

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

Monthly Newsletter



January

2025



For additional resource information, please contact

Jasmine Robinson at

jasmine.robinson@cincinnati-oh.gov

or

via call or text at 513-240-0050

NATIONAL
**BLOOD
DONOR**
MONTH



Join us in celebrating National Blood Donor Month and beyond by making a difference that truly saves lives. Did you know that a single blood donation can save multiple lives? Just a 1% increase in blood donors across America could alleviate shortages and positively impact countless individuals.

More than 50 years ago – on December 31, 1969 – the president of the United States signed a proclamation designating January as National Blood Donor Month (NBDM). The month-long observance was meant to honor voluntary blood donors and to encourage more people to give blood at a time when more blood is needed.



For more information, please click [HERE](#) or scan the QR code.



UNCOVERING YOUR FAMILY HEALTH HISTORY

A LIFESAVING CONVERSATION ABOUT BLOOD CLOTS



**REGISTER
NOW**



**TUESDAY, JAN 14
7 PM ET**

Your family health history holds critical clues to your personal risk of developing blood clots. Join us for NBCA's first PEP Talk of the year, where we'll explore the connections between genetics and blood clot risk.

In this webinar, we'll discuss:

- A comprehensive blood clot risk checklist to identify potential warning signs
- How to gather and document your family health history
- Hereditary blood clot risks, including who you inherit them from and may pass them on to
- Steps to empower your loved ones with this life-saving knowledge.

Don't miss this opportunity to take charge of your health in the new year!

**Register with the link below or the QR
code here!**



**[Uncovering Your Family Health History;](#)
[January 14th 7pm](#)**



FOOD AS MEDICINE MINI-CONFERENCE

JOIN US FOR A MORNING OF EDUCATION, FOOD, AND FRIENDS! THE URBAN FARMING INITIATIVE AND THE UNIVERSITY OF CINCINNATI'S 1819 INNOVATION HUB WELCOME YOU TO HEAR FROM EXPERTS, GRAB SOME HEALTHY FOOD, AND NETWORK WITH OTHERS INTERESTED IN FOOD, MEDICINE, SUSTAINABILITY, AND HEALTHY LIVING!

January 22, 2025

University of Cincinnati 1819 Innovation Hub

Networking, Coffee, Breakfast - 9:00am - 10:00am

Welcome and Opening: 10:00am - 10:15am

Keynote: Dr. Dylan Steen 10:15am - 10:45am

Food As Medicine Trends: 10:45am - 11:15am

Audience Q&A with Experts: 11:15am - 11:45am

Closing: 11:45am - 12:00pm

Networking, Lunch - 12:00pm - 1:00pm



Registration is free!

Register here:
[Food as Medicine Mini-Conference](#)

Community Meal Wednesdays



January 15th

469 Albion Ave. Cincinnati, OH 45246

11:00 am-1:00pm



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.

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





*SNAP & WIC
welcomed!*

**FREE
FRUITS &
VEG**

**EAT WELL,
LIVE WELL!**

**AFFORDABLE SHOPPING
PLUS FREE GROCERIES TO HELP YOUR
BUDGET.**



OPEN SAT + SUNDAY 11am-3pm | MONDAY-THURSDAY 11am-7pm | CLOSED ON FRI.

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

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, limited supply
- Fresh Fruits & Vegetables: 1 of each per day (apples, oranges, etc.)
- LaSoupe Large Pans: 1 per day (while supplies last)
- LaSoupe Soup Pints: 2 per day (different varieties)
- Dry & Canned Goods: 2 different items per day (pasta, beans, etc.)
- Daily Meals: 2 per day (pre-made meals for unhoused neighbors)

Following the program rules allows us to better serve our community.
For more information, visit us or give us a call!!!

**738 STATE AVE, LOWER PRICE HILL
IN THE WHITE BUILDING OFF HATMAKER
513-371-5301**



*SNAP & WIC
son bienvenidos!*

**FRUTAS Y
VEGETALES
GRATIS**



**COME BIEN,
VIVE BIEN!**

**COMPRAS ACCESIBLES
COMESTIBLES GRATIS PARA AYUDAR A SU
PRESUPUESTO**

Meiser's Green Giveaways es un programa gratuito DE NUESTRA COMUNIDAD que proporciona alimentos nutritivos a nuestra comunidad!

