



Organization Name: Le Sueur County

Completed Budget Date:

Wellness Coordinator: Theresa Kubes

Wellness Committee: Briana Bastyr, Stephanie Brockway, Heather Gilhousen, Sarah Goblirsch, Sydnie Graff, Susana Medina, Lori Moon, Vicki Walechka

Program Title	Program Description	Timeline	Vendor	BUDGET
Financial Wellness (HG)	Sand Creek EAP, offer 3 financial wellness webinars that can be accessed 24/7 - drawing for financial planner book.	February	Amazon	\$50
Healthy Recipes (SG)	Employees will submit healthy recipes to be entered into a drawing for MN Twins tickets. Recipes to be reviewed by dietician and committee to verify "healthy" status. Recipes will be compiled into an electronic cookbook to be made accessible to employees at the end of the event.	February	Minnesota Twins	\$100
Mental Health Employee Event (HG/TK/Safety Comm)	The Wellness Committee will provide a Mental Health mandatory meeting for all employees. Wellness items for all employees.	March	Positive Promotions	\$2,500.00
Healthy Breakfast (BB/SM)	Provide a healthy smoothie bowl to employees for breakfast	April	Nautical Bowls	\$1,500
Summer Survival Kit (HG/LM)	Provide summer wellness items: water, flavoring, sunscreen, lip balm and	May	Various	\$2,600
Stay Active Challenge (SM)	Complete 20 daily challenges to be entered in a drawing. 3 winners	May	Various- Amazon	\$150
LSC Park Scavenger Hunt (SG)	Outdoor scavenger hunt completed by employees incorporating searches for things in local county parks. Plan to familiarize employees with local parks in conjunction with Parks Director through this event. Employees who participate will be given an annual MN Parks pass	June	MN DNR	\$1,100
El Tacazo Food Truck (BB/SM)	Provide a healthy lunch for employees	July	El Tacazo	\$1,500
Wellness Bingo (BB/SG)	Employee wellness BINGO to promote mental health, nutrition & exercise. Winners will receive a pass to a local orchard to use in the Fall months.	August	BingoBaker/Local Orchard	\$400
September Walking Challenge (VW)	Challenge employees to walk 10,000 steps a day over 4-week time period to encourage more movement. Participation gift and weekly winners.	September	River Valley Running	\$1,000
Healthy Soup Order (HG/SB)	Individualized order of dry soup mix, all natural, no added salt, preservatives or MSG (2 per employee)	October	Happy Valley Soup Co.	\$2,450
FFA Fruit (VW)	Provide employees with choice of fresh fruit box/nuts/beef sticks.	November	County FFA Chapter	\$5,000
Supplies (TK/SG)			Various	\$50
Total Budget				\$18,400.00