



**Mission: A grassroots movement to improve health and wellness in our community making the healthy choice the easy choice.**

**August 13, 2020 –**

CWE intentionally pauses regular committee meetings for the months of July and December. It is important for our own well being to take time off and July is the perfect month to enjoy our state. CWE staff met regularly during the month of July to work on developing a ‘Roadmap for CWE’ – we will be reviewing these documents at the steering committee meeting starting next week and seek your input and suggestions. At the August meeting, we will be looking at the CWE Charter.



OVOC has it’s own page on our website:

<http://crowwingenergized.org/healthy-foods/one-vegetable-one-community/> and it’s one page on FB:

<https://www.facebook.com/CWCOVOC>



Our next POP up produce will be held Monday, August 24 from 2:30 – 4:00 pm at Central Lakes College.

In July, we distributed 50,479 pounds of food – a record!



At Essentia Health, our mission states: We are called to make a healthy difference in people’s lives. I am pleased to share the following information with you about our first ever CWE race: **Move It for Mental Health**. A portion of the proceeds will be donated to nonprofit mental health organizations. Don’t stress if you don’t run – you can bike, kayak, walk, or skip! Be kind to each other. Make time to get outside and enjoy the Northwoods.

Respectfully,

*Karen M Johnson*

Program Director  
Crow Wing Energized