Así es como funciona:

- Inscribise en el programa completando un sencillo formulario
- Firma el formulario para recibir tus comestibles gratis

Lo que está disponible:

- FreeStore Box: 1 caja al mes, suministro limitado
- Frutas y verduras frescas: 1 de cada una al día (manzanas, naranjas, etc.)
- Sartenes grandes de LaSoupe: 1 por día (hasta agotar la cantidad)
- Pintas de sopa de LaSoupe: 2 por día (diferentes variedades)
- Productos secos y enlatados: 2 artículos diferentes por día (pasta, frijoles, etc.)
- Comidas diarias: 2 por día (comidas preparadas para vecinos sin hogar)

Seguir las reglas del programa nos permite servir mejor a nuestra comunidad. Para obtener más información, visítenos o llámenos!

**738 STATE AVE, LOWER PRICE HILL
IN THE WHITE BUILDING OFF HATMAKER
513-371-5301**



FREE TUESDAY COMMUNITY MEAL DINNER'S ON US!

Save time, energy and money.
Enjoy a delicious and free meal every Tuesday evening.

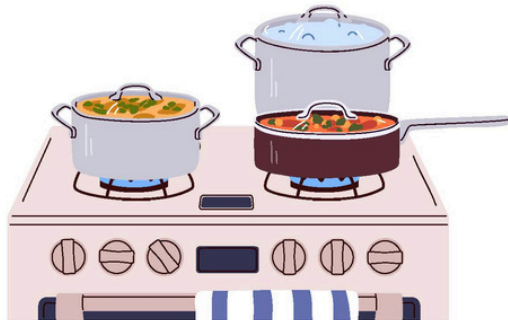
When: Every Tuesday, 6:00 PM - 7:00 PM

Where: **OUTERSPACE** by Meiser's Fresh Grocery & Deli,
736-738 State Ave., Cincinnati, OH 45204

Phone: (513) 371-5301

First come, first served. One meal per person, must be present to receive and enjoy meal with neighbors. Children must be accompanied by an adult.

Sponsored by caring neighbors in the Lower Price Hill Cooking Club



FREE THURSDAY YOUTH-ONLY MEAL

When: Every Tuesday, 6:00 PM - 7:00 PM

Where: **OUTERSPACE** by Meiser's Fresh Grocery & Deli,
736-738 State Ave., Cincinnati, OH 45204

Phone: (513) 371-5301

First come, first served. One meal per person,
must be present to receive meal.
NO enrollment necessary, but we must keep a
list of names served.

Meal must be eaten ON SITE.



Bridging Leadership and Parenting - Cincinnati, OH

Empower your parenting! Join us for strategies, insights, & community to help navigate your child's mental health. #MentalHealthParenting

Join us as leading child psychiatrists and experienced parents come together to share their insights and personal experiences. You can expect to:

1. Learn effective strategies to communicate with your child, promoting understanding and openness.
2. Acquire tools for helping your child manage emotions and bolster resilience.
3. Network with other parents who share both your challenges and your leadership approach, fostering a community of mutual support.
4. Uncover how your inherent skills in strategy and problem-solving can greatly aid your child during these challenging times.

Every Monday through June 2025!

[Register here](#)

CAA MOBILE PANTRIES

To learn more about Community Action Agency, visit www.cincy-caa.org

The Well Church/Tryed Stone
5550 Reading Rd
Tuesday, January 7th
Beginning at 12:00 PM

The Welcome Project
2936 Colerain Ave
Tuesday, January 14th
Beginning at 11:00 AM

Community Action Agency
1740 Langdon Farm Rd
Wednesday, January 15th
Beginning at 2:00 PM

Corinthian Baptist Church
1920 Tennessee Ave
Thursday, January 23rd
Beginning at 3:00 PM

Word of Deliverance Church/SOAR
693 Fresno Rd
Tuesday, January 28th
Beginning at 2:00 PM

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

 Cincy Caa

 cincy_caa

 CincyCAA

 Cincy CAA



Despensas Móviles de CAA

Para obtener más información sobre Community Action Agency, visite www.cincy-caa.org

The Well Church/Tried Stone
5550 Reading Rd
Martes, 7 de enero
a las 12:00 PM

The Welcome Project
2936 Colerain Ave
Martes, 14 de enero
a las 11:00 AM

Community Action Agency
1740 Langdon Farm Rd
Miércoles, 15 de enero
a las 2:00 PM

