

Kleberg-Kenedy Healthy South Texas Coalition Meeting Minutes

July 3, 2019

I. Welcome/Introductions - Members present:

<ul style="list-style-type: none">• Tamela Guyette, Seawind RV Resort• Viktoria Reyes, Youth Ambassador• Robert Zavala, Knights of Columbus• Diana Zavala, St. Gertrude's Altar Society• Melinda Moralez, Community Action Health Center	<ul style="list-style-type: none">• Veronica Hare, Kleberg County• Sandra Seymour, Wesley Nurse• Alessandra Zavala, Junior Ambassador• Soleil Lopez, Junior Ambassador
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II. Current/Upcoming Events – Discussed July and August HST events and programs.

- July 3 – Coalition Meeting
- July 4 – Holiday
- July 16 – Cooking Camp at DK Park
 - This camp will teach campers basic kitchen and cooking skills and is also preparation for the July 18th camp date.
- July 17 – Youth Ambassador Summit
 - Youth Ambassadors Viktoria, Mackenzie and Trey will be attending this event. This will serve as their training where they'll learn about various programs, reporting, and health topics.
- July 18 – Cooking Showcase at DK Park
 - Essentially a Dinner Tonight Program. Participants will have learned cooking basics on the Tuesday prior, and will demonstrate them and recipes for their parents.
- July 22 – Food & Nutrition Camp at Extension Office, pt 1
 - Volunteers and assistance with marketing is needed from Coalition. During this camp, participants will learn basic cooking and nutrition topics and about 4H food and nutrition contests. Participants do not have to be 4H members. The fee is \$10 and will cover the cost of materials and snacks.
- July 24 - Food & Nutrition Camp at Extension Office, pt 2
 - Same as July 22. Participants will continue and learn more advanced topics.
- July 27 – Farmers Market demonstrations
 - We are still waiting on approval from the Farmers Market Board. Youth Ambassadors will be heading this project where they will be demonstrating recipes using produce/items from farmers market vendors as well as educating attendees on their nutritional benefits.
- July 29 – Clothing & Textiles Summer Camp at Ext. Office
 - Volunteers and assistance with marketing is needed from Coalition. During this camp, participants will learn basic clothing and textile topics and about 4H duds to dazzle/story board/etc contests. Participants do not have to be 4H members. The fee is \$10 and will cover the cost of materials and snacks. Donations for crafts are being accepted.
- Aug 1 – Coalition Meeting
 - **Changed to Friday, August 2nd.**
- Aug 9 – Dinner Tonight at Community Action National Health Center Week
 - Melinda Moralez explained that this event is a combination health fair and back to school bash. There will be 25 vendors and outdoor experiences like petting zoos, bouncy house, etc. Zelina will be putting on a Dinner Tonight cooking demonstration. Volunteers are needed to help prepare, plate and serve samples. Please let me know if you would like to help.
 - Melinda will
- Aug 24 – Farmers Market demonstrations
 - Similar to July 27th description. Recipe will change to encompass other seasonal fruits/veg.

III. Get Involved

- Discussion of Blessing Boxes.
 - Veronica Hare explained the process of how the Wild Horse Desert 4-H group was able to get it approved on County property, construction, and possibility for it to be replicated throughout the county.

- Diana & Robert Zavala mentioned the possibilities of having one in Ricardo at the Sacred Heart Church and asking the Boy Scout group to contributing in building them.
- Zelina suggested having one installed at Community Action Resource Office.
- Veronica will get with the builder to get a list of materials and share with the group.
- Veronica also announced that Wild Horse Desert 4-H group will be holding a ribbon cutting event for the Blessing Box on July 30th at 5pm for all who would like to attend.

IV. **Questions/Comments**

- Today's lunch of Pecan Chicken salad was prepared by our Junior Ambassadors, Soleil Lopez and Alessandra Zavala.
- GNHC gardens at Seawind
 - Tamala signed the agreement to begin a Growing and Nourishing Healthy Communities garden at Seawind RV Report in Riviera.
 - Within the next month, we will hold an interest meeting and from that, begin scheduling the program dates.
- Using FB tools to market events
 - Robert Zavala suggested using facebook to market events. He explained a feature where you can target certain audiences over time, for a fee.

V. **Next Meeting**

- Wednesday, August 2nd from 12-1pm