

**System to Achieve Food  
Equity (SAFE)**

**Monthly Newsletter**



**February**

**2025**

**For additional resource information, please contact**

**Jasmine Robinson at**

**[jasmine.robinson@cincinnati-oh.gov](mailto:jasmine.robinson@cincinnati-oh.gov)**

**or**

**via call or text at 513-240-0050**





Self Chec's free "Keeping Healthy" tools provide you and loved ones with early disease detection and prevention tips to help beat cancer, heart disease, diabetes and more



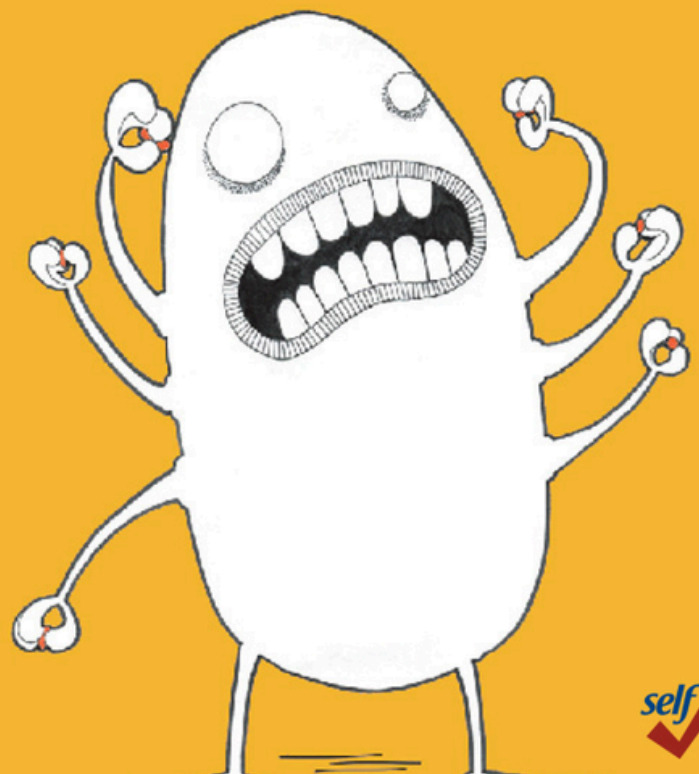
No more excuses.

Watch video 

Take a hands-on approach to your health

**Chec Yourself & Get Chec'd Already!!!**

**Take Your Head Out of the Sand!**



# FREE PRODUCE POP-UP

STOP IN FOR FREE FRESH FRUITS & VEGGIES THE FIRST FRIDAY\* OF EACH MONTH

## 2025 Schedule:

Friday, January 3rd  
Friday, February 7th  
Friday, March 14th \*  
Friday, April 4th  
Friday, May 2nd  
Friday, June 6th  
Friday, July 11th \*  
Friday, August 1st  
Friday, September 5th  
Friday, October 3rd  
Friday, November 7th  
Friday, December 5th

**2 pm—4 pm**

*\* Pop-Up dates scheduled around planned Freestore Foodbank closures.*

Working In Neighborhoods Parking Lot  
3726 Llewellyn Ave Cincinnati, OH 45223



# NOURISH & FLOURISH HEALTHY EATING & ACTIVE LIVING

## \$1500

ALL OF THE RESOURCES AND EDUCATIONAL SKILLS PROVIDED IN THE STUDY ACCUMULATE TO A TOTAL VALUE.

### ELIGIBILITY

- Have English fluency and literacy
- Currently be pregnant within the second trimester with only one baby
- Be 18 years old or older Live within Hamilton County, Ohio
- Seek care within UC Health or have CareSource as insurance provider
- Self-identify as Black/African- American

### PURPOSE

- The purpose of this study is two-fold, the primary study purpose is to assess the efficacy of an integrated culinary nutrition education program (CNEP) reducing maternal cardiovascular disease risk and birth outcomes.

### COMPENSATION

- You will be compensated for your time. Please contact the principal investigator for more information.

TO REGISTER, PLEASE SCAN BELOW OR GO TO THE WEBSITE.

