

# MEETING NOTES



## Healthy Eating/ Active Living

June 8, 2022 - 1:00am-2:00pm via Zoom

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

- ❖ Welcome & Introductions
- ❖ Food Distribution/ Summer Meal Updates
  - [\\*Summer Food Program calendar on KPFP Website\\*](#)
  - Calendar of Summer Food distribution has been sent out
  - Anybody can attend the summer meals at these sites, no matter which school they attend
  - Will be 2 weeks shorter than usual schedule due to food vendor (June 13th - end of July)
  - Individuals will have to eat there on site
  - Sites in Avenal, Kettleman, Stratford, Hanford, and Lemoore (no sites in Corcoran)
  - Schools in Hanford that will be offering summer meals program: Lincoln Elementary (June 7-July 22nd), Monroe Elementary, Lee Richman (June 7-July 1), JFK (July 5-July 22nd); 11:15-12'o clock. Available to anyone 18 years and under. Lakeside will only be providing meals during 18-29th of July.
  - Dairy Council is offering free promotional materials for Summer Meals (<https://www.healthyeating.org/products-and-activities/programs-services/professional-development-advising/food-access/summer-meals>)
- ❖ 2022 SMART Goals discussion
  - *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.*



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

- Summer Meal/ Food Distribution event
  - RD/Nutritionist & healthy cooking class
  - Activity classes (ex. Zumba)
  - *Could there be 1 sustainable yearly event that the HEAL workgroup assists in planning?*
  
  - Concerns with weather/heat
    - There are some sites that are located inside (for example: Lemoore Recreation center)
  - Can begin working with sites early on to do a kick-off event for summer meals; bring food; bring produce options; share resources
    - Face painting, zumba, “celebration”
  - Can do a “trial run” at a site this year; pass out hand-outs, play games, etc.
    - The Lemoore Rec center is a good location
    - Thursday market
  - Idea to create videos of where the location is at; visual of location; what you receive; can assist in making people more comfortable
  - Clarisa Canales speaks Spanish and is able to assist with translations if needed
  - Can add this event to earlier agendas so that the workgroup can continue
- Workplace Wellness
  - How can we promote workplace wellness to the community?
    - Policy paper
    - Wellness Committees
  
  - Cameron showed the Mental Health training that was just created; multiple organizations came together to create one slide deck of information and then presented in a training via Zoom. The training was recorded and is available on the [website](#). Shorter presentations were created and used to present to service orgs in the community. A Spanish training was also created.
  - Suggestion to do separate adult and youth trainings



- Send Cameron information so that in August, the group can begin creating presentation
- Would like to continue with 2021 goals but then also potentially add new goals
- ❖ 2022-2023 year
  - Leadership
    - Lead & Co-lead
      - Renee & Juan are open to continuing as lead and co-lead for the 2022-2023 year.
      - If anyone is interested in filling these roles, please email Karina
  - In-person or Zoom meetings?
    - Group has agreed to continue with Zoom meetings
- ❖ Organization Updates
  - KPFP is working with Homelessness Collaborative for Community Engagement; if your organization would like to come out and volunteer, please contact Cameron. These events are once a month and held at Holiday Lodge. Please also let us know if you have anything to donate such as food boxes, SWAG, art supplies, etc. Homelessness Ambassador training will be held next month. Please let us know if anyone is interested.
    - If we can provide a “wishlist” on nonperishable food to KCAO, they have funds available to purchase those; also have food boxes available
    - KCAO also has a lot of water (gallon size and half liter bottles)
    - Send Juan dates, locations, and drop-off location
  - June is Dairy month. There is a page on the Dairy Council CA website with activities, worksheets, etc.  
<https://www.healthyeating.org/nutrition-topics/milk-dairy>

**Next Meeting:** Wednesday August 10th, 1-2pm

