



The Science Undergraduate Society of UBC c/o Science Student Information Centre, Room A150 - 6221 University Boulevard,  
Chem/Phys Bldg., UBC, Vancouver, BC V6T 1Z1. Telephone: 604-822-4235 - info@sus.ubc.ca - [www.sus.ubc.ca](http://www.sus.ubc.ca)

### **SUS Health and Wellness Committee Meeting**

Monday, October 24, 2016 – 5:00PM | Abdul Ladha Rm 103

#### **Important things**

#### **To-do**

**Date of Meeting:** Monday, October 24th, 2016

**Location:** Abdul Ladha Science Student Centre

#### **Call to order:**

The meeting was called to order at 5:04 PM.

**Attendance:** Markus, Katelyn, Avery, Jason, Michelle, Cyndi, Jennifer

**Regrets:** Sam (Councillor), Vrinda

#### 1) Facebook Page + Email + Logo

- a) Social Media Manager?
  - i) Everyone can contribute!! Someone will post it
- b) Give everyone access to editing page**
- c) We get an email!!!
- d) New Logo looks goooood

#### 2) Budget

- a) \$1000
  - i) -\$150 went to dog days
  - ii) \$850 left
  - iii) Another \$150 going to next dog days



# Science Undergraduate Society

## HEALTH AND WELLNESS COMMITTEE MEETING MINUTES

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- b) Not THAT much money - conserve as much as possible
- c) Consider fundraisers
  - i) Back sales
  - ii) Krispy Kremes
  - iii) Portion of proceeds go to charity
    - 1) Think of a place you want to donate extra money to

### 3) Halloween

- a) Candy on Monday!!!
  - i) Buy candy ( and bring bowl
- b) Just add a card with HeWe logo and add quote (stick to budget)
  - i) Make Kermit treat yo self meme

### 4) Cooking Videos

- a) Cio helping film next week
- b) Ideas:
  - i) Overnight oats
  - ii) Tacos!!
  - iii) Mac & Cheese
  - iv) Omelettes
  - v) Stir fry
  - vi) Healthy & filling smoothies
  - vii) Healthy varieties of easy foods (like instant noodles etc)
  - viii) Healthy sandwiches
  - ix) Avocado on toast + honey
- c) Aim for 3-4 in the one shooting
- d) Create doodle when to meet



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### 5) Dog Days

- a) EcoVillage (too expensive lol)
- b) Contact 1 company on the google drive or find another place for animal days!
  - i) Make sure they can come to UBC and their fees (\$150 ideally) & what else they might need
  - ii) "Hey we're interested in hosting a pet therapy event, is there anything you could tell me about it?"
    - 1) Location: Ladha
    - 2) Time: approx 12-2
    - 3) Day: any day (probably need at least 1 month advance)
    - 4) How much does it cost? How many dogs (at least 6)
  - iii) Book Ladha for now for dog days
  - iv) Make dog days facebook event!
    - 1) Ask Hailey about graphic design

### 6) Merch

- a) We pay for it!
- b) Hoodies or T-shirts
- c) Make a poll in facebook group about what we want

### 7) Timeline

- a) Ask about bikes
- b) Check timeline spreadsheet!
- c) Food Fest
  - i) Minimum donation (\$2)
  - ii) Look into whole foods market



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To Do (most urgent → least):

1. Give everyone access to the facebook editing page
2. Make kermit treat yo self meme
3. Book Ladha for Dog Days
4. Create doodle when to meet for filming next week
5. Make dog days facebook event!
  - a. Message hailey about graphic designing
6. Start an insta!
7. Ask Mark if we get space on the wall!
8. Think of charity/organization you want to donate extra money to
9. Contact 1 company for dog days on the google drive list or find another company!!
10. Ask about recumbent bikes (feasible?)
11. Look into if whole foods market can sponsor us for food fest

**Adjournment:**

The meeting was adjourned at 6:05 PM.

Michelle Lisonek  
Health and Wellness Committee Secretary