Corinthian Baptist Church
1920 Tennessee Ave
Jueves, 23 de enero
a las 3:00 PM

Word of Deliverance Church/SOAR
693 Fresno Rd
Martes, 28 de enero
a las 2:00 PM

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

 Cincy Caa

 cincy_caa

 CincyCAA

 Cincy CAA





Free Laundry Services & Food Access

**Wash UP TO 2 bags of
laundry on us!**

**DETERGENT AVAILABLE
UPON REQUEST**

4 Cincinnati Locations

**No pre-registration needed - show up 30 mins before
end of the event to guarantee a spot!**

**Super Laundry
Avondale Towne Center
3545 Reading Rd.
Cincinnati, OH 45229**

**Every 2nd Tuesday of
the month
12pm-2pm**

**Super Laundry
Westwood
2455 Harrison Ave
Cincinnati, OH 45211**

**Every 2nd Wednesday
of the month
6pm-8pm**

**City Limits Laundromat
Walnut Hills
2611 Kemper Rd.
Cincinnati, OH 45206**

**Every 3rd Saturday of
the month
10am-12pm**

**City Limits Laundromat
Clifton
50 W Nixon Street
Cincinnati, OH 45220**

**Every 3rd Wednesday
of the month
6pm-8pm**



**support@weloveinaction.org
513-541-0405**

Services

East Price Hill
3301 Warsaw Ave

SANTA MARIA COMMUNITY SERVICES

**1ST
Tuesday
OF THE MONTH**

Caracole HIV Testing

1 - 4 p.m.
Call 513-557-7266 to
make an appointment



**1ST
Thursday
OF THE MONTH**

Healthy Moms and Babes

10 a.m. - 1:00 p.m.



**EVERY
Monday**

Benefits

9 a.m. - 12 p.m. - Freestore Foodbank
helps with applications for Medicare,
Medicaid & SNAP
Walk-ins Only

**EVERY
Tuesday**

Free Food

1:30 p.m. - Until Food is Gone
Santa Maria Program Participants
may come at 1 p.m.



**EVERY
Friday**

Free Food

12:00 p.m. - Until Food is Gone



Haircuts from the Heart

FREE haircuts
Call 513-557-7266
to make an appointment



Notary Public services are also available

Business Hours: Mon-Thur 8 a.m.-4 p.m. & Fri 8 a.m.-3 p.m.
SantaMaria-Cincy.org • 513-557-7266

Services

East Price Hill

3301 Warsaw Ave

SANTA MARIA COMMUNITY SERVICES

**PRIMER
Martes
DE CADA MES**

**Caracole Prueba de
VIH/SIDA**

1 p.m. - 4 p.m.
llama 513-557-7266



**PRIMER
Jueves
DE CADA MES**

**Healthy Moms and
Babes**

10 a.m. - 1:30 p.m.



**CADA
Lunes**

Beneficios

9 a.m. - 12 p.m. - Freestore Foodbank con solicitudes para Medicare, Medicaid y cupones para alimentos - Solo visitas sin cita previa

**CADA
Martes**

Comida Gratis

1:30 p.m. - hasta que se acabe la comida - Los participantes del Programa Santa María pueden venir a la 1 p.m.



**CADA
Viernes**

Comida Gratis

12:00 p.m. - hasta que se acabe la comida



**Cortes de Pelo
Desde el Corazón**

Corte de cabello gratis disponible
Llame al 513-557-7266 para programar una cita



Servicios notariales también están disponibles

Horas de Negocio: Lunes a Jueves 8 a.m.-4 p.m. • Viernes 8 a.m.-3 p.m.
SantaMaria-Cincy.org • 513-557-7266

BOOST MOBILE PARKING LOT

Friday Food + Fun

Every Friday 1-3p, 2536 Kemper Lane

Receive free soupes, meals, dairy, fruits & veggies. Come early, the food goes fast! And check out all of the health & wellness vendors. <https://bit.ly/3WeQKMr>



BOOST MOBILE PARKING LOT

Tuesday Food + Fun

Every Tuesday 1-3p, 2536 Kemper Lane

Receive free soupes, meals & veggies. Come early, the food goes fast! <https://bit.ly/43UGIS8>



Healthy Harvest Mobile Market (HHMM)

**HEALTHY
HARVEST
MOBILE
MARKET**

BRINGING FRESH, AFFORDABLE FRUITS, VEGETABLES, AND OTHER HEALTHY FOODS TO YOUR NEIGHBORHOOD EVERY WEEK!