# SCAN ME



[HTTPS://REDCAP.LINK/PREGNANCYNUTRITION](https://redcap.link/pregnancynutrition)

IRB# 2023 - 0848

Study title: Culinary & Nutrition  
Education Program using AHA  
Life's Essential Eight



For any questions, please  
contact principal investigator:

Dr. Knox-Kazimierczuk at  
[kazimife@ucmail.uc.edu](mailto:kazimife@ucmail.uc.edu)



**February 8 (2nd Sat)**  
**Saturday 11am-2:30pm at**  
**Carll Street Family Center 1769 Carll Street 45225**

**Shop Beekman Corridor businesses!**

Buy from Beekman Bakers, Crafters, and Cottage Food Makers!

Build community around food equity and education in the Beekman Corridor!

Farm fresh food free for income eligible families!

Cooking Demo!

Bring bags—cash—and neighbors!

Want to help make the market happen?  
 Become a vendor or volunteer today!  
 Contact Heather [hsayre@wincincy.org](mailto:hsayre@wincincy.org)  
 513-541-4109 ext.116  
 Or use the QR Code



# CAA MOBILE PANTRIES

To learn more about Community Action Agency, visit [www.cincy-caa.org](http://www.cincy-caa.org)

**The Well Church/Tryed Stone**  
5550 Reading Rd  
Tuesday, February 4th  
Beginning at 12:00 PM

**The Welcome Project**  
2936 Colerain Ave  
Tuesday, February 11th  
Beginning at 11:00 AM

**Community Action Agency**  
1740 Langdon Farm Rd  
Wednesday, February 19th  
Beginning at 2:00 PM

**Word of Deliverance Church/SOAR**  
693 Fresno Rd  
Tuesday, February 25th  
Beginning at 2:00 PM

**Corinthian Baptist Church**  
1920 Tennessee Ave  
Thursday, February 27th  
Beginning at 3:00 PM

For more information, contact  
Sharon Watkins at (513) 924-2021



# Despensas Móviles de CAA

Para obtener más información sobre Community Action Agency, visite [www.cincy-caa.org](http://www.cincy-caa.org)

**The Well Church/Tried Stone**  
5550 Reading Rd  
Martes, 4 de febrero  
a las 12:00 PM


**The Welcome Project**  
2936 Colerain Ave  
Martes, 11 de febrero  
a las 11:00 AM


**Community Action Agency**  
1740 Langdon Farm Rd  
Miércoles, 19 de febrero  
a las 2:00 PM

**Word of Deliverance Church/SOAR**  
693 Fresno Rd  
Martes, 25 de febrero  
a las 2:00 PM


**Corinthian Baptist Church**  
1920 Tennessee Ave  
Jueves, 27 de febrero  
a las 3:00 PM

Para obtener más información, comuníquese con **Sergio Mata** al (513) 512-2641

 Cincy Caa

 cincy\_caa

 CincyCAA

 Cincy CAA



# Community Meal Wednesdays

February 5th and 12th

469 Albion Ave. Cincinnati, OH 45246  
From 11:00AM- while it lasts

**First come first Served**



**Food for the Soul**

SERVING GOD BY SERVING THE COMMUNITY

## ***Community Meal Wednesdays***

Food for the Soul's Staff host free lunches open to the community across Cincinnati and surrounding areas.

### ***February's List of Events:***

- Feb 5th.- Community Meal
- Feb 12th- Community Meal
- Feb 19th- Feeding the Homeless
- Feb 26th- Feeding the Homeless
- Feb 27th- Pantry at Woodlawn Rec Center

***For more information about Food for the Soul or their events, click [HERE](#) or scan the QR code***






Eat Smart.


Be Active.

Learn How.

# NUTRITION AND COOKING CLASS





Come learn about some tasty meals

 Every Wednesday starting March 19th, 2025

 10:30 A.M.

 469 Albion Lane Cincinnati, Ohio 45246

Get the chance to...:

-  Taste New Foods
-  Make Healthier Meals
-  Take home tools to help make change
-  and MORE!



Register by using the QR or email  
Mary Knight at [mknight@ctsisters.org](mailto:mknight@ctsisters.org)



[foodforthesoulct.org](http://foodforthesoulct.org)



Classes available in March as well!  
Click [here](#) to sign up or scan the QR code

# Sign Up Today for Meiser's Green Giveaways



738 State Ave.  
Cincinnati, OH 45204  
513-371-5301

Open Mon-Thurs 11am-7pm  
Sat & Sun 11am-3pm

**No ID  
Needed**

Meiser's Green Giveaways is a free program BY OUR COMMUNITY that provides nutritious food to our community!

