

# NOTES



## Healthy Eating/Active Living

January 8, 2020 - 1:30-3:00pm

Kings County Public Health, Building 5 Auditorium

- ❖ Welcome and Introductions
  
- ❖ Summer Meals
  - Food Transportation to Avenal & Kettleman City - update
    - Still in process, KCAO and No Kid Hungry are partnering.
  - Summer Meals Report - Renee Farias
    - New sponsor in 2019 – Navy Region Southwest at the Lemoore Youth Center (contributed to over 5,000 meals)
    - No Fresno EOC meal service
    - New meal types offered in 2019 – AM snack (Corcoran Joint Union School District) and PM Snack (Navy Region Southwest)
    - Compared to 2018, 2,488 more meals were served in 2019 – a 4% increase!
    - Hanford Elem, KCAO, Lemoore Elem and Reef-Sunset Unified served more meals in 2019 compared to 2018
    - Armona School District , Central Union Elem, Lakeside School District, Corcoran School District and Lemoore High served less meals compared to 2018
    - KCAO added three new sites – First Baptist Hanford, Kings Garden Apartments and Lincoln Apartments
    - Meals served at Home Garden Park almost doubled in 2019 compared to 2018!
  
- ❖ School Wellness Policy - no update at this time
  
- ❖ Kings County Nutrition Resources Discussion - update

- Maricsa did make some revisions to the food pantry and distributions sites after receiving feedback from Mark Colley at CFB. Mark is also open to taking any questions we may have for him. (Updated pamphlet emailed to HEAL)
- The group reviewed the 2nd draft and will email Maricsa with any edits.

❖ KPFP Presentation, Discuss Food Accessibility - tabled

❖ Deepa shared UCCE's Reach & Selected Outcomes Report

- Direct Education Reach 6,673 (Kings County)
- Indirect Education Total Reach 4,551 (Kings County)
- Policy, Systems & Environmental (PSE) Reach 13,055 (Kings County)
- PSE Sites Reach 26 (Kings County)
- Community Partners 22 (Kings County)
- Community Coalitions 2 (Kings County)
- Youth Taste Testing Tool 122 tastings with 2,198 students (Kings County)
- Youth Teacher Observation Tool 45 teachers for 982 students (Kings County)
- Adult Taste Testing Tool 56 tastings with 517 adults (Kings County)
- Adults Intent-to-change 590 (Kings County)
- Plan, Shop, Save & Cook 69 (Kings County)
- Making Every Dollar Count 24 (Kings County)
- Healthy, Happy Families 23 (Kings County)
- Adult Physical Activity Survey 16 (Kings County)

❖ New HEAL Objectives – Suggestions Welcome

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
    - 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.

❖ Roundtable

➤ KPFP Monthly Meeting on January 16th from 1-3pm at Koinonia Church

❖ Next meeting February 12, 2020 at 1:30pm