

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

Monthly Newsletter

August

2024

For additional resource information, please contact

Jasmine Robinson at

jasmine.robinson@cincinnati-oh.gov

or

via call or text at 513-240-0050

The 2024 NBM theme, Nourish, Sustain, Thrive, will shine a light on why protecting, promoting, and supporting lactation is so important for the human life cycle, honor the incredible work that organizations are doing to make the world a little more friendly for new parents and families, and highlight how individuals, funders, and policymakers can contribute to a strong and sustainable lactation field.

Celebrating National Breastfeeding Month!



August 1-7

World Breastfeeding Week

August 8-14

Indigenous Milk Medicine Week

August 15-21

**Asian American, Native
Hawaiian and Pacific Islander
Breastfeeding Week**

August 25-31

Black Breastfeeding Week

September 1-7

Workplace Lactation Week

September 3-9

Semana de La Lactancia Latina





Ohio's expanded sales tax holiday starts next week, will last 10 days this year

Ohio residents can catch a little extra break from inflation this summer during an expanded 2024 sales tax holiday.

For 2024, Ohio's sales tax holiday is from 12:00 a.m. Tuesday, July 30 until 11:59 p.m. Thursday, August 8.

Also, according to the state's Department of Taxation website, you can eat at restaurants tax-free as long as every item ordered is priced below \$500.

Check the state's FAQ page [here](#) or scan the QR code below.



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.

Summer Resource Guide

English

Summer Resource Guide

Spanish





Community Health Day

513Relief



Thursday, August 1st

10:00AM- 3:00PM

Bond Hill Recreation

1501 Elizabeth Pl Cincinnati, OH 45237



ESSENTIAL ELITE INSTITUTE

INNOVATIVE BEAUTY EDUCATION



Food for the Soul CT
Serving God by Serving the Community



ALL ARE WELCOME!

10:00am-3:00pm

TODOS SON BIENVENIDOS

10:00 am-3:00p.m

BRING YOUR BAGS!

Trae tu propia bolsa si puedes

foodforthesoulct.org



PLEASE NOTE:
Parents and Children
MUST BOTH be
present to receive
backpack full of
school supplies
**FIRST COME, FIRST
SERVE**

Project Lifeline's
19th Annual
Neighborhood
Back2School
CARNIVAL

**1000+ FREE
BACKPACKS
W/SUPPLIES,
LIMITED UNIFORMS,
FREE FOOD,
GIVEAWAYS, GAMES
& MUSIC**

**IN CONJUNCTION WITH THE CINCINNATI PARKS FOUNDATION
AVONDALE FAMILY FUN DAYS**

SATURDAY, AUGUST 3, 2024
10AM-4PM

SEASONGOOD SQUARE (BENGALS PARK)
3801 Reading Rd. Cincinnati, Ohio (between Shuttlesworth & Clinton Springs)

THE NEIGHBORHOOD BACK2SCHOOL CARNIVAL

(NBC) is a free annual community event designed to supply school-age children, Pre-K-12th grade with a variety of school supplies while also providing them with health and safety education through the support of churches, organizations, businesses and corporations.

Call 513-620-8187 for more information!
#ourcommunityhealth&safetymatters



BACK TO SCHOOL

SCHOOL SUPPLY GIVEAWAY

FOR STUDENTS IN GRADES K-12
FREE SCHOOL SUPPLIES, FOOD, & FUN!
FOR MORE INFO, VISIT WWW.CBC-C.COM

SAT AUGUST 3, 2024

1:00 PM - 3:00 PM

CORINTHIAN BAPTIST CHURCH

1920 TENNESSEE AVENUE

CINCINNATI, OH 45237

Free and Open to the Public
First Come, First Serve
Child Must Be Present to
Receive Services

**A
DAY
OF
BLESSING**

SPONSORED BY:



**SHENANDOAH SEVENTH-DAY
ADVENTIST CHURCH**



Jackson Street Farm Showcase

8/3/24

1134 Jackson Street, Lincoln
Heights, OH 45215

2-4pm

Join a unique event celebrating
community achievements with
an agriculture-fashion-media
blend: a farmer-themed fashion
show, summer crops showcase,
and a special media team video
presentation.



