

AGENDA



Healthy Eating/ Active Living

April 12th, 2023 - 1:00pm-2:00pm

Via Zoom

(<https://us02web.zoom.us/join/joinMeeting/register/tZEsdusqD8sHN3SJ7UJ0yEPTUe81ddCmgEe>)

Attendees: Susan Lafferty , Emilia Avila, Alyssa Blue, Aliyah Ortiz, Aujena Burks, Eldon Bueno, Irene O Padasas , Juan Martinez, Devonderia Sanchez

❖ Introductions & Ice Breaker

- Who is an influential person that you look up to?

❖ 2022-2023 SMART Goal

1. Assist in planning and participating in one local event to provide community resources about nutrition and physical activity to families, adults, and seniors.
 - [Walk Together](#) Activity Challenge Feedback
 - [Facebook](#)
 - **Description:** Join the challenge and walk together with the Healthy Eating Active Living workgroup! Kings Partnership will be hosting a wellness walk challenge during the month of May and we want YOU to walk with us.
 - To participate:
 1. Download the RUNKEEPER app to join us
 2. Walk!



3. Before the end of the day on May 31st, screenshot your monthly data and post it to the Walk Together with HEAL Facebook event page here: <https://fb.me/e/Chq48cSn>
 - The person with the longest distance during the month will win a wellness basket with tons of healthy goodies to enjoy 😊
- Cooking Demonstration Collaboration w/ Children's Storybook Garden/Museum, Fresno Ministries or Hanford Parks & Rec.
 - Start planning in June.
 - KCAO to purchase kitchenettes for multiple parents/families with Head Start contributing.
 1. Opportunity for more access to produce from the Food Bank during this time frame.
2. Plan & Assist KCAO with the Summer MEAL Program Kick-off event for children and parents. This event would be a carnival event that highlights the importance of nutrition, proper nutrition, and activity.
 - Tentative Date Saturday, June 3rd at the Hanford Civic.
 - Tentative time: after 11:00am to be considered a lunch.
 1. Waiting for confirmation with Head Start.
 - There will be a sign-up to be a local vendor/ booth.
 - Will provide nutritious MEALS to children then and there at the event.
 - If your organization is interested in hosting the kick-off event or know of a site that would be available, please



reach out to Juan Martinez, at jumartinez@kcao.org;
office 559-589-6068 x 3015; cell 562-713-3011.

3. Create a mini series recorded presentation about nutrition for families, adults and seniors featuring the expertise of HEAL members. The recording and training, which will live on the KPFP website, will be promoted as a Workplace Wellness resource.

- [HEAL presentation ideas](#)
 - ◆ EXAMPLE: [Video](#) by KPFP
 - ◆ Submit videos by the 1st week of May and start sharing videos every other week (bi-weekly).
- [Sign-up sheet](#)

❖ Roundtable

- CalFresh Healthy Living, UCCE Kings County highlighted their chopped event with friends at Hamilton's READY After School Program. Follow them on [Instagram](#) @cfhl_ucce_kingscounty and [Facebook](#) at CalFresh Healthy Living, UCCE Kings County.
- KCAO will be doing a food pantry with Family Healthcare Network to provide food and screenings for food insecurity. They are promoting nutrition education and signing members up for Cal-Fresh.
- Research with the Latino/Hispanic Culture and am looking forward to presenting the research/studies. This survey is looking for Hispanic/Latino adults to be interviewed on health beliefs and practices. Findings of this study will help inform health programmatic activities within the Central Valley region. [Click here to participate or view the survey.](#)
- Lily of the Valley is having a youth 3-on-3 Basketball tournament. On Saturday, April 29th. There will be prizes and food! Open to everyone!

Next Meeting: Wednesday, May 10th, 2023 at 1:00pm-2:00pm via Zoom