OPEN TO THE PUBLIC!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LINCOLN HEIGHTS (10 a.m. - 12 p.m.)</p> <p>FRIENDSHIP MISSIONARY BAPTIST 866 Congress Ave. Cincinnati, OH 45215</p> <p>COLLEGE HILL (1 p.m. - 3p.m.)</p> <p>COLLEGE HILL PRESBYTERIAN 5742 Hamilton Ave. Cincinnati, OH 45224</p>	<p>PRICE HILL (11 a.m. - 1 p.m.)</p> <p>AUTUMN WOODS APTS. Westmont Ln. Cincinnati, OH 45205</p> <p>S. FAIRMOUNT (2 p.m. - 3 p.m.)</p> <p>ST. FRANCIS COURT APTS. 1860 Queen City Ave. Cincinnati, OH 45225</p> <p>SAYLER PARK (4 p.m. - 5:30 p.m.)</p> <p>NEAR GRACELY DR. & MONITOR AVE. Cincinnati, OH 45233</p>	<p>EVANSTON (11:30 a.m. - 1 p.m.)</p> <p>THE EVANSTON 1820 Rutland Ave. Cincinnati, OH 45207</p> <p>AVONDALE (1:30 p.m. - 3:30 p.m.)</p> <p>NEAR LINCOLN STATUE Reading & Forest Cincinnati, OH 45229</p>	<p>MOORES HILL (10:30 a.m. - 12 p.m.)</p> <p>MOORES HILL FIRE DEPARTMENT 16907 Manchester St. Moore Hill, IN 47032 <i>* 1st and 3rd Thursday</i></p> <p>SPRINGDALE (1:30 p.m. - 3:30 p.m.)</p> <p>THE PARK AT SPRINGDALE APTS. 1235 Chesterdale Dr. Springdale, OH 45246</p>	<p>WEST END (10 a.m. - 12 p.m.)</p> <p>STANLEY ROWE TOWERS 1621 Linn St. Cincinnati, OH 45214</p> <p>WALNUT HILLS (1 p.m. - 2:30 p.m.)</p> <p>Boost Mobile 2536 Kemper Lane. Cincinnati, OH 45206</p>

New Schedule starts October 9, 2023

Find our current schedule at HealthyHarvestMobileMarket.com



We Accept:
SNAP/EBT, Cash, and Credit/Debit
Double your SNAP/EBT with Produce Perks

Updated: September 20, 2023

Providing produce to families living in communities in Greater Cincinnati & Northern Kentucky without ready access to fresh, healthy, and affordable food.

For more information about HHMM, please click [HERE](#) or scan the QR code below.

*To sign up for free text alerts and receive important timely information about locations and product list, text **HHMM** to **8337090969***





JOIN US FOR COOKING IMPROV!

Cook more, waste less, save money and eat healthy.



Why cook with us?

- ✔ Learn and practice knife skills
- ✔ Gain confidence in the kitchen
- ✔ Strengthen community by working together to build healthy kitchen habits
- ✔ Help LaSoupe bridge the gap between food waste and hunger

BOOK NOW
WWW.LASOUBE.ORG



More Information:

- ☎ 513-271-0100
- ☎ education@lasoupe.org
- ☎ 915 E. McMillan Cincinnati OH 45206

Interactive Learning

Cooking Improv is a food literacy experience combining service and culinary education. Students work with rescued produce to supply chopped veggies for our transform kitchen. A small portion is set aside for students to cook with during the remainder of the class.

At La Soupe we are more than a food rescue. We EDUCATE! As part of our mission we seek to teach and help youth and adults access the knowledge, skills and tools needed lead a nutritionally rich, cost effective lifestyle while reducing food waste and building sustainability.

Individual Development

Cooking Improv challenges individuals to consider cooking with what is on hand and create a healthy meal using those items. As they build their knowledge of cooking methods, understand how to use whole products, and feel confident to use their senses as a guide, students will gain the needed skills that allows them to utilize a limited selection of ingredients without sacrificing their health or wasting food or money.

Group Activity

The warm communal aspect of the class encourages participants to enjoy the art of cooking and motivates them to begin their journey of forming a new habit in the kitchen. This flexible education format meets students where they are to make cooking sustainable and realistic for all our communities.

CGDT

Civic Gardener Development Training

Want to grow food where you are? Start with CGDT. It's free!

OVER 11 SESSIONS, WE'LL COVER:

- 1/15/25:** Introduction to Growing Food in Urban Spaces
- 1/22/25:** Funding Your Garden Project
- 1/29/25:** Civic Engagement Training
 - 2/5/25:** Basic Organic Vegetable Gardening #1: Planning
 - 2/12/25:** Basic Organic Vegetable Gardening #2: Regenerative Agriculture
 - 2/19/25:** Basic Organic Vegetable Gardening #3: Seed Starting
 - 2/26/25:** Plant Disease and Integrated Pest Management
- 3/5/25:** Meet the Coordinators
- 3/12/25:** Entrepreneurial Gardening
- 3/29/25:** Construction Techniques for Gardens
- 4/5/25:** Practicum

All sessions are on Wednesdays from 6 to 8pm, except for the last two, which take place on Saturdays from 10am to 1pm.



