

Meeting Notes



Healthy Eating/Active Living

February 10, 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: Pamela Eide, Phoebe Peterson, Susan Lafferty, Ivan Huerta, Deepa Srivastava, Renee Farias, Cameron Jones, Liliana Sandoval, Karina Casarez

❖ Welcome & Introductions

❖ School Meal Updates/ Food Distribution Updates

- KCAO- Moving forward with food distributions
- Education is still hybrid but a lot of students are back in-person
 - Distributions for virtual schooling is still continuing

❖ 2021 Goals & Objectives discussion

- 2 Smart Goals created that are focused on decreasing obesity.

A. By June 2021, conduct 3 promotional activities to create awareness of, and encourage participation in, summer meals programs.

- *Potential project:* Kick-off day/launch day event for Summer Meals Program
 - *Potential radio spot:* Pam will contact an individual (Name: Ricardo) from a radio station to discuss promotion opportunities.

- Sharing information on websites (promoting on social media/ emails/ etc.)
- Promote at KFPF meeting
- Create a flier that can be handed out
- Utilizing brochure HEAL workgroup created
- Add fliers in already established distribution events
 - “Backpack food distribution”
- Education opportunities→ facts of Healthy Eating/ Nutrition
 - March agenda to plan on tidbits of information to be used
- Timeline: first week of June

B. By June 2021, compile a list of community physical activity resources available to individuals across the lifespan (youth, adults, seniors).

- *Suggestion:* creating both a digital and paper list
- *Suggestion:* interactive map with descriptions of what areas are in each area (areas/trails/centers/classes, etc.)
 - Contact Brad Albert to see whether he’s still interested in attending these meetings
 - Contact Conduent to ask if it would be possible to create a map of recreation areas in the community
 - Including “virtual” activity resources within Kings County
 - Asking Rec Centers in the community

❖ Organization Updates

- Dairy Council: Online resources on online learning age. Just released the K-2nd curriculum. Call out to socio-emotional learning. Partnered with a P.E teacher for “instructional” videos on different exercises.
 - For teens: Ask a Nutritionist series on youtube
 - Online learning:
 - <https://www.healthyeating.org/products-and-activities/curriculum/online-learning>
 - New K-2 curriculum:
 - <https://www.healthyeating.org/products-and-activities/curriculum/k-2-launch>
 - Brain breaks:
 - <https://www.youtube.com/playlist?list=PLjFF28kApSw6OsZuGRfvnUabXobbYYbpK>
 - Ask a Nutritionist:
 - <https://www.youtube.com/playlist?list=PLjFF28kApSw5lzY-azWzRGBIbuyMQaY6f>

- CalFresh: Emergency allotment approved until June 30th. As long as the client qualifies, they get full benefits. Opened new sites for the Grocery 2 Go program so individuals can register online and order food and then pick up at a location. Developing a new program to target seniors to promote healthy food for that population. If you know of organizations or resources that focus on seniors, please email Maria Ayala - 559-237-3667 ext 1130 , mayala@ccfoodbank.org.
 - <https://ccfoodbank.org/food-locator/>
 - groceries2Go <https://ccfoodbank.secure.force.com/G2G>
- Deepa: Virtual nutrition education classes have gained momentum.

Action items: Pam will reach out to “Ricardo” in regards to radio promotion

Karina will contact Parks and Rec

Karina will contact KPFP website

Pam will speak with Corcoran Rec Center

Next Meeting: March 10th, 1:30-3:00pm