

Meeting Notes



Healthy Eating/Active Living

January 13, 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: Deepa Srivastava, Phoebe Petersen, Teresa Alvarado, Cameron Jones, Liliana Sandoval, Pamela Eide, Ivan Huerta, Susan Lafferty, Renee Farias, Renee Farias

- ❖ Welcome & Introductions

- ❖ School Meal Updates/ Food Distribution Updates
 - KCAO: KCAO is planning a food distribution on the 23rd for farmworkers. They are looking for a solid location. The distribution will be out in the fields where they are working. They have been working with the food bank in Fresno. They are also looking at distributing PPE supplies (hand sanitizers and masks) to families during the distribution. They have secured several food vouchers and are providing those at the distributions or to persons who call in situations of emergency. Vouchers work at CostLess and Grocery Outlet. These vouchers are for food only. They have started looking at partners for the summer food program (If anyone has suggestions for locations or areas that need to be served please contact Juan Martinez). You are welcome to attend these distributions and pass out information regarding your organization during these events. During food distribution, there is no physical contact with families. These distributions are organized as drive-thru events.
 - If you'd like to be there during these events, please contact Juan Martinez jumartinez@kcao.org
 - Please share these fliers within your networks/online
 - KCAO will also take any help (funding/ products/ water/ etc.)

- Renee: [Click here](#) for nutrition resources for children and families that can be handed out
- Juan: Formula is also available to families from Foodbank in Fresno and will be available in Kings County (along with diapers)
- Liliana: Groceries To Go program- clients can sign up to get a box of food. They used to be able to deliver but this year this service has stopped. Clients can pick up a box of food in another location outside of the food bank. One location is in Tulare County and another location in Visalia. The box includes food such as eggs, bread, cheese, nonperishable items, meat. You can register online and choose a date and time that you are able to pick up at those locations or the food bank. They are helping clients sign up for CalFresh. Clients can register or complete CalFresh applications through their website. They do not have to live in the communities of the location they are picking up in, as long as they register with that location. This box is available twice a month (2 people per household) and they can enroll every 15 days.

Groceries 2 Go website: <https://ccfoodbank.secure.force.com/G2G>

Groceries2Go Phone number : 559-550-7353

https://docs.google.com/forms/d/e/1FAIpQLSf1SXpna_WmTRwRUyU5mVnuhAH_JOZbne9cU9yk43S9rKZRiw/viewform

Liliana 559-601-0080

❖ 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.

- Social Media; share fliers/ info
- Promote at food distribution
- Kick-off day/launch day event to let everyone know about the meals available during the Summer Meals program
 - Online campaign; giveaways; focused on social media
 - HEAL workgroup can help with planning
 - Suggestion: Bring up during KPFP meeting; what month leading this kick off?
 - ◆ Week prior to/days leading up to the first distribution; start after students finish school; serve meals when schools are no longer serving (late May-June)

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

- National parks → what is available to low income families?
 - Maybe reach out to Brad from Parks & Rec
 - Students may receive discount
 - A list of physical activity resources could also include local resources that are free or low cost and potentially indoors because exercising outside is not always possible
 - Looking at outdoor activities that are more local. National parks are far away and transportation is also a barrier for low income. Putting together a list of local hikes/outdoor areas that are free and closer to the area.
- Social Media spotlights

Question: Not many organizations have capacity to fill the need for medical diets. How do we address these specialized diets?

- Maybe Rebecca Russell with Adventist Health (registered dietician) would be able to address this question

Question: Does KCAO have a local kitchen?

- Yes, but only for Head Start children. They do follow dietary needs/guidelines for each child within the program
- Pre-COVID, KCAO was looking into doing diabetes-specific food bags.
- Soup Kitchen provides meals

❖ Organization Updates

- New Dietary guidelines: <https://www.dietaryguidelines.gov/>
 - “Make every bite count”
 - Age specific guidelines
- KCAO is trying to get out food distribution calendars; please share within your networks once you receive them.
- Pam spoke with a contact regarding the community garden. They are currently not interested in meeting in person but would be interested in arranging a Zoom meeting with the community. Pam sent dates/times but has not heard back yet. Will hopefully have more information in the next week or so.

Next Meeting: February 10, 2021 1:30-3:00pm

