

# MEETING NOTES



## Healthy Eating/ Active Living

April 13, 2022 - 1:00am-2:00pm via Zoom

[https://us02web.zoom.us/meeting/register/tZltd-2vrjgoGNeQ-yQPaGcWGef\\_tnRPaOgo](https://us02web.zoom.us/meeting/register/tZltd-2vrjgoGNeQ-yQPaGcWGef_tnRPaOgo)

*Attendees:* Renee Farias, Valerie Alvarez, Michelle Bieber, Susan Lafferty, Devonderia Sanchez, Martin Rios, Eldon Bueno, Karina Casarez

- ❖ Welcome & Introductions
  - Workgroup update
    - Jacobus will be new co-lead for KCAO
- ❖ Food Distribution Updates
  - KCAO is not present during today's meeting
  - NEHP received \$300,000 for fruits and vegetables for two years and we are thrilled about that. Additionally, we are still looking for summer food sites, and we are still waiting to see if we received funding to expand services to home garden and Santa Rosa Rancheria.
- ❖ CalFresh updates
  - HSA is not present during today's meeting
- ❖ March Panel debrief
  - Michelle Bieber- Lacking traction for White Paper School Wellness Policy; Look for messages that can be shared with partner organizations; Starting with own organizations with Workplace Wellness policies
  - Renee Farias- glad there was a lot of interaction with the panel;
- ❖ SMART Goals Update
  - 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.

- WIC also promotes the summer meal programs; has text messaging system
- Dairy Council will also have summer meal flyers; If your organization would like these with your logo, you can request
- Focus on food sites, food panels, etc.

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

- Brainstorm new attendees to invite focused on Active Living
- Michelle- Possible suggestion: Good to have education for workgroup; bringing in subject matter experts; more education for social service providers; help elevate the workgroup's thinking (not necessarily sharing resources)
- Devonderia- physical health linked to mental health

Potential future goals focused on Workplace Wellness and School Wellness

❖ Formalization

- [Charter](#) finalization

❖ Organization Updates

- KPFP Executive Director position open on Indeed. [Click here.](#)
- Annual Meeting moved to May; will be in-person
- Renee- Summer Meals flyers available for providers and service agencies; if interested, please email Renee



- Fit Chat Chit Chat - mental health physical health; Will have event focused on Black Maternal Health ; always able to provide trauma-informed training to organizations
- ACEs event in person at Storybook Garden on Monday April 18th

**Next Meeting:** Wednesday May 11th, 1-2pm

<https://youtu.be/aJi1M-FMTH8>

