

MAC Minutes 2/26/2025

Present: Erin Grant, Alex McIntyre, Nathan Chapman, Karen Folger, Lydia Cox, Lisa Sedlar, Holly O'Neil, Annabelle Wesley

Absent: Leah Aspen

Consent Agenda:

- January MAC Minutes
- January BOD Minutes

Approved by consensus.

Board Report:

- The Board is preparing for the Annual Meeting on March 27th.
- The Board Election will run from March 1st to 27th.
- The Co-op is still under union contract negotiation.

Annual Meeting:

- The Annual Meeting agenda, evaluation, and recruitment flyer were reviewed. Questions were added to the meeting evaluation to gather feedback from members on future event topics.
- Committee members were asked to volunteer to support the event.

Member Event Planning for 2025:

- MAC will plan 2-3 member events in 2025. The initial thought for the timeline is May/June, October, and the holidays.
- The events will be exclusive for our membership.
- The initial topic will focus on "Food as Medicine". Depending on the interest, this could develop into an event series.
 - We will aim to make the events educational and interactive. They could incorporate a member of our Wellness staff.
 - The event may feature a speaker or a panel. Local cooking teachers, naturopaths, and wellness advocates were identified.
- Another topic that may be of interest is our microbiome which ties into the soil and our own personal health. It is connected to regenerative agriculture.
- Erin, Alex, Lydia, Annabelle, and Holly will connect in March to discuss the next steps for the initial event.

Closing and Evaluation

Next meeting: April 30