



## KINGS COUNTY NUTRITION ACTION PLAN MEETING NOTES

*Tuesday, September 13, 2016 • 1:30 pm – 2:30 pm • Public Health, Winkler Room*

---

- Welcome – Michelle Bieber
  
- Community Garden Projects – Alexa Roche, KCAO
  - The Home Garden Opportunity Center has 18 raised flower beds
  - Community Gardens offer After School Programs that also includes Head Start
  - Cal Fresh participants can purchase seeds with their EBT cards
  - Preston Green and Rosa Park Head Start facilities offer the Grow It, Try It, Like It program
  - Community adult gardening groups and school gardens are always looking for volunteers to work in the gardens
  - KCAO also offers their Painting Playgrounds for Movement Stencil Kit to schools, churches, etc. (*handout*)
  
- All About WIC – Michelle Bieber
  - WIC offers food, breastfeeding support and nutrition education for women during pregnancy and up to 1 year
  - Goal is to provide a healthy start to the most vulnerable children
  - Low income & moderate families qualify
  - Immigration status is not considered
  - Participants will receive checks to purchase food, education sessions, breastfeeding help, and referrals to medical providers and other programs, individual sessions with a nutritionist, group sessions
  - WIC promotes breastfeeding and has the time to spend with participants, no appointment needed
  - WIC provides breast pumps
  - Participants can self refer to WIC
  - WIC serves over 7,000 individuals
  - WIC has offices in Hanford, Lemoore, Corcoran, Avenal, and a mobile unit in Kettleman City

- CNAP Ideas and Discussion
  - IDEA - It would be good to create an annual education calendar that coordinates efforts with multiple agencies (ie. Adventist, WIC, etc). This should also include a community food distribution calendar.
  - Community Assessment Survey
    - The survey should consist of only 1 or 2 questions with the first question being – ‘What are the barriers that keep people from eating healthy food?’
    - Have volunteers attend events to survey the community
    - This will be a survey for all ages to be used by community agencies, schools, senior centers, etc.
    - Next step – Darcy will research surveys and bring back for finalization
  
- Round Table Overview of Programs
  - Public Health has received approval from the Kings County Board of Supervisors to implement a Syringe Exchange Program that will start in January/February of 2017.
  - Neighborhood Market Food Distribution gives away food on the first Wednesday of every month at the Longfield Center in Hanford.
  - KCAO is hosting a Fruit & Veggie Fest on Saturday, September 17 from 10am-2pm.
  - Diabetes Symposium will take place October 4, 2016 from 9:30am-3pm.
  - Hunger Prevention Program-USDA Food Sites offer monthly food handouts in Hanford, Corcoran, Kettleman City, Avenal, Lemoore, and Stratford. (*handout*)
  - Champions Recovery Fest will take place on Saturday, September 17, 2016 from 10am-2pm.
  
- The next meeting will be held on Tuesday, October 11, 2016 at 1:30pm at Kings County Public Health.