WIC

ANNUAL BREASTFEEDING CELEBRATION

Please join us at our event
celebrating breastfeeding families

city of
CINCINNATI
HEALTH DEPARTMENT



**Department of
Health**

Women, Infants, and
Children Program (WIC)

**AUGUST 5TH, 2024
4-6:00PM**

**7162 READING RD
CINCINNATI, OH 45237
(513)821-7012**

IN PARKING LOT BY
WIC FARMER'S MARKET



This institution is an Equal Opportunity Provider

END OF SUMMER BASH AND COMMUNITY HEALTH FAIR



A Day of Fun and Adventure for the Whole Family!
Get ready for a day of fun, games, and excitement . This event is perfect for families with children of all ages. Food and supplies available while supplies last.



TUESDAY
AUGUST 6TH, 2024



1 PM- 4 PM

CARTHAGE COMMONS



7036 FAIRPARK AVE CINCINNATI, OH 45216
INTERSECTION OF FAIRPARK AND SEYMOUR



www.carthageohio.com/calendar

The BLACK

COLLABORATIVE INC.
WE ARE OUR BROTHERS & SISTERS KEEPER
WWW.KEEPERSOFBLACK.ORG



2nd Annual Health Block Party

OUR BODIES, OUR BABIES, OUR LIFE

United Way of Greater Cincinnati
2400 Reading Road, Cincinnati, OH 45202
Saturday August 10th, 2024 1:00pm - 4:00pm

WHERE ACCESS TO HEALTH MEETS

Culture

CPR FIRST AID



While we hope you never use your education, we believe every parent or caregiver should have this essential life-giving skill. Here are a few stats on why people should get infant CPR training:

- More than 7,000 children suffer from cardiac arrest each year.
- Over 21,000 infants died in 2018 — with Sudden Infant Death (SIDS) and suffocation being the 4th and 5th leading causes.

CARDIOVASCULAR HEALTH



Join us as we dive into potentially life-saving discussions regarding pregnancy complications related to blood pressure that could lead to better maternal health outcomes. Hypertension, or high blood pressure, is the most common medical issue during pregnancy, affecting 8-16% of pregnant women.



MENTAL HEALTH

We are facing a growing mental health crisis in Cincinnati, OH with a reported One in 5 people experiencing mental illness. Join us as we normalize mental health and debunk myths concerning talk therapy and stigmas around mental health.

- Social and racial inequities further exacerbate these challenges for people of color, children, and families with low incomes.



HEAR HER!

Every death is a tragedy, especially when more than 80% of pregnancy-related deaths could be prevented. Join us for an engaging conversation on how to support your clients as they advocate for proper care.



B.R.E.A.S.T. 4 Babes
eLife Supportive Living Services

MOLINA HEALTHCARE

Humana
Healthy Horizons™
in Ohio

GREATER CINCINNATI FOUNDATION

buckeye health plan.
Your Guide to Better Health...
MEDICAID • MEDICARE • MARKETPLACE

CINCINNATI HEALTH DEPARTMENT



Shanghai Imaging

Racial & Health Equity Services LLC

Dr. Corinn
LEADING | INSPIRING | EMPOWERING

AmeriHealth Caritas Ohio

HMB Healthy Moms & Babies



Health Care Access Now™
Building partnerships that improve access to health care in Greater Cincinnati



ICE CREAM

RAFFLES

4TH ANNUAL BACK To SCHOOL HEALTH FAIR

August
10th
2024

3430 BURNET AVE
BEHIND THE MEDICAL OFFICE BUILDING

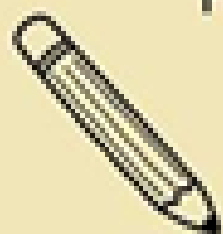
FIRE
SAFE HOUSE

HEARING
SCREENINGS

9AM-1PM

FREE SCHOOL SUPPLIES. LIVE DJ.
FREE HAIRCUTS. FUN ACTIVITIES FOR
THE WHOLE FAMILY.

PRESENTED BY
Cincinnati Children's Hospital
Community Health Workers





BACK 2 SCHOOL Give-A-Way

- BACKPACKS
- SCHOOL SUPPLIES
- FREE FOOD
- MUSIC
- GAMES
- GYM SHOES
- RAFFLE**
- HAIR CUTS

...with Parent's written consent

When: Saturday, Aug 10th

Time: 12pm - 3pm

Where: Winton Hills Community Church
5255 Winneste Ave
Cincinnati, OH 45232

Presented by and in coordination with...



