

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

**Monthly Newsletter**

# March

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***





# Food ConnectsUs

## 2025 NATIONAL NUTRITION MONTH®

A Campaign by the Academy of Nutrition and Dietetics

### What is National Nutrition Month?

National Nutrition Month is a dedicated campaign focusing on the significance of nutrition and health. It seeks to educate individuals about the importance of making informed food choices, developing consistent eating habits, and undertaking regular physical activity. Spearheaded by nutrition professionals and enthusiasts, the month offers a myriad of resources, events, and initiatives to promote a healthier lifestyle for all.

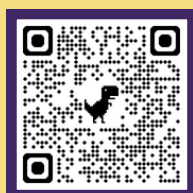
**#NationalNutritionMonth2025**

**#EatRight**

**#NutritionMatters**

**#HealthyEating**

**#FoodForWellness**





**Presents**

# The **MENTALITY** Day for Men

**FREE**

**Mental Health  
presentations,  
vendors, and lunch.**

To register and for vendor  
information:  
call 513-550-8733 or email  
[Centerforhealingthehurt@gmail.com](mailto:Centerforhealingthehurt@gmail.com)

## **Location:**

**Bain Center**  
4836 Ward Street  
Cincinnati, Ohio 45227

**Date: March 1, 2025**

**Time: 9:30 a.m.- 2:00 p.m.**

## **Sponsors:**



**Humana**  
Healthy Horizons<sup>®</sup>  
in Ohio



**INTERACT  
FOR HEALTH**





# 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, March 4th**  
**Beginning at 12:00 PM**

**The Welcome Project**  
**2936 Colerain Ave**

**Tuesday, March 11th**  
**Beginning at 11:00 AM**

**Community Action Agency**  
**1740 Langdon Farm Rd**

**Wednesday, March 19th**  
**Beginning at 2:00 PM**

**Word of Deliverance Church/SOAR**  
**693 Fresno Rd**

**Tuesday, March 25th**  
**Beginning at 2:00 PM**

**Corinthian Baptist Church**  
**1920 Tennessee Ave**

**Thursday, March 27th**  
**Beginning at 3:00 PM**

*For more information, contact*

*Sharon Watkins at (513) 924-2021*

 Cincy Caa

 cincy\_caa

 CincyCAA





# 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 marzo**  
**a las 12:00 PM**

**The Welcome Project**  
2936 Colerain Ave

**Martes, 11 de marzo**  
**a las 11:00 AM**

**Community Action Agency**  
1740 Langdon Farm Rd

**Miércoles, 19 de marzo**  
**a las 2:00 PM**

**Word of Deliverance Church/SOAR**  
693 Fresno Rd

**Martes, 25 de marzo**  
**a las 2:00 PM**

**Corinthian Baptist Church**  
1920 Tennessee Ave

**Jueves, 27 de marzo**  
**a las 3:00 PM**

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



Cincy Caa



cincy\_caa



CincyCAA





# Join Us For Upcoming Meals & Events!

Event	Day	Date	Time	Location
Food Pantry	Wed	February 19th	9:00-1:00	Holy Trinity-St. Nicholas
Regular Meal/Food Pantry	Sun	February 23rd	4:00-6:00	Christ the Savior
Regular Meal	Tues	February 25th	5:00-7:00	Holy Trinity-St. Nicholas
Food Pantry	Wed	February 26th	9:00-1:00	Holy Trinity-St. Nicholas
Food Pantry	Wed	March 5th	9:00-1:00	Holy Trinity St. Nicholas
Food Pantry	Wed	March 12th	9:00-1:00	Holy Trinity St. Nicholas
Regular Meal	Thur	March 13th	5:00-7:00	Christ the Savior
Food Pantry	Wed	March 19th	9:00-1:00	Holy Trinity St. Nicholas
Regular Meal/Food Pantry	Sun	March 23rd	4:00-6:00	Christ the Savior

*\*Food pantry at Holy Trinity St. Nicholas, guests welcome once a month for shopping, but once a week for sandwiches & vegetables*



**Christ the Savior**  
4285 Ashland Avenue



**Holy Trinity - St. Nicholas**  
Good Shepherd Food Pantry  
7000 Winton Road



# Mobile Mammography Coming to a location near you

Screenings are provided for women 40+ and for women 35-39 who are considered high-risk or have a close family history of breast cancer. If you are under 40, please check with your insurance provider regarding coverage.

Screening mammography is recommended annually. If you are scheduling fewer than 12 months from your previous exam, it is your responsibility to confirm insurance coverage.

Financial assistance is available to those who qualify.

For a full list of community screening dates, visit [TriHealth.com/mobilemammography](https://TriHealth.com/mobilemammography)



## St. Monica's Recreation Center

10022 Chester Rd.  
Lincoln Heights, OH 45215  
(Park on Douglas St. )

Thursday, March 6, 2025  
8:30 am-3:30 pm

To schedule an appointment, scan the QR code and **choose St. Monica's Center** from the drop-down menu or call 513 569 6565.



[TriHealth.com/breastcare](https://TriHealth.com/breastcare)





# Community Health Day

**March 6th**

**10:00AM-2:00PM**

**Saint Monica's Recreation Center**

10022 Chester Rd, Cincinnati, OH 45215

(Park on Douglas St)



**Food for the Soul**  
Serving God by Serving the Community



**ALL ARE WELCOME!**

**10:00am-2:00pm**

**TODOS SON BIENVENIDOS**

**10:00 am-2:00p.m**

**BRING YOUR BAGS!**

**Trae tu propia bolsa si puedes**





March  
**8th**  
2025

11am-1:30pm

# PAUSE & REPLENISH

A *Whole Body Wellness* EVENT  
FOR NATIONAL WOMEN'S AND GIRLS HIV AWARENESS DAY

United  
Way



of Greater Cincinnati

2400 Reading Rd  
Cincinnati, OH 45202



SPONSORED BY



Our goal is to provide messaging that empowers an individual to become the owner in their healthcare. We are looking at pausing to reflect on how to implement holistic and medical self-care, having conversations on total body care, and replenishing our attendees through healthy conversations with clinical providers.

This community event will help participants become educated about HIV and link to care services including PrEP and HIV care.

You do not want to miss this!

Free  
attendance  
Lunch will be  
served

**REGISTER NOW**





**free fresh  
groceries**



**We're on**



**Facebook!**

**shop for free groceries 1-3pm**

**Tuesdays at Avondale Business Center  
3635 Reading Rd.**

**\*Fridays at Urban League  
3458 Reading Rd.**

**\*parking is located across the street**

**\*one limited mobility parking space on site**

**closed on bank holidays**

**Text "LMM" to 833-592-0669  
for schedule updates**





**Feeding Cincy  
Pop Up food Pantry on  
March 15th**

**Location: 3270 North Bend Rd,  
Cincinnati, OH 45239**

**Time: 11a-1p**

### **Who We Are**

**Forever Kings Inc. is an empowerment organization for Boys and Young Men of Color that focuses on disrupting the school to prison pipeline and creating a cradle to college, careers, and entrepreneurship. Our mission is to challenge the social norms, explicit biases, and stigmas associated with Boys and Young Men of Color.**

**We fulfill our mission through the embedding of our 3 pillars "Kinghood, Brotherhood, and Servanthood" into our programs, