

# MEETING NOTES



## Healthy Eating/ Active Living

September 14, 2020 - 9:00am-10:00am via Zoom

<https://us02web.zoom.us/j/81740429059?pwd=VVRTZit6OkgydC9ndVZOTENHZjBZdz09>

Meeting ID: 817 4042 9059 Password: 909572

Dial by your location: +1 669 900 6833

*Attendees:* Phoebe Petersen, Teresa Alvarado, Julie LeFils, Nora Zaragoza, Susan Lafferty, Martin Rios, Renee Farias, Maricsa Davalos, Eldon Bueno, Yvette Olivera, Cameron Jones, Karina Casarez, Juliette Martinez, Christina Tran

- ❖ Welcome & Introductions
  
- ❖ School Meal Updates/ Food Distribution Updates
  - Summer meal updates/recap
    - KCAO was not present during this meeting
  
- ❖ CalFresh updates
  - HSA was not present during this meeting
  
- ❖ 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.
      - Healthy Summer Campaign
        - RECAP
        - Could your organizations use a recap of the campaign and how these actions benefit organizations in the group?



- Are there plans on continuing this in fall? Offering fall activities/recipes, etc.
  - AHA recipes: <https://recipes.heart.org/>
  - Spanish materials: <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/healthy-living-spanish-infographics>
- KPFP is able to post continuous social media information regarding Healthy Eating/Active Living on Facebook & Instagram
  - If your organization wants to actively participate in a video, presentation, etc. on social media, please let us know, we'd love to include you on the KPFP social media

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

#### ❖ Formalization

- To be outlined: name, mission/vision, leadership structure, membership goals
  - Name: HEAL
  - Purpose/Vision:
    - On the website: Intended Outcome: To empower community members with knowledge and skills to advocate about healthy living, thereby helping to create an environment where the healthier choice is the easy choice. Kings Partnership for Prevention's Healthy Eating/Active Living work group will be pursuing the following prevention strategy: In collaboration with community partners, KPFP will support community engagement efforts in Kings County by providing guidance, encouragement, education, and technical assistance to promote Healthy Living.
  - Leadership Structure
    - Nomination:
      - ◆ Phoebe nominates Renee (Dairy Council)
      - ◆ Suggestion to send out an email to ask nominations from entire group
      - ◆ Suggestion for the charter: Anything voted on must be sent out via email with a statement that a vote will be



held; a majority of people present at the meeting the  
vote occurred

- Membership Goals
  - Question regarding whether community members can participate
- ❖ Organization Updates

**Next Meeting:** October 12th 9-10am

