

NOTES



Healthy Eating/ Active Living

May 10th, 2023 - 1:00pm-2:00pm

Via Zoom

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

Attendees: Carmen Escobar, Xavier Robledo, Emilia Avila, Juan Martinez, Aliyah Ortiz, Susan Lafferty, Eldon Bueno, Irene O Padasas

- ❖ Introductions & Ice Breaker
 - What's a food item that you don't like to eat?

- ❖ 2022-2023 SMART Goal(s)
 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 [Facebook](#)
 - Start sharing your steps to win a wellness basket!
Challenge ends on May 31st

 - Cooking Demonstration Collaboration w/ Children's Storybook Garden/Museum, Fresno Ministries or Hanford Parks & Rec.
 - Tentative Date: Early August
 1. Weekend; more availability; 1:00pm-2:30pm
 2. Start reaching out to organizations.
 - a. About an hour - work as you go.



- b. Eventbrite - FREE for Community Members
 - i. Create a recipe card (nutrition information on the back) and try to avoid food waste
 - c. Incorporate Nutrition Education to the Cooking Demonstrations such as seasonal foods that are available in the community.
 - i. Nutrition benefits: fibers, protein, etc to enhance the lesson.
 - ii. Survey/ Feedback Survey after the cooking demonstration to bring awareness to resources available to Kings County (KCAO Food Distribution Calendar, WIC, etc)
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/Time: Saturday, June 3rd at the Hanford Civic after 11:00am.
 - Postponed
 - 1. 5 sites will still provide food during Summer break
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](#)
 - ◆ [Sign-up sheet](#)
- For any information and questions, please contact aliyah@kfpf.org.

❖ 2023-2024 Goal(s) & Leadership

- Reevaluate new goals and leadership in August

❖ Roundtable

- **Mental Health Matters** - Join Kings Partnership, Mental Health Taskforce, and California Health Collaborative on Saturday, May 27th from 10:00am-1:00pm at the NEW Gateway Park in Corcoran. Click the following to be a booth: <https://forms.gle/ghThobJheeNFshRs7>
- **Kings Community Action Organization (KCAO)** - Summer food will be available at the main 5 sites in Kings County. Keep in mind! Food Pantry Opening/Ribbon Cutting with Family HealthCare Network in Hanford.
- **WIC** - Interested in doing more outreach. If you have any events that allow outreach, please contact Xavier at xavier.robledo@co.kings.ca.us
- **Irene O Padasas** If you are interested in hearing about the research that Irene found with the groups, please reach out at iopadasas@ucanr.edu. Irene is working to put together a group and committee stakeholder that can help brainstorm agriculture and health systems.
- UC Agriculture & Natural Resources is promoting Health & Wellness with school; today is [Rethink Your Drink Day](#), encouraging students to drink more water and decrease sugary drinks.



- COMING UP! Kings County WIC Program will be hosting a Baby Shower for Participants for World Breastfeeding Month in August.

Next Meeting: Wednesday, June 14th, 2023 at 1:00pm-2:00pm via Zoom

