

NOTES



Healthy Eating/ Active Living

March 8th, 2023 - 1:00pm-2:00pm

Via Zoom

(<https://us02web.zoom.us/meeting/register/tZEsduusqD8sHN3SJ7UJ0yEPTUe81ddCmgEe>)

Attendees: Alma Mora, Gaby Rodriguez, Samanthan Alaniz, Juan Martinez, Susan Lafferty, Devondria Sanchez, Alyssa Blue

- ❖ Introductions & Ice Breaker
 - If you could learn any language, what would it be and why?
- ❖ 2022-2023 SMART Goal
 1. Assist in planning and participating in one local event to provide community resources about nutrition and physical activity to families, adults, and seniors.
 - Avenal Community & Family Event Debrief
 - Dead end, felt like middle of nowhere in terms of location; maybe do outdoors for next event; 9 resource tables (CHC, United Way, KPFP, Valley Voices)
 - 4 hours long - could have been 2-3 hours instead. Could have done better with outreach - posting at libraries and other community spaces. Provide at least 2 months for outreach in the future.
 - [Walk Together](#) Activity Challenge Feedback
 - Share Canva graphics with a group.
 1. First image preferred.



- Do we want to do whole organizations or individuals?

How to track?

1. App would be preferred
2. Incentives could be a little trophy, a nutrition basket.
3. Month suggestions: May (Walk for Mental Health)
4. Do an individual basis.

- Cooking Demonstration Collaboration w/ Children's Storybook Garden/Museum, Fresno Ministries or Hanford Parks & Rec

- HEAL can provide ingredients and individuals can learn how to prepare small meals such as a salad, chicken, soup and more.

→ Can do in June or July

2. Plan & Assist KCAO with the Summer MEAL Program Kick-off event for children and parents. This event would be a carnival event that highlights the importance of nutrition, proper nutrition, and activity. Located at Civic Park.

- Scheduled for June 3rd (Saturday) tentative date; objective is to let families know about meal programs that are available over the summer; would provide food at event for youth; want to have a resource fair as well; KCAO Food bank there as well to provide food for parents

3. Create a mini series recorded presentation about nutrition for families, adults and seniors featuring the expertise of HEAL members. The recording and training, which will live on the KPFP website, will be promoted as a Workplace Wellness resource.



- [HEAL presentation ideas](#)
 - [Sign-up sheet](#)
 - Mini video or reel - KPFP will edit it.
 - Once more have signed up, start assigning months/deadlines for each video topic.
 - Do it monthly.
- ❖ [HEAL logo](#)
- 1, 2, 3, 4, 5
 - 4 has the most votes; 5 was a close second
 - Will send 4 & 5 to rest of HEAL group to make final decision
- ❖ Roundtable
- Power of the Purse - April 25th; tickets are \$30, after April 1st will be \$35 golf kit, bike, rollertown card, other fun gifts,
(https://www.eventbrite.com/e/power-of-the-purse-tickets-508260068547?fbclid=IwAR2_JyhXnirVNaFSQsUTvs5pxkciyS_zNHHv_bK3xnoVI7Y_W1csrjNxoYoc)
 - KCAO hiring for CalFresh program - lost 2 employees
 - Devondria - Veterans group 2nd and 4th Tuesday of each month
 - Parenting groups by FRC in Lemoore and Hanford in English and Spanish with children 0-5 years of age.
 - Women's Wellness Event - expressive art therapy, local vendors, women identification, looking to collaborate - looking at May
 - Dream it Be it event sponsored by Soroptimist - Saturday March 25th - Theme is Y2K; Self defense class, workshops, giveaways, \$1000 scholarship
 - KPFP General meeting March 16th Safezone training
 - How to rebuild your credit score March 27th at West Hills College Lemoore - must register on eventbrite
 - April 22nd 8-9am walk from civic to mall and 9am-2pm Kids Day at Hanford Mall

Next Meeting: Wednesday, April 12th, 2023 at 1:00pm-2:00pm via Zoom