100% Free Groceries

Here's how it works:

Enroll in the program by filling out a simple household form  
Sign the form each time you check out to receive your free groceries.

What's available:

FreeStore Box: 1 per month, when available

Fresh Fruits & Vegetables: 1 portion of each per day (apples, oranges, etc.)

LaSoupe Large Pans: 1 per day (while supplies last)

LaSoupe Soup Pints: 2 per day

Specialty Cold, Dry & Canned Goods: 2 different per day (pasta, milk, etc.)

Daily Meals: 2 per day (pre-made meals for unhoused neighbors)

Please be sure to register for the program, and check out your items with cashiers. We appreciate all our shoppers who are patient and respectful to our team and community-minded, not taking more than one type, or 50% of any item in a day.



**No se necesita  
identificación**

# Regístrese hoy para recibir frutas y verduras gratuitas de Meiser



738 State Ave.  
Cincinnati, OH 45204  
513-371-5301

Abierto de lunes a jueves de  
11 a. m. a 7 p. m.  
Sábados y domingos de 11  
a. m. a 3 p. m.

Meiser's Green Giveaways es un programa gratuito DE NUESTRA COMUNIDAD que proporciona alimentos nutritivos a nuestra comunidad.  
Alimentos 100% gratis



## Así es como funciona:

scribese en el programa completando un sencillo formulario de hogar en Meiser  
Firme el formulario cada vez que realice el pago para recibir alimentos gratis.

## Qué está disponible:

FreeStore Box: 1 por mes, cuando esté disponible  
Frutas y verduras frescas: 1 porción de cada una por día (papas, manzanas y más)  
Cacerolas grandes o pintas de sopa LaSoupe: 1 por día  
Productos Especiales Fríos, Secos y Enlatados: 2 diferentes por día (pasta, leche  
etc.)  
Comidas diarias: 2 por día (comidas preparadas para vecinos sin alojamiento)

Asegúrese de registrarse en el programa y revise sus artículos en los cajeros. Agradecemos a todos nuestros compradores que son pacientes y respetuosos con nuestro equipo y con mentalidad comunitaria, que no aceptan más de un tipo o el 50% de cualquier artículo en un día.