URBAN LEAGUE
Community
Partnering Center

Winton Hills
Community Church

Building Strength Finding Purpose

FREE SCHOOL SUPPLIES, SHOES, HAIRCUTS,
HAIR BRAIDING, FOOD, MUSIC, AND MORE...

★ ★ ★ 4TH ANNUAL NORTHSIDE ★ ★ ★

BACK TO SCHOOL COMMUNITY EVENT

AUGUST 10, 2024

McKie Recreation Center
1655 Chase Avenue, Cincinnati, Ohio 45223
From 1:00 pm to 4:00 pm

SPONSORED BY:



For volunteer or vendor information,
please contact us at (513) 541-9777



THE WEST END Maz-Low Food Fest

AT GRANT PARK

73 E McMicken Ave Cincinnati, OH 45202



COMMUNITY + PEOPLE

FREE | MUSIC | FOOD | FAMILY



THURSDAY, AUGUST 15, 2024

THURSDAY, SEPTEMBER 12, 2024

THURSDAY, OCTOBER 10, 2024

THURSDAY, NOVEMBER 14, 2024

TIME

5:30PM

8:00PM

LOCATION

GRANT PARK

73 E McMicken Ave

Cincinnati, OH 45202

614-648-9720

WWW.UFCFOOD.ORG

COMMUNITY + PEOPLE

FREE | MUSIC | FOOD | FAMILY





**Experience the ultimate
Saturday evening at Smale
Park's Music at the Esplanade
concert series!**

Dates: Jun 1, 2024 - Aug 31, 2024

Time: 5:00 PM - 7:00 PM

Occurs: Weekly (Sat)

Park: Smale Riverfront Park

Music AT THE ESPLANADE

6/1 Acoustic Abuse

6/8* Temani

6/15 Anno Project

6/22* Tracey Walker

6/29 Sawyer Roberson

7/6* Catlea

7/13 The Foles

7/20* Vudu Childe

7/27 Positive Vibe Band

8/3* Tooth Lures A Fang

8/17* Jet Jurgensmeyer

8/24 Sweat Peas

8/31 Union Son

5PM-7PM

*Farmers Market until 8PM



For event details, follow us on social media
or visit cincinnati-oh.gov/cincyparks

#cincyparks

Cincinnati Parks is committed to providing a quality experience at all parks and facilities by providing reasonable accommodations for individuals with disabilities upon request, call 513.537.2604. Visitors may be recorded by Cincinnati Park Board for educational and promotional uses.

**Join us every Saturday from 5pm to 7pm
for a vibrant blend of live music,
delectable food, refreshing drinks,
captivating art, and a farmers' market.
Immerse yourself in a dynamic
atmosphere where community and
creativity come together for an
unforgettable weekend celebration.**





CAA MOBILE PANTRIES

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

The Well Church/Tryed Stone | 5550 Reading Rd
Tuesday, August 6th; Beginning at 12:00 PM

The Welcome Project | 2936 Colerain Ave
Tuesday, August 13th; Beginning at 11:00 AM

Community Action Agency | 1740 Langdon Farm Rd
Wednesday, August 21st; Beginning at 2:00 PM

Corinthian Baptist Church | 1920 Tennessee Ave
Thursday, August 22nd; Beginning at 3:00 PM

Word of Deliverance Church/SOAR | 693 Fresno Rd
Tuesday, August 27th; 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, 6 de agosto, a las 12:00 PM

The Welcome Project | 2936 Colerain Ave
Martes, 13 de agosto, a las 11:00 AM

Community Action Agency | 1740 Langdon Farm Rd
Miércoles, 21 de agosto, a las 2:00 PM

Corinthian Baptist Church | 1920 Tennessee Ave
Jueves, 22 de agosto, a las 3:00 PM

Word of Deliverance Church/SOAR | 693 Fresno Rd
Martes, 27 de agosto, a las 2:00 PM

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



Event starts on:

FRIDAY
AUGUST 30TH
10:00AM-3:00PM

Winton Hills Rec Center
5170 Winneste Ave,
Cincinnati, OH 45232

513Relief



JOIN US

513 ONE STOP

COMMUNITY HEALTH EVENT



ALL ARE WELCOME!

