

NOTES



Healthy Eating/ Active Living

February 8th, 2023 - 1:00pm-2:00pm

Via Zoom

(<https://us02web.zoom.us/meeting/register/tZEduusqD8sHN3SJ7UJ0yEPTUe81ddCmgEe>)

Attendees: Gabriela Rodriguez, Aliyah Ortiz, Juan Martinez, Stephanie Ibarra, Martha Ramos, Samantha Alaniz, Devonderia Sanchez, Irene Padasa, Alicia Ferrer, Yvette Olivera

❖ Introductions & Ice Breaker

➤ What is your favorite type of music type/genre?

❖ 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.

Zumbathon with PATY Studios

- Debrief
- Give ourselves more time to promote future events.
- Promote the activity to the County and give it to different departments as a challenge.

Cooking Lesson in collaboration with Children's Story or Parks & Rec (TBD)



- Good way to introduce people on how to prepare new foods. HEAL can provide ingredients and individuals can learn how to prepare small meals such as a salad, chicken, soup and more.
- “*We are creatures of habits*” find a way to extend one’s knowledge in healthy eating and create accessible classes where they can learn how to prepare a certain meal and could be samples.
- Fresno Ministries provides cooking demos. A recipe is prepared related to the list of foods to help create cooking demonstrations and explain the certain food item.
- A topic of discussion that HEAL can tackle are food items used in different cultures (e.g Pinto beans are often used in a hispanic household compared to kidney beans). This awareness can prevent food waste.

Avenal Community & Family Event

- Saturday, February 18th from 4pm-8pm at Reef-Sunset Middle School in Avenal, CA.
- Please send your organizations information, resources, and fliers related to Health Eating or Active Living to Aliyah at aliyah@kfpf.org.



- [HEAL Ideas](#)

- ◆ These HEAL ideas align with the HEAL mission.

Consider other Kings County enclosed areas (Lemoore recreations, Avenal's Community Center, Hanford's Longfield Center, and more)

- ◆ Create and promote a "Walk Together" Activity

Challenge to motivate community members.

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. Located at Civic Park.

- KCAO will have more information next month with a tentative date. Goal is to make sure this event is highlighted in the community and that people are aware of it.
- If you know of a site that you believe does not receive food/nutrition or if there is a need in a certain area that would benefit from food/nutrition, please recommend it to Juan Martinez.

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](#)



- Send out presentation ideas for organizations to sign-up for the listed.

❖ [HEAL logo](#)

- Colors gravitate towards the eye. Missing a little piece for drawing in the community or collaborative impression.

❖ Roundtable

- Community & Family Event on Saturday, February 18th, 2023 from 4pm-8pm at Reef Sunset Middle School in Avenal. Interested in volunteering? Click the following link:
https://kingsunitedway.galaxydigital.com/need/detail/?need_id=777073
- Join the Financial Stability Taskforce and their event/training on *How to Rebuild Your Credit Score* on Thursday, March 30th from 4:00pm-5:30pm. Location to be determined.
- Next KPFP General Meeting is on Thursday, February 16th from 1:00pm-3:00pm at Koinonia Church in Hanford.
- Women With Visions Unlimited Presents A FREE COMMUNITY HEALTH FORUM. Join our Panel Discussion on Saturday, February 10th at COE Park in Hanford, CA.
- Know of any Veterans? Please contact Devonderia Sanchez. The Kings County Veterans Support Group next Tuesday will have a Food & Mood topic of discussion that talks about the psychology of eating.
- 211 Kings County went live with their Testing & Vaccine Calendar (English & Spanish), check it out [here!](#)



- 211 Day is coming up on February 11th, 2023. They will be active on their social media to advocate their services.
- Kings United Way is hosting its inaugural Power of the Purse luncheon to recognize Administrative Professionals Day in Kings County and to raise funds for local charities. The luncheon is scheduled for April 25, 2023, from Noon to 2 pm at the Hanford Civic Auditorium. Tickets are available for \$30. Order now!
- 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.

Next Meeting: Wednesday, March 8th, 2023 at 1:00pm-2:00pm

