

## Wellness Committee Meeting (12/1/22) notes

Torrance Memorial Medical Center has a group of 15-20 people who are looking for a "team building" project. If you, or someone you know are interested please contact Anita Chun via Kathleen Cole at [cole.kathleen@tusd.org](mailto:cole.kathleen@tusd.org).

Torrance Memorial Medical Center Healthy Ever After (HEA) program update: Understand we have new Principals and that docents are needed for the program. Have heard from all but approximately 4 schools. They are very flexible and starting in January plan to send videos and powerpoints out to assist schools in bringing HEA to the students. This way the schools can share when it works best for their schedule. If the school would like the snacks as well, Torrance Memorial will supply them, and are willing to deliver them to the schools. Contact Helaine Lopez at [Helaine.lopez@tmmc.com](mailto:Helaine.lopez@tmmc.com).

Nutrition Services Dept. update: presentation by Andrea Waisbord (Pepperdine University Intern): Shared powerpoint full of great information. Will ask Kathleen to share with TCPTA for our website.

Wellness policy/resource guide: please continue to remind PTA groups sold vs. served. Only need to inform if food is being sold.

Still short staffed. Will be posting laminated QR's around campus' of the open positions.

Food services are meeting state and federal requirements.

No longer using styrofoam, and are awaiting to hear from the hauling company on the best way to dispose of compost trays. Will soon no longer use utensil kits, and will be switching from pouch milk to cartoned milk.

Kathleen will share a Wellness newsletter with TCPTA to post on the website.

If you or someone you know are interested in being part of the District Wellness Fair please contact Nancy Gutierrez at [Gutierrez.nancy@tusd.org](mailto:Gutierrez.nancy@tusd.org).

The dates of the fair will be in May (mental health awareness month) possibly on Thursdays.

Next meeting: Thursday, February 23, 2023, 9am-10am