

MEETING NOTES



Healthy Eating/ Active Living

May 11, 2022 - 1:00am-2:00pm via Zoom

https://us02web.zoom.us/meeting/register/tZltd-2vrjgoGNeQ-yOPaGcWGef_tnRPaOgo

Attendees: Pam Eide, Yvette Olivera, Julie LeFils, Cameron Jones, Jacobus Kos, Eldon Bueno, Christina Garza, May Ly

- ❖ Welcome & Introductions
- ❖ Food Distribution Updates
 - Apps in process for summer meal program, has eleven sites, June 13th-end of july, each site varies in schedule
 - If you have any other sites in mind let Juan know
 - Produce boxes- hoping by june this program will start
 - Are more sites needed?
 - Will take as many sites as they can, will need people to run it at that site, KCAO doesn't have staffing for each site
 - Need this asap if anyone knows
 - Plans for promotions for the summer meal program
 - K UW is willing to help to promote via their website and their social media
 - Schools will have to be individually contacted to see what their times and locations are for their summer food programs
 - List for KCAO are not ready quite yet but will be soon and will be sent out to everyone soon
- ❖ CalFresh updates
- ❖ 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).

➤ 2022 Goals & Objectives discussion

■ **Clinical providers need to be at table to help with this discussion**

- Contact for Valerie at Adventist

■ **Summer Meal Promotion**

- Get an RD/Nutritionist involved and have a healthy cooking class

■ **Wellness Committees**

■ **food insecurity screenings at the healthcare level**

- Event! Zumba, Cooking Class, Etc

■ **Event at a food distribution**

- Revisit resource guide made by WIC

- Julie to reachout to Nichole about WIC

■ **Workplace wellness policy** (similar to the school white paper)

- workplace wellness baby steps! (Competition, toolkit, etc)
- County competitions
- American Heart has a bit of this kind of stuff

■ **Social media**

❖ Social Media

➤ Promote summer meals with a giveaway/strategies

- Would share the information more
- Share this so that everyone can have a meal this summer

➤ Activities for the summer

➤ KUW has:

- portable grills
 - Your favorite grilling recipe
- Backpack chairs

➤ Create another page for stuff that is geared toward parents

- Add 2-1-1 to the HEAL page

➤ Add the food distribution to the calendar on our website



- As well as the sentinel
- Video of the summer meal sites
 - Cameron to get in contact with Pam and Jacobus
 - Looking to do two videos: one that is about the qualifications and one of the actual meal sites
- Book programs?
 - Book giveaway
 - Partner with the library in promotions
- Pickle Ball
- ❖ Organization Updates

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

