

# **BROOKS CHOOSE WELL COMMITTEE**

## **TERMS OF REFERENCE**

### **1. PURPOSE**

- The purpose of the committee is to plan and implement strategies that influence the individuals and families of the City of Brooks and surrounding communities to make healthy lifestyle choices.

### **2. MEMBERSHIP**

- The membership will consist of 5-7 representatives of the community with educational backgrounds, professional experience, or personal interest in the area of wellness.
- All members may be required to act as judges for events from time to time, where the decisions of the judges are final.
  - Membership to be reviewed annually.

### **3. OBJECTIVES**

- To provide motivation and opportunity for community members and families to make healthy choices with regard to eating, physical activity, and mental wellbeing.
- To implement seasonal events promoting healthy eating, active living, and/or positive social environments such as Brooks On Wheels events, Active August, Healthy Eating Recipe Contest & Gala, and Pond Hockey Tournament.
- To promote participation in and access to ongoing community events that are centered around healthy eating, active living, and positive social environments.
- To engage and work collaboratively with other community partners in the promotion of healthy living.
- To procure resources (human and/or financial) to support said objectives.