10:00am-3:00pm

TODOS SON BIENVENIDOS

10:00 am-3:00p.m

BRING YOUR BAGS!

Trae tu propia bolsa si puedes



Food for the Soul
SERVING GOD BY SERVING THE COMMUNITY



FEEDING AMERICA

foodforthesoulct.org





Bearcats Pantry

The BCP and Resource Center is here to help any Bearcat through a time of need. From free food to social services support, we provide a diverse range of programs, services, and supplies.

The center provides free food, hygiene items, cleaning supplies, and professional clothing to students of all backgrounds with food and other insecurities. UC Blue Ash and UC Clermont both have pantry services operated by staff on those campuses.



For more information about the pantry and satellite locations, please click [HERE](#) or scan the QR code

Free Meals for Kids and Teens

Monday - Friday

Starts May 24.

For ages 18 and under.

For participating locations, visit [CHPL.org/meals](https://chpl.org/meals)



***The Cincinnati & Hamilton County Public Library
will be serving summer meals for youth at 15 locations this summer, in
partnership with UMC Food Ministry.***

***All children ages 1 through 18 are eligible
to receive free meals. Individuals ages 19
through 21 who have been identified as
having mental or physical disabilities
and are following Individualized
Education Programs (IEPs) through their
current enrollment in educational
programs also are eligible. Made
possible through federal funding, as
part of the USDA's Child Nutrition
Programs, and in partnership with UMC
Food Ministry.***

***You can find a full list of
participating locations, start
dates, and meal serving times
here at chpl.org/meals***



Cincinnati & Hamilton County
Public Library
513-369-6900
[CHPL.org/meals](https://chpl.org/meals)



Community Meal Wednesdays



Meal



August 7th and August 14th

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.

Partners receiving meals include:

St. Monica Center, Talbert House, Haven House for Men, City Gospel Mission, YWCA Domestic Violence Shelter, and Phil's Place.

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



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



**2ND
Wednesday
OF THE MONTH**

Free Produce

10 a.m. - 3:30 p.m.
Free produce from
Freestore Foodbank



**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**



lastmile market

**Pick up free groceries for your
family in your neighborhood!**

Tuesdays & Thursdays from 1PM-3PM
Starting May 11th

3663 Reading Road Cincinnati OH 45229

Text "LMM" to 833-592-0669
to receive a market schedule.

Learn more about **Last Mile Food Rescue**

Mondays & Fridays at 670 Rockdale Ave

Tuesdays & Thursdays at 3663 Reading Rd





HUB GARDEN CLASSES

August & September 2024

Cooking with Medicinal Plants

August 3 @ 11am, Melrose Medicinal Garden

Natural Trellising

August 10 @ 10am, Northgate Community Garden

Pest ID & Natural Pest Management

August 15 @ 6pm, Roselawn Community Garden

Gardening in Reclaimed Spaces

August 22 @ 6pm, St. Bernard Community Garden

Native Pollinator Plants for Urban Gardens

August 31 @ 11am, South Cumminsville Pamela's Garden

Season Extension

September 19 @ 6pm, Riddle Yates Community Garden

Healthy Nutrition Culinary Classes

August 17 @ 10am, St. Bernard Community Garden

September 14 @ 11am, South Cumminsville Pamela's Garden

September 28 @ 10am, Northgate Community Garden

Learn more & register:

civiggardencenter.org/hub-garden-classes



WASTED FOOD STOPS WITH US.

Don't let poor party planning practices ruin your good time. Follow these five tips to save money, stay safe, and enjoy delicious food!

Visit
WastedFoodStopsWithUs.org for more great information on shopping, storing, and loving your food!



Summer FOOD MANAGEMENT TIPS

SHOP WITH A LIST

Start by planning your menu and then shopping your pantry before going to the store.



STORE FOOD SAFELY

Remember to keep frozen foods frozen until you're ready to use them. And don't wash fruit until you're ready to use it, washed fruit will mold more quickly.



SERVE GOOD FOOD

Set up your serving area so that hot foods stay hot and cold foods stay cold.



LOVE LEFTOVERS

Refrigerate within 2 hours, store in shallow containers, share or donate!



SHARE THE BOUNTY

Plan future gatherings with your friends to eat leftover dishes. Finally, consider donating any commercially packaged items to a local food pantry.



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