

NOTES



Healthy Eating/ Active Living

August 10, 2022 - 1:00pm-2:00pm via Zoom

Attendees: Pam Elde, Valerie Alvarez, Gabriela Rodriguez, Irene Padasas, Cameron Jones, Alicia Ferrer, Karina Casarez, Renee Farias, Juan Martinez, Devonderia Sancez, Susan Lafferty, Martin Rios, Clarissa Canales, May Ly

❖ **Welcome & Introductions**

- Your name, organization, and favorite snack.

❖ **Food Distribution/ Summer Meal Updates**

- Food Distribution Update: KCAO Food Bank receives ongoing grants and opportunities, such as CalFood Funds, which provides the availability to purchase food that are California Products.
- Food Distribution Update: Just closed Escrow for a new food bank location in Kings County. Opportunity for Kings County to have food demonstrations, serve, and more.
- Summer Meals Update: One site serving, was able to provide 4,000 breakfast meals and 7,000 lunch meals throughout the county for two months.

❖ **2022 SMART Goals discussion**

- Renee shared two 2022 SMART Goals:
 1. Create a one-hour recorded presentation about nutrition featuring multiple organizations' expertise. The recording will go live on the KPFP website and will be promoted as part of Workplace Wellness.



2. Assist in planning one local event to provide resources about nutrition and physical activity to the community.

- Target the Veteran population with resources and distributions who may not be aware of Healthy Eating/Active Living services or information throughout Kings County. This can also be applied to a variety of targeted groups.

❖ **2022-2023 year**

- In order to move forward with the goals presented by Renee, the group has shared target audiences & topics that would best fit the one-hour recording presentation about nutrition:
 - Identify target: Adult & Seniors, Families & Adult
 - Identify topics: 3-4 & feature resources from all organizations
 - Movement in the workplace; movement as a family, nutrition, healthy cooking, cooking on a budget, tips on snacks for work, stigma, psychology of food, habits, culture, eating on a budget, how to prepare your meals, how to move, workplace wellness.
- KPFP will take some of these topics and propose an outline with 4-5 headings.
- At our next meeting, as a group, we will look at the topics and start assigning organizations.

❖ **Organization Updates**

- Renee shared that California is the first state to offer statewide Universal Meals to school children. All students will be eligible to receive a nutritious school breakfast and lunch every school day at no cost. For more information [click here](#).
- Clarissa shared the Back to School Immunization Clinic on August 16th, 2022 1PM-6PM. [Click here](#) for more information regarding the clinic and [click here](#) to share it on social media!



Next Meeting: Wednesday, September 14, 2022