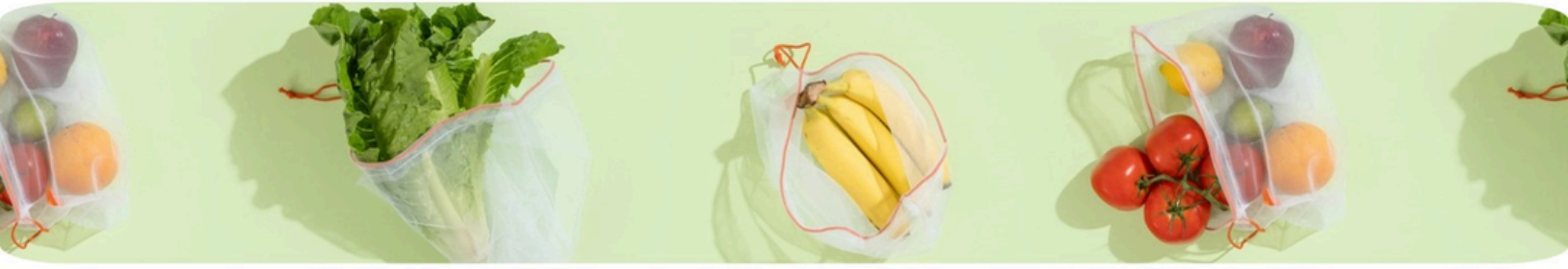


1–3pm Wednesdays

Immigrant Welcome Center  
4431 Glenway Ave Cincinnati OH  
45205



fresh  
groceries



starting July 31st

Pick up free groceries



Shop at the Pay What you Can  
Produce Market

Accepts SNAP/EBT, WIC/Senior, farm  
market coupons and produce perks



Help us by bringing a reusable  
bag to your next visit

Text "LMM1" to 833-592-0669  
for schedule updates

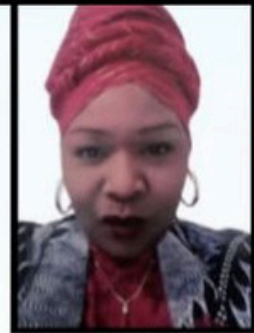




# COME "ROCK YOUR RED"

FOR AWARENESS OF HEART DISEASE  
IN BLACK WOMEN

## 1<sup>ST</sup> Annual "ROCK YOUR RED" PHOTO SHOOT



STACY WRIGHT  
BARLESTON  
FOUNDER & CEO



**KNOCKING OUT HEART DISEASE  
IN WOMEN PHOTO SHOOT**

THE HOLLOMAN CENTER FOR SOCIAL JUSTICE  
3539 READING RD, CINCINNATI, OHIO 45229

Saturday, February 22nd, 2025

11:00am-3:00pm

### DAY HIGHLIGHTS

- \*Sum up your Rock Your Red Experience with several photo opportunities. Come out and pose for awareness for your sister, mother & friends.
- \*A delicious and nutritious brunch that fuels the soul.
- \*An all attendee commemorative photo.
- \*Get informed and inspired by a full educational program.
- \* \$5.00 Raffle tickets for prizes, Basket Auctions
- \*Raffle winners will be announced at the event.
- \* Fabulous Swag Bag for the 1st 50 women.
- \*Network and Vendors.



GUEST SPEAKER

JAN-MICHELL  
LEMON KEARNEY  
VICE-MAYOR  
CITY OF  
CINCINNATI, OHIO



"Love Never Loses it's way home"

"ODO NNYEW FI KWAN"  
Wear RED



JOIN US IN THE FIGHT TO BEAT  
HEART DISEASE, THE #1 HEALTH THREAT  
FOR BLACK WOMEN.



### SPONSORS



Men rock Red for Heart Disease.  
Men are welcome as well.



We are Social  
Facebook.com/sistersoftheheartnetwork  
@sistersoftheheartnetwork

For More Information or /and RSVP Contact:  
Stacy Wright Barleston  
513-896-0741

## Rock Your Red

Date: February 22, 2025

Time: 11 AM to 3 PM

Location: 3539 Reading Rd., Cincinnati, OH 45229

Details: Knocking out heart disease in women photo shoot. Come out and pose for awareness for your sister, mother & friends. Guest speaker - Vice Mayor Kearney. Wear red!



Nature Therapy for Families

# Flo's Little Gardeners

4th Saturday of the Month | 10am- 11am

Walnut Hills Library & Melrose Garden

### Program Features

- Learn the food cycle
- Hands-on gardening & activities
- Family fun
- Snacks provided

**First class is FREE**

Limited capacity! Reserve a spot with QR code:



Information : [contact.naturalflo@gmail.com](mailto:contact.naturalflo@gmail.com)  
[www.natrlflo.com](http://www.natrlflo.com)  
513- 400- 5292





# JOIN US FOR OUR COMMUNITY BABY SHOWER

Presented by

**AMEN** - All Moms Empowered to Nurse  
**LECHE** - Latinas Empowered to Choose Health  
Excellence

## SATURDAY, FEBRUARY 22ND 11A-1P

**WHO:**

PREGNANT MOMS AND  
MOMS OF BABIES UNDER 6 MONTHS OF AGE  
*PLANNING OR CURRENTLY BREASTFEEDING*

**WHERE:**

CINCINNATI CHILDREN'S HOSPITAL MEDICAL CENTER  
SABIN AUDITORIUM D1.23  
3333 BURNET AVE, CINCINNATI, OH 45229

RSVP:

[HTTPS://REDCAP.LINK/BABYSHOWER2025](https://redcap.link/babyshower2025)

OR SCAN THE QR CODE



SPACE IS LIMITED, REGISTER SOON!

