



Meeting Meeting Summary
Tuesday, March 25th 2025, 2-3pm
Kitchens at Empower

Our mission: Promote physical activity and good nutrition for every generation living in the greater Wichita area through people, programs, and policies.

1. Coalition Updates

- a. Thanks to a generous donation by the Wichita Foundation, the HWC is distributing **Professional Development Funds**. As of next week, ½ the funds will have been spent on the following: RevWell Launch Leadership Training, Community Health Promotion Summit travel, National Bike Summit lodging, Governor's Public Health Conference (today), National Health Outreach & Engagement Conference and a KC Farm Tour. Funds are given on a first come/first served basis. Contact me if you have an opportunity that would benefit the Coalition's mission.
- b. **Working Well Conference - register today!** A great conference for the value, \$150.
- c. **Grant Updates**
 - i. Sunflower Foundation Capacity Building wraps up in May. Exciting investments in the Coalition includes a DEI committee and statement, website revamp and newsletter update.
 - ii. Food Secure Community Initiative - contracting with Amy Draut who is doing a great job giving this project the attention it deserves including community facilitation sessions to investigate an action plan to make progress on Economic Inequality. If you know someone who struggles to buy healthy food and would be willing to share their story, let me know.
 - iii. Pathways to a Healthy Kansas - action plan due at the end of this week, then moving forward with the work in these five areas: Food pantry, Farm to Child Care, CHA/CHIP support, Community Gardens and Communal meal.

2. Cooking with Denise! - see recipe below

- a. Celebrating National Nutrition Month AND touring this beautiful new building AND having a cooking demonstration and tasting.
- b. This year's National Nutrition Month theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, **the foods we eat also affect our health.**
- c. Google to find 50 ways to get everyone involved at home, at schools, workplaces and in the community
- d. **Why We Do What We Do:** 2021 Sedgwick County BRFSS data: 46.5% of adults consume less than one fruit a day. I hate to be the bearer of bad news, but I need to keep reminding you that our work is important!

3. Networking/Good News/Upcoming Events

- a. Open Streets ICT April 13th Shocker Neighborhood, May 4th Nomar, vendor registration deadline is 2 weeks before the event
- b. Handout shared with Earth Day events
- c. Walters Branch Library is hosting a mindfulness learning circle this summer on Monday evenings, also 1st Tuesday in June, July and August gardening workshops
- d. Jr. Chef, Cooking Matters for Parents, and Kitchen Flex are offered at the YMCA
- e. Livestrong Cancer Survivor retreat April 17th including laughter yoga. Parkrun and the YMCA are partnering to offer yoga at 9am in the spring and fall and 7am in the summer.
- f. ICT Food Rescue rescued left over food from the NCAA March Madness tournament at Intrust

- g. The Create Campaign is located at Boston Recreation Center and will host a packaging and labeling workshop in April
- h. Gracemed has 12 clinics and a Healthy KS Kids grant.
- i. Bike Walk Wichita's big event is Tour de Cure on April 27th including a high school live band
- j. Libraries with heart program is expanding to Haysville and Mulvane
- k. The Farmer's Market at 21st and Ridge has begun. Eat Real America cooking demo on 5/10
- l. Hypertension Awareness Prevention pilot completed at Great Plains Venture and starting in May at COMCARE.

4. Closing: Completely Random Coalition Facts & Call to Action

- a. Random Coalition Facts - Top 5 most clicked from the March newsletter
 - i. 16 Empowered Kitchen
 - ii. 18 CEO pledge
 - iii. 19 WWC registration
 - iv. 24 Walk KS registration
 - v. 62 Four protein mistakes to avoid



Next meeting: Tuesday, April 22nd 2-3pm
Earth Day Celebration
Evergreen Community Center and Library



Mexican Squash Salsa
 Ingredients:

- 10 to 12 green tomatoes (tomatillos)
- 2 to 3 serrano peppers (adjust for spice level)
- 3 cloves of garlic
- ¼ onion (for sautéing)
- 2 Mexican squash (sliced)
- Handful of cilantro
- ½ tsp onion powder
- ½ tsp garlic powder
- Salt and pepper to taste

Directions:

1. Boil the Salsa Ingredients:

- In a pot, boil the green tomatoes, serrano peppers, and garlic cloves until the tomatoes soften and change color.
- Remove from heat

2. Sauté the Squash:

- In a pan, sauté the chopped onion and sliced Mexican squash over medium heat until softened and slightly golden.

3. Blend the Salsa:

- In a blender, combine the boiled tomatoes, peppers, garlic, squash, onion and cilantro
- Add t, salt, pepper, onion powder, and garlic powder.
- Blend until smooth

4. Serve & Enjoy