



KINGS COUNTY NUTRITION ACTION PLAN MEETING NOTES

Tuesday, October 11, 2016 • 1:30 pm – 2:30 pm • Public Health, Winkler Room

- Welcome/Introductions – Darcy Pickens gave a brief history of how the CNAP group came to be.
- Community Assessment Survey Plan
 - The group discussed the need to make sure the information they are seeking through the survey does not already exist through some other resource (survey, needs assessment, etc.). Debra agreed to have KCAO staff do a search for existing data that identifies Kings residents' perceptions of barriers to healthy food; if the information is available the group will not move forward with the poll. The group will come up with a question (or two) to add to KCAO's survey.
 - Brainstorming ideas:
 - Question – What are your biggest 1/2/3 barriers to eating healthy foods?
 - Possible Answers
 - Price
 - Availability
 - How to cook - Ability to cook – Knowledge to cook
 - Transportation
 - Exposure, comfort, familiar with healthy food
 - Confidence in knowing what is healthy
 - I do not like it/my family does not like it
 - I do not feel full from eating vegetables – (possible food insecurity)
 - Senior citizens won't buy it because it goes bad before they can use it
 - Darcy will pull information together and bring possible answers to the next meeting.
- Resource List
 - As discussed at last month's meeting, we would like to put together a resource list for agencies (such as WIC) to hand out to clients.
 - Darcy will check to see if 211 has a printable version
 - Rebecca is currently compiling ideas from the Diabetes Symposium. She will present what her findings are at next month's meeting. Some of that information may also be included in the resource list.
 - Once the list is complete, it will also be posted on KPFP website.

- Shared Topic Calendar
 - We discussed the idea of having a 'shared topic calendar' in order to have coordinated nutrition education in Kings County.
 - Debra and Sue stated that they have to work with the curriculum guidelines given to them from the State of California, which would not give room to teach the same thing every month.
 - Sue will send curriculum to Rebecca to review.

- Events
 - Food Drive to be held at SaveMart on November 12 sponsored by Congressman David Valadao and KCAO.
 - KPFP's Facebook page name has changed to 'Family Fun in Kings County' as their target is families. Please send your information/events to them to post.

- The next meeting will be held on Tuesday, November 8, 2016 at 1:30pm at the Public Health Department