

NOTES



Healthy Eating/ Active Living

June 14th, 2023 - 1:00pm-2:00pm

Via Zoom

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

Attendees: Jane Gonzalez, Susan Lafferty, Aliyah Ortiz

❖ Introductions & Ice Breaker

- How was your weekend?

❖ 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](#) Debrief
 - Cooking Demonstration Collaboration w/ Children's Storybook Garden/Museum, Fresno Ministries or Hanford Parks & Rec.
 - Donating Cottage or Tea Room
 1. Intended population: underserved adults
 - Eventbrite
 1. 15 registered, Carmen (CSGM President)
 - [Flyer](#)
 - [Donation List](#)
2. 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](#)

❖ 2023-2024 Goal(s) & Leadership

❖ Roundtable

- KPFP Annual Meeting on June 15th from 12:00pm-2:00pm at Koinonia
- KCAO started three weeks of summer school with a total of 600 students!

Next Meeting: Wednesday, August 9th, 2023 at 1:00pm-2:00pm via Zoom

