NOTES



Healthy Eating Active Living

Wednesday, September 13th, 2023 from 1:00pm-2:00pm *Via Zoom*

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

Attendance: Aaron Williams, Aujena Burks, Aliyah Ortiz, Jacob Pennington, Susan Lafferty, Rajwinder Kaur (Raj)

- ★ Introductions & Ice Breaker
 - Something you are looking forward to this month? (e.g., birthday party, family or friend event/gathering, concert).
- ★ Chop Chop with Health Eating Active Living
 - Debrief
 - Saturday, August 26th
 - Phone call reminders
- ★ Wonderful Grant Company Kings Partnership
 - o 6 active workshop
 - o 6 healthy eating demonstrations
- ★ 2023-2024 Goals & Activites
 - o <u>Jam Board</u>
- ★ 2023 2024 Leadership
 - o If you are interested in being a co-lead for healthy eating and active living, please email Aliyah <u>aliyah@kpfp.org</u>.

★ Roundtable

- CalFresh Healthy Living, University of California is providing
 Apple lesson school classes and talking with kids about eating
 apples. In addition they are providing cooking events at Jefferson's
 after school program where they give kids ingredients and they
 have to create their own meal. In collaboration with the Children's
 Story Book Garden & Museum, they are providing cooking classes.
- American Heart Association FREE Virtual Webinar about Blood
 Pressure for the Community on September 29th.
- Dairy Council Celebrates <u>World School Milk Day</u> on September
 27th & is still providing <u>Back to school resources</u>
- Kings Partnership Budgeting Basics on Thursday, September
 14th from 1:00pm-2:30pm via Zoom. <u>Click here to register!</u>

Next Meeting: Wednesday, October 11th at 1:00pm via Zoom

