

NOTES



Healthy Eating Active Living

Wednesday, January 10, 2024 from 1:00pm-2:00pm

Via Zoom

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

Happy New Year! We will start at 1:05pm

Attendance: Aaron Williams, Juan Martinez, Irene Padasas, Samantha Alaniz, Jane Gonzalez, Aliyah Ortiz

- ★ Introductions & Ice Breaker
 - What is your New Year's resolution?

- ★ Rotary of Hanford
 - \$1,000.00 Grant

- ★ 2023-2024 Goals & Activites
 - Healthy Eating Active Living Webinar
 - Stress & Eating Habits
 - Language is relevant and understandable to target audience
 - Focus more on the connection stress & unhealthy eating and eating behavior - what is the ultimate outcome to health (negative)
 - National Walking Day - Wed, April 3, 2024
 - Community walk
 - Rotary Grant
 - Health Fair - Spring 2024
 - Reached out to Women with Visions - TBD



- Tabled
- Cooking Demonstration
 - Santa Rosa Rancheria – Education Center
 - October 3, 2024 from 4:00pm–6:00pm
 - Reach out Alyssa Blue, Program Coordinator at alyssa@kfpf.org
- ★ Roundtable
 - Healthy Eating & Active Living at West Hills Community College – Every Wednesday from January 31, 2024 – February 28, 2024 from 12:00pm–1:00pm.
 - Kings Community Action Organization Vita Program – Volunteer Income Tax Assistance System. Sites in Avenal, Hanford, and Corcoran.

Next Meeting: Wednesday, February 14, 2024 via Zoom

