

NOTES



Healthy Eating Active Living

Wednesday, October 11th, 2023 from 1:00pm-2:00pm

Via Zoom

(<https://uso2web.zoom.us/meeting/register/tZEsduusqD8sHN3SJ7UJoyEPTUe81ddCmgEe#/registration>)

Attendance: Jacob Pennington, Aliyah Ortiz, Gaby Rodriguez, Irene Padasas

★ Introductions & Ice Breaker

- A favorite fall memory of yours?

★ 2023-2024 Goals & Activites

- Salsa Night
 - October 30th, 2023 from 7:00pm-9:00pm at P.A.T.Y.' Studios
 - Flyer will be sent and welcome to all
- Healthy Eating Active Living Webinar
 - Reach out to Jane
 - Have a specific target audience and be creative
 - Related to stress
 - Look up resources, ingredients, and recipes
- Health Fair - Spring 2024

★ 2023 - 2024 Leadership

- If you are interested in being a co-lead for healthy eating and active living, please email Aliyah aliyah@kfpf.org.

★ Roundtable

- **Let's Eat Healthy Community Grant Program.** The Let's Eat Healthy Community Grant program advances the activation of



Dairy Council of California's Let's Eat Healthy Initiative, engaging champions to empower healthier children, families and communities through a myriad of strategies and partnerships to meet the needs of local communities. This funding program advances innovative and collaborative solutions to improve nutrition education and access to nutritious foods that include milk and dairy, fruits, vegetables, whole grains and lean proteins. For more information please visit, Let's Eat Healthy Community Grants

- **American Heart Association** - Local food banks and food pantries from Costco to support nutrition and security. \$5,000 (expand capabilities) and/or \$1,000.00 (nutrition guidelines) Stipend to food pantry. Deadline October 25th.

Next Meeting: Wednesday, November 8th at 1:00pm via Zoom

