

NOTES



Healthy Eating/Active Living

November 13, 2019 - 1:30-3:00pm

Kings County Public Health, Building 5 Auditorium

- ❖ Welcome and Introductions

- ❖ Summer Meals
 - Food Transportation to Avenal & Kettleman City - how can HEAL help?
 - Evette stated that No Kid Hungry has grants/funds that will cover transportation costs. She will contact Juan Martinez at KCAO.

- ❖ School Wellness Policy
 - Julie shared that she had a great conversation with Todd Barlow and that she will circle back in January to follow up with school Superintendents.
 - The Mental & Emotional Wellbeing workgroup will be adding information to the white paper at their next meeting.

- ❖ Kings County Nutrition Resources Discussion
 - Maricsa shared the pamphlet that she created for the group to review. She will send a Canva link that will allow the group to make edits as needed.

- ❖ NEAFCS Award
 - Deepa shared that she won an award for Snap Ed in Kings and Tulare Counties. Anyone can submit an award submission. All submissions are due by March 16, 2020. She will share the link with the group.

❖ New HEAL Objectives – Suggestions

- Ivan shared that transportation & safe routes to food services is a barrier for families who do not own a vehicle. Julie suggested he meet with KCAG as they handle transportation routes for the county.
- Deepa would like to see HEAL work with/for the aging population. She will invite Bobbie Wartson with Kings County Commission on Aging to our January meeting.
- Julie would like the group to look into nutrition requirements & resources in childcare facilities. Ivan will invite KCAO's Head Start leaders to our February meeting to share what they are doing. Deepa will share policy information/updates as she receives them.

1. **Goal:** *Decrease obesity and other chronic diseases in children in Kings County.*

➤ Objectives

- Summer Meals - Increase awareness and participation in summer meals programs.
 - How to measure summer meals: Phoebe to gather data for Kings County from No Kids Hungry
 - *Erika will find out if 2-1-1 tracks website hits for summer meals.*
 - Document how we promote/market the program
- School Wellness Policies - Support school wellness policies as a method to address childhood obesity and food security through the promotion of nutrition education, school meals, community and parent engagement, and mental health services.
 - Document how many districts have revised their policies within the last 3 years.
 - Document how many district committees are receiving support from HEAL Work Group members.

2. **Goal:** *Work with vulnerable communities identify their needs and provide services to support those needs.*

➤ Objective

- Engage with the Home Garden community to improve food security through nutrition education and promotion of community initiatives.
- Improve food accessibility through promotion of 2-1-1 food calendar, increasing sites for summer meals and addressing potential gaps such as grocery store density, etc.
- Engage in research, knowledge sharing, and community needs assessment.

❖ No meeting in December. Next meeting January 8, 2020 at 1:30pm