HAVE QUESTIONS?

Contact Kymisha Montgomery
kmontgomery@civiggardencenter.org
(513) 221-0981

Produce Farmers!

Increase your income and make a difference in your community with the Farmers' Market Nutrition Program.

The Farmers' Market Nutrition Program (FMNP) is a coupon program funded by the United States Department of Agriculture (USDA). Apply today as a Farmer or Market Master!



70+

Counties Participate

\$575,920 Redeemed in 2023

How It Works

- WIC Participants receive coupons for fresh fruit, vegetables, and cut herbs every year, June - October.
- Participants get six coupons worth \$5 each, for a total of \$30.
- Coupons are used at participating Farmers' Markets and Farm Stands.
- Farmers redeem the coupons for \$\$.

Call or Email to Apply:

614-644-8481

OHFMP@odh.ohio.gov



The Farmers' Market Nutrition Program Helps Ohio Farmers and Families

Farmers

115,184 coupons redeemed put **\$575,920** into the pockets of over **250** farmers.

Authorized Produce:

Apples	Cabbage	Lettuce	Radishes
Apricots	Carrots	Melons	Squash
Asparagus	Celery	Mushrooms	Strawberries
Beans	Corn	Onions	Tomatoes
Beets	Cucumber	Pawpaws	Watermelon
Berries	Eggplant	Peaches	Cut Herbs
Broccoli	Grapes	Peppers	AND MORE!
Brussels sprouts	Greens(all)	Potatoes	

Families

Ohio FMNP served **30,171** women and children participating in WIC in **2023**.



Call or Email to Apply:

614-644-8481

OHFMP@odh.ohio.gov



Department of Health

Women, Infants, and Children Program (WIC)

The Drip:

ROSE Breastfeeding Support Group

VIRTUAL

Mondays: 1:00 pm - 3:00 pm ET

Thursdays: 6:00 pm - 8:00 pm ET

- **Breastfeeding support for pregnant and breastfeeding moms**
- **Support from ROSE breastfeeding trained staff**
- **Open forum discussion**



Scan Here to Register

www.breastfeedingrose.org



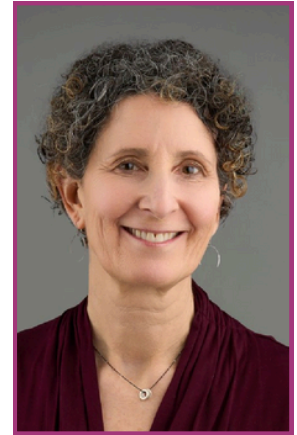


Lactation Seminar Series

2024-2025

A Tour of Breast Pumps

Anne R. Eglash, MD, NABBLM-C, IBCLC
Wednesday, February 5, 2025 3:00pm-4:30pm
EST Online via Zoom



New Rights for Lactating Workers

Jessica Lee, JD
Thursday, March 6, 2025 3:00pm-4:30pm EST
Online via Zoom



Milk Bioactive Components: Medicine or Myth?

Bridget Young, PhD
Thursday, March 13, 2025 3:00pm-4:30pm
EST Online via Zoom



Registration is FREE and required for this series



American Heart Association.

100 YEARS

Bold Hearts

Eat Smart

Move More

Be Well

Healthy for Good

Looking for nutritious, heart healthy recipes?

[CLICK HERE](#)

The American Heart Association's Healthy for Good platform is helping put a healthy life within reach. We're committed to breaking down barriers and advancing opportunities to help you create and apply the kind of healthy habits that stick with you at every life stage – for good.

CHECK FOR THE HEART-CHECK MARK

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

This is what it takes to be Heart-Check certified*:

SOURCE OF NUTRIENTS

Beneficial Nutrients (naturally occurring):

10% or more of the Daily Value of 1 of 6 nutrients (vitamin A, vitamin C, iron, calcium, protein or dietary fiber)

LIMITED IN BAD FATS

Saturated Fat:

1 g or less per standard serving size and 15% or less calories from saturated fat

Trans Fat:

Less than 0.5 g per label serving size and per standard serving size. Products containing partially hydrogenated oils are not eligible for certification.

LIMITED IN SODIUM

Sodium:

One of four sodium limits applies depending on the particular food category: up to 140 mg, 240 mg or 360 mg per label serving, or 480 mg per label serving and per standard serving size.*



*All requirements listed apply to Standard Certification, see heartcheck.org/ requirements. 05-17386 3/21

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TO LEARN MORE, VISIT
heartcheck.org

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.

Fall Resource Guide

English



Fall Resource Guide

Spanish



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



***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