helmets and/or a bike.

Melissa also mentioned that Safe Routes to School has been a supporter in the past.

Fun Run

May 22nd will be Field Day for Asbury so we will want to aim to have the Fun Run the following week.

Friday **May 29th** is the group's first choice for Field Day. The 2nd choice is Thursday **May 28th**. The third choice is June 2nd.

Meredith will check with Jean about availability and reserving the South HS track.

At the March and April meetings we will focus on planning for Bike-to-School day and the Fun Run.

This year the Healthy Asbury Committee does not have the same set of funds as last year (when we bought hats). Molly will look into Discount Mugs which she has some credit on. Also, we are proposing to have a Health Fair with invited groups that will ideally bring some items to give away to runners.

4) Other topics

Stephanie said that Garden Club will start up again – most likely in April and there will be some Spring volunteer opportunities.