

Healthy Eating Active Living

July 8, 2020 1:30-3:00PM

- **Welcome and Introductions**

Juan Martinez, Rebecca Russell, Maricsa Davalos, Renée Farias, Ivan Huerta, Pam Eide, Evette Tovar-Lugo, Susan Lafferty, Julie LeFils, Phoebe Petersen

- **Summer Meals Update**

KCAO – Summer meals have been good and a struggle. There have been a lot of new sites this year, but also a lot of sites that could not operate this year. Parks + Rec could not do summer feeding because of concerns with kids congregating. But all Head Start sites opened to do food distribution! The DA's office is also running a food distribution site at the mall. KCOA is currently averaging 19 sites because some have had to shut down since the beginning of summer because of COVID concerns. Have been able to fill the need left when some sites in Hanford Elementary closed, and have been able to help certain communities that they have not been able to serve in the past.

- KCAO is providing summer meals in every community throughout Kings County!! This was made possible largely because of Head Start locations and new locations.

- KCAO is also distributing fresh produce boxes to families that come to their sites. This is available to all sites, but not all sites have the space or volunteers to do this.

- Needs help promoting Summer Meals because there have been so many changes to sites. How can HEAL help? Juan will send the updated list of KCAO summer meals sites to HEAL partners, and we can all help promote!

- Participation is decent despite promotion being low.

Dairy Council of CA has new flyers for summer meals now! If you're interested in receiving some free flyers please contact Renée Farias – Rfarias@healthyeating.org

- **Kings County Nutrition Resources - Review updated digital version**

Maricsa made edits to the brochure to make it easier to print front and back.

TO DO: Each organization needs to review their information, send Maricsa edits and send their organization's logo as well.

Juan will also send the updated food distribution list, which is not available online, and Phoebe will send this to HEAL.

- **Transportation**

Ivan – CalFresh Healthy Living team is working on the transportation assessment to look for gaps in food assistance sites and public transportation maps. They are working on the pre-assessment to complete with each community in Kings County, specifically working with vulnerable communities.

Their first step is to conduct their assessment with Head Start families, and they might put the assessment online. Caveat: the pre/post assessments need to be done with the same sample group.

- How can HEAL help? Our help is needed to identify local influencers in Kings County who can help get the assessment out in communities in Kings County. Or if you know of sites where the assessment could be conducted. Let Pam or Ivan know if you have ideas to help them!

- Ivan will share the data from the pre-assessment with us after it is conducted in communities throughout Kings County.

- **HEAL Objectives - Discuss Draft Goal #3**

1. Goal: Decrease obesity and other chronic diseases in children in Kings County.

Objectives:

a. Summer Meals – Increase awareness of and participation in summer meals programs.

- Measure summer meals
- Document how we promote/market the program

b. School Wellness Policies – Support school wellness policies as a method to address childhood obesity and food security through the promotion of nutrition education, school meals, community and parent engagement, and mental health services.

- Document how many districts have revised their policies within the last 3 years
- Document how many district committees are receiving support from HEAL Work Group members.

2. Goal: Work with vulnerable communities to identify their needs and provide services to support those needs.

Objectives:

a. Engage with the Home Garden community to improve food security through nutrition education and promotion of community initiatives.

b. Improve food accessibility through promotion of 2-1-1 food calendar, increasing sites for summer meals, and addressing potential gaps such as grocery store density, etc.

c. Engage in research, knowledge sharing and community needs assessment.

3. Proposed Goal: Improve food security during uncertain/trying times among low-income children and families in Kings County.

Objectives:

- a. Strengthen household food security: Empower limited resource families with food resource and financial management education to improve their knowledge, skills, attitude, and behaviors.
- b. Strengthen community food security: Support food security needs of the community through food access (e.g. food distribution, summer meals and other government funded programs/policies).

Thoughts on Goal #3

- Juan – its great and it addresses the work we've already been doing, and it's important right now.
- Sue – it's a great goal and important to our work!
- Evette – NKH focus is on increasing school meal (breakfast) participation through equitable processes.

Updates

P-EBT deadline is July 15th!

If you have flyers you want to share with the community you can do that at summer meals distributions from KCAO. Your organization would be responsible for asking Juan for permission, and then going to the sites to add your flyers to the meal bags.