

# NOTES



## Healthy Eating/Active Living

October 9, 2019 - 1:30-3:00pm

Kings County Public Health, Building 5 Auditorium

- ❖ Summer Meals
  - Evette with No Kid Hungry will send us the link to retrieve Kings County information.
  - Juan with KCAO will send their summer meals numbers.
  - Juan would like to address the need for more sites to feed kids after summer schools are over. The most vulnerable areas are Avenal, Kettleman City, and Corcoran. KCAO does not have funds for fuel to transport food to Avenal and Kettleman City. Juan is currently working with Sheila Verdugo in Avenal on grants that would cover transportation.
  
- ❖ School Wellness Policy
  - KPFP's Mental & Emotional Wellbeing Workgroup is currently working to add more information to the SWP white paper.
  
- ❖ Kings County Nutrition Resources Discussion
  - Maricsa is currently working on a draft with Phoebe. She will provide an update at the November meeting.
  
- ❖ Goals Discussion
  1. **Goal:** *Decrease obesity and other chronic diseases in children in Kings County.*
    - Objectives
      - Summer Meals - Increase awareness and participation in summer meals programs.
        - 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.

➤ Juan shared that KCAO's Snap Ed office has moved from Home Garden to Armona. The Home Garden Head Start is continuing services to the community.

❖ Next meeting, November 13, 2019 at 1:30pm