

MEETING NOTES



Healthy Eating/ Active Living

November 9, 2020 - 9:00am-10:00am via Zoom

<https://us02web.zoom.us/j/86004703223?pwd=eUdOejIxUlhhUmhWNnBKS2NCQUtTQT09>

Meeting ID: 860 0470 3223 Password: 884799

Dial by your location: +1 669 900 6833

Participants: Phoebe Petersen, Renee Farias, Julie LeFils, Susan Lafferty, May Ly, Eldon Bueno, Danielle McFadden, Elizabeth Castro Maldonado, Yvette Olivera, Martin Rios, Karina Casarez

- ❖ Welcome & Introductions
- ❖ New meeting date/times
 - Second Monday from 11-12pm
 - Second Wednesday from 1-2pm
 - The group decided to meet on the second Wednesday of every month from 1-2pm. Next meeting will be December 8th from 1-2pm.
- ❖ School Meal Updates/ Food Distribution Updates
 - How to collaboratively update the school wellness policy white paper
 - Document & resources need to be updated
 - Google Document for those able to edit online; Word document for those who may not be able to edit Google Doc
 - *Timeline:* document needs to be updated and sent out after Thanksgiving week (early December); follow-up sent early January
- ❖ CalFresh updates
- ❖ 2021 Goals & Objectives discussion
 - 2 Smart Goals created that are focused on decreasing obesity.
 - A. By June 2021, conduct 3 promotional activities to create awareness of, and encourage participation in, summer meals programs.



- Don't forget to send social media resources to Cameron@kfpf.org

B. By June 2021, compile a list of community physical activity resources available to individuals across the lifespan (youth, adults, seniors).

- *Workplace Wellness*
- *Suggestion:* looking at health more holistically such as including mental health and self-care
- *Suggestion:* including the promotion of ACEs and stress buster resources for physical activity and nutrition
- Social media campaign idea for January:
 - Jumpstart January
 - One small step
 - Holistic
 - ACEs
 - Start small? Start Small - Health for All

❖ Formalization

➤ Leadership

- Co-lead nominations

➤ [Charter](#)

❖ Organization Updates

Yvette Olivera- Demo days for Referral Exchange scheduled for November 19th and December 3rd.

Turkey Trot (5K) on Thanksgiving morning. [Register here](#)

Renee Farias- Researchers at University of California, Irvine (UCI) and Dairy Council of California invite professionals who provide nutrition-related services and resources to pregnant women, infants, and toddlers to participate in the First 1000 Days Nutrition Needs Assessment. The first 1,000 days is the period of conception to age two of the child and is the most critical phase of early life development. Those who complete the survey by November 24, 2021 will be eligible to win one of four \$50 gift cards. All responses will remain confidential and personal data is never shared or sold to third parties. Direct questions to Renée Farias, rfarias@healthyeating.org.

Karina Casarez - Vote for Prevention Awards [here](#)



Action Steps:

- Work on white paper updates
- Brainstorm names/ ideas for social media campaign

Next Meeting: Wednesday December 8th, 1-2pm