Resources  
Games

Gifts  
Food





# TE INVITAMOS A NUESTRO “BABY SHOWER” DE LA COMUNIDAD

Presentado por:

**AMEN** - All Moms Empowered to Nurse  
**LECHE** - Latinas Empowered to Choose Health  
Excellence

## SABADO, FEBRERO 22 11A-1P

**QUIEN:**

MAMAS EMBARAZADAS O MAMAS DE BEBES BAJO DE 6  
MESES DE EDAD  
*QUE PLANEAN AMAMANTAR O QUE ESTÁN AMAMANTANDO*

**DONDE:**

CINCINNATI CHILDREN'S HOSPITAL MEDICAL CENTER  
SABIN AUDITORIUM D1.23  
3333 BURNET AVE, CINCINNATI, OH 45229

RSVP:

[HTTPS://REDCAP.LINK/BABYSHOWER2025](https://redcap.link/babyshower2025)

O VAYA AL QR CODE



Recursos  
Juegos

Regalos  
Comida

ESPACIO LIMITADO, REGISTRESE PRONTO!



# COMMUNITY STAKEHOLDER MEET & GREET “MEET THE HUB” LUNCHEON

Tuesday, February 25, 2025  
12:30 p.m. to 1:30 p.m.

Union Township Library  
4450 Glen - Este Withamsville Road  
Cincinnati, OH 45246

- Join us for an introduction to your community pathways HUB Healthcare Access Now and hear how they connect people to social services and medical resources in your county.
- Come hungry and ready to share updates from your organization.

We look forward to seeing you!

Space is limited, please RSVP to:  
Jill Gorley

AmeriHealth Caritas Ohio's Community Health Educator Sr  
Phone: 513-635-7331 or

Email: [jgorley@amerihealthcaritasoh.com](mailto:jgorley@amerihealthcaritasoh.com).





## ***Cooking Improv with Rescued Food Every Saturday from 11-1 pm***

***(kids 12 and up are welcome to attend with  
a guardian)***

***Cooking Improv with Rescued Food is a  
food literacy experience that in the end will  
provide chopped veggies for our production  
kitchen and a cooking demo with samples.***

***Cooking Improv encourages people to look at what is on hand and to create a  
healthy meal with those items.***



***Click  
HERE to  
Sign Up  
or scan  
the QR  
code to  
sign up!!***



***By building knowledge of cooking methods and how  
to use the whole product, one can utilize a limited  
selection of food without sacrificing their health or  
how delicious the dish can be.***



## **Community Resource Guide**



**Meals**



**Food Pantries**



**Health Services**



**Specialized  
Service  
Shelters**



**Supportive  
Housing**

***Find the services you need, near you.***

***Search for social services ranging from meals to emergency shelter and much more throughout Cincinnati and Hamilton County with this community resources guide. Schedules and services are subject to change. If you have access to a phone, please call the organization ahead of time for up-to-date information. If you do not have access to a phone, please ask a library staff member to use a library phone to call ahead.***

**Winter Resource Guide**

**English**

**Guía de Recursos**

**Español**





# LIVE WORK PLAY CINCINNATI COALITION

Live-Work-Play-Cincinnati is a multi-sector coalition that works to improve health outcomes by addressing health-related social needs and social determinants of health at the community level.



Open to the public!



Meets the first Wednesday of the month from 10 AM to 12 PM.



[LiveWorkPlayCoalition@Cincinnati-OH.gov](mailto:LiveWorkPlayCoalition@Cincinnati-OH.gov)



Areas of focus include food access and education, tobacco free living, active living, infant vitality, and behavioral health.



**JOIN NOW**

***Safe and Supported Families (SSF) is a collection of initiatives within the All Children Thrive Network, at Cincinnati Children's Hospital. SSF includes neighborhoods, organizations, and people with lived experience to share learnings and collaborate to ensure every child's needs are met and they feel safe and supported.***

***Key areas of focus for SSF are food security, reducing rates of child abuse and neglect with a positive family-focused strategy, and using a strength-based approach to solve for families' prioritized needs.***

***If you have any questions or would like to share event information with the community, please send it to [safecomms1@gmail.com](mailto:safecomms1@gmail.com)***



***Special Thanks to the SSF  
Communications Team:***

***Jasmine Robinson***

***Moshe Seid***

***Michael English***

***Takaia Rouse***

***Nina Lewis***

***Tina Brown***

***Jennifer Foster***

***Madiha Hossain***

***Rachel Uhrig***