

NOTES



Healthy Eating Active Living

Wednesday, August 9th, 2023 from 1:00pm - 2:00pm

Via Zoom

<https://uso2web.zoom.us/meeting/register/tZEsduusqD8sHN3SJ7UJoyEPTUe81ddCmgEe#/registration>

Attendees: Gaby Rodriguez, Emilia Avila, Jacob Pennington, Irene O Padasas, Aliyah Ortiz, Eldon Bueno, Susan Lafferty, Rajwinder Kaur

★ Introductions & Ice Breaker

- What is one thing you could not live without?

★ Chop Chop with Health Eating Active Living

- Sat Aug 26th at 1:00pm - 2:30pm
- Mediterranean Salad Recipe/List
 - Adding Dessert - Yogurt Parfait
 - Sign-up
 - Pick-up or Drop-off Dates
 - Food 2-1 days before the event
 - Non-food items - a week in advance
- Lead Demonstration Chef - Savannah (CSGM)

★ Family Healthcare Network - Ribbon Cutting

- Thursday, August 10th at 12:30pm - 1:00pm
- 250 W 5th Street Hanford, CA 93230

★ 2023-2024 Goals & Activities

- Look into Health need data - around healthy eating and active lifestyle



- Got Needs 2023 Community Assessment

- ★ 2023 - 2024 Leadership

- ★ Roundtable
 - Dairy Council of California - [Let's Eat Healthy Video Series](#)
 - CalFresh Living - Nutrition classes for the new school year and pushing healthy eating and active living to youth
 - Community Nutrition Health Unit - Explore Hispanic/Latino Health Practices Data coming soon to share findings! Vaccination Education Project in Central Valley (Madera & Fresno).
 - Mental Health First Aid Training - Sept 6th
 - Suicide Prevention Panel - Thursday, Sept 21st during General Meeting (1:00pm-3:00pm)
 - Suicide Prevention Community Walk/Resource Fair - September 9th in Avenal (Speaker, Honor Beads)

Next Meeting: Wednesday, September 13th at 1:00pm

