

Meeting Notes



Healthy Eating/ Active Living

October 12, 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

Attendees: Susan Lafferty, Phoebe Petersen, Renee Farias, Eldon Bueno, Valerie Alvarez, Maricsa Davalos, Julie LeFils, Cameron Jones, Karina Casarez, Martin Rios, May Ly, Alicia

- ❖ Welcome & Introductions
- ❖ School Meal Updates/ Food Distribution Updates
 - Summer meal updates/recap
 - KCAO was not present during the event
 - Food Distribution calendar is on weekly email and being posted weekly on social media
- ❖ CalFresh updates
- ❖ Got Needs data
 - Respondents who Stated They Eat Healthy Food Most of the Time
 - #1 Food is too expensive
 - #2 Don't have time to cook
 - How to use this data?
 - Use for goals next year
 - How has COVID impacted this data and how/which areas were impacted?
 - More people out of work/ with food insecurity



- Respondents Who Feel they have enough food to feed their families
 - Due to pandemic relief, there has been an increase in the amount of food, through school lunches, food bank, etc.
 - There is an increase in answers from Spanish speakers
 - ◆ Maybe more outreach needs to be done specifically for food distribution events
 - Respondents who Have Used Food Assistance in the Community
 - This number decreased in 2020 → possibilities?
- ❖ 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).
- ❖ Formalization
- Leadership
 - Motion to approve Renee as a workgroup lead.
 - Over majority of workgroup members vote to approve Renee as a workgroup lead.
 - The group will continue nominations for coleads during the next workgroup meeting
 - [Charter](#)
 - Intended outcome:
 - Like making the "healthy choice is the easy choice"
 - Difficult to come together under one mission with different target audiences
 - ◆ Focus on children or parents?



- UCCE - In older grades, (4-th-8th); doing an evaluation tool this year and asks children what their barriers are; There is also a pre assessment
 - ◆ Found that children are having more sweet snacks & beverages multiple times a week during certain periods of the year
 - Mission for what we see in the future (20 years)
- ❖ Organization Updates

Karina will be sending a Doodle poll for a possible meeting date change due to KCAO's inability to join meetings the last few months.

Next Meeting: November 9th 9-10am

