

MEETING NOTES



Healthy Eating/Active Living

October 14, 2020 - 1:30pm-2:30pm

via Zoom

<https://us02web.zoom.us/j/81740429059?pwd=VVRTZit6QkgydC9ndVZQTENHZjBZdz09>

Meeting ID: 817 4042 9059 Password: 909572

Dial by your location: +1 669 900 6833

Attendees: Phoebe Peterson, Deepa Srivastava, Pam Eide, Susan Lafferty, Renee, Brad Albert, Evette Tovar-Lugo, Aleah Cox, Cameron Jones, Karina Casarez

- ❖ Welcome & Introductions

- ❖ School Meal Updates
 - USDA has extended all waivers for SSO and SFSP. School Districts who choose to participate are allowed to give free meals to all children no matter their background or district. New waivers have also been extended. As holidays and holiday breaks are approaching, encouraging school districts to give out meals during these times. When schools begin to open, schools will usually give children an option to attend in person vs. online. If they choose online schooling, they will still be able to get meal-side pick up (drive-thru). These meals apply to all children under the age of 18 whether they are registered in that district or not. PEBT has been extended; not sure when this will be disbursed yet.
 - National School Lunch Week: Renee writes a blog and if you're interested in knowing more, you can visit:
<https://www.healthyeating.org/blog/detail/celebrating-impact-of-school-lunch-in-out-of-the-classroom>

- ❖ Nutrition Resources Brochure

- Karina will send the finished brochure to group, will add it to the newsletter, and will promote it on Social Media
- Please promote within your networks!!

❖ 2021 Goals & Objectives

- Promoting school meals in general
- Shifting some of the focus on physical activity/ active living
 - Brad spoke on how FitBit donated 500 FitBits and tracked people's steps. The individuals shared their data. It would be interesting to figure out a mechanism to capture outside movement/ a mechanism to track online and give awards (medals, etc.)
 - Important to promote education of being outdoors and that moving is good for your health and think of ways to promote that (ex: "walk with a Doc", walking clubs)
- Zumba or yoga, virtual classes, virtual events
- Some existing resources include free classes for children with developmental disabilities and how to be active; how to promote resources like this
- Looking for activities for elderly populations. There is a need to address these issues. Focus on activities with aging populations and how can people fill that need
- **Action Steps:** think of smart goals to bring to the group for next meeting

❖ Organization Updates

- Deepa: UCCE Team has started virtual nutrition education classes.
- Renee: Have added a few more resources for classrooms. Updated Teen Program. "Builders" has a physical activity component and a playlist with teachers demonstrating different physical activities and how to do them at home.
 - Builders:
<https://www.healthyeating.org/products-and-activities/curriculum/nutrition-builder-activities>
 - Teen program:
<https://www.healthyeating.org/products-and-activities/curriculum/high-school/high-school-lessons>
 - Brain breaks (Physical activity):
<https://www.youtube.com/playlist?list=PLjFF28kApSw6OsZuGRfvnUabXobbYYbpK>

- Brad: City of Hanford is offering Zumba at Civic Park on the back side of the courthouse 6-7pm Mondays and Wednesdays. Aerobics is offered 8:30am-9:30am Mondays Wednesdays and Fridays. Participation has increased in the last few weeks. \$11 per month for seniors and \$16 per month for nonseniors. You can go to as many classes as you want during those time slots
- Aleah: Teen Success works with young moms and helps them graduate from high school. The Board of Directors has allowed them to remove age requirements (before 14-19). Age requirement has been waived so both older and younger mothers are now able to receive services. Trick or Treat event for Halloween. October 26th Market for Good fundraiser. Information will be in the KFPF newsletter. Actively recruiting, email Aleah.teensuccess@gmail.com for more information
- Pam w/KCAO: Continuing with food distributions. Distributed fruit pre-packaged (apples and pineapple chunks). No new updates.

Next Meeting: TBA