



**HEALTHIER COMMUNITIES COMMITTEE
NORTH CARIBOO**

Promoting healthy eating & local food security

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MINUTES

July 25, 2016

Longname Society Board Room 9:00 – 10:00am

**North Cariboo P4HC Empowering Family Health Project
Steering Committee**

Name	Organization
Lori Fogarty	FARMED; Growing North Cariboo Society
Colleen Gatenby	Quesnel Community Gardens
Sue Myles	Bouchie Lake Community
Cathy Juric	North Cariboo Aboriginal Family Program Society
Lynda Atkinson	Kersley Farmers Institute, GNC Society
Heloise Dixon Warren	Empowering Family Health Facilitator

In Attendance: Cathy Juric, Heloise Dixon-Warren, Sue Myles, Lori Fogarty, Colleen Gatenby, Lynda Atkinson

Regrets: Robin Sharpe

- 1. North Cariboo Joint Planning Delegation:** Heloise noted that Councillor Ron Paull suggested we do a presentation to the NC Joint Planning committee. The tentative date is September 13. Heloise will prepare a power point.
- 2. Brochure:** Heloise distributed the new brochure to committee members.
- 3. Workshops:** Heloise needs confirmation and outlines from the workshop leaders. Cathy confirmed that Doreen Patrick is interested. The workshop leader for the dehydration workshop was discussed.
- 4. Farmers' Market:** It was suggested that we may want to go to different farmer markets within the region, as we now have a good list of names of interested clientele from the Quesnel Market. We will be doing one more scheduled market in Quesnel on July 30, followed by one in August and then September. Suggested markets or locations to distribute information include:

*Minutes recorded by Lori Fogarty
NC – P4HC Empowering Family Health Steering Committee
Distributed by email*

- Wells
- Bouchie Lake Country Store Market
- West Quesnel Community Garden
- Health Stores
- Ag Stores

An information package is needed for distribution. Sue and Heloise will work on this. The following schedule was developed:

MARKET	DATE	VOLUNTEERS
Quesnel Farmers' Market	July 30 Late August Late September	Sue / Lori ? ?
West Village Night Market	Aug 18 evening	Cathy / Sue
Wells Market	August 21 from 9-noon	Colleen/Lori/Sue
BL Country Store Market	October Harvest Festival	Heloise

- 5. Resource Inventory:** Information is growing and it may be necessary to put this onto the blog as a pdf file.
- 6. Empowering Family Health Launch** at the Quesnel Fall Fair on Sunday Sept. 11 at 11 am. P4HC members need to be invited along with politicians / supporters.
- 7. Marketing tools** – Approach Tracy for ideas. Consider putting information on pens and stickers for distribution.
- 8. Grant Funds:** available through Rotary, but funds are for capital projects. Community Futures offers up to \$1000 for events. Perhaps an event could be held at the Seedy Saturday event to announce the next phase of the project.
- 9. Budget:** Heloise will invoice for the expenses to this point. A cheque was written for the Table cover to go to Achieve Advertising and the first salary allocation was given to Heloise.
- 10. NEXT MEETING: TBA / North Cariboo P4HC committee meeting will be held on Tuesday September 13 from 11 am – 1 pm at City Hall – CD Hoy Room**