

Notes



Healthy Eating Active Living

Wednesday, November 8, 2023 from 1:00pm-2:00pm

Via Zoom

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

We still start at 1:05pm 😊

Attendance: Jane Gonzalez, Pearl Hernandez, Susan Lafferty, Aliyah Ortiz, Gisselle Coyt, Juan Martinez, Irene O’Padasas, Jacob Pennington, Samantha Alaniz, Gaby Rodriguez, Brenetta Sadakov, Belinda Garcia

★ Introductions & Ice Breaker

- What is the most unique/special item you own?

★ 2023-2024 Goals & Activites

- Healthy Eating Active Living Webinar

■ Topic Ideas:

- Your guide to choosing healthy foods
- Related to stress: How your stress impact your food choice
- Target audience: Parents
- **Irene:** Parental stress - impact/limited resources
- **Gisselle/Jane:** Easy to fix meals/demonstration/breakfast
- After hours 5:30pm-6:30pm
- Single workshop: Eating Healthy on a Budget: Steps on preparing healthy meals
 - MyPlate
 - Tips/Suggestions



- Family Healthcare Clinic (possibly open to community)
 - Update
 - Health Fair – Spring 2024
 - Outreach:
 - WIC
 - Nutrition Department/CalFresh (KCAO)
 - Family Healthcare Network
 - Adventist Health
 - LOVYES – Youth
 - Domestic Violence Mobile (DVM) – Homeless/Shelter/Domestic/Provide food (30-50 people)/Helping the community/assistance with rides and child care
 - Kings Partnership
 - Parenting group/program
 - Listos
 - Womens with Visions
 - Gardening Program (ex: pumpkin decorations, easy to grow herbs, etc).
 - Location: TBD
 - Time of event: late spring/early summer
 - Activities youth/families, raffle prizes, speakers, adventist health mobile/dentistry (schedule ahead of time)
- ★ PATY Studios – Salsa Night Debrief
- October 30, 2023
 - Bachata/Salsa/Free Dance
- ★ 2023 – 2024 Leadership
- Thank you Irene O’Padasas



★ Roundtable

- Kings Community Action Organization – Secure 3,000 Turkeys at Food Distribution for Thanksgiving. If your site/agency is interested in participating a food drive, please contact Juan Martinez at [juan](#)
- Thanksgiving Feast to Foster Hope on Friday, November 17th from 5:00pm–8:00pm at Fraternal Hall in Hanford. [Click here to register!](#)
- Thanksgiving Community Dinner on Saturday, November 18th from 5:30pm–8:30pm at Lily Valley of the Church in Lemoore. [Click here to register!](#)
- Turkey Bowl Listening Session on November 25 from 10:00am–2:00pm at Lions Bowl for families after Thanksgiving. Focuses on prevention awareness on tobacco and opioids.
- 2023 Kings Prevention Awards on Thursday, December 7th 2023. [Register to find out who wins!](#)

Next Meeting: Wednesday, January 10, 2024 at 1:00pm via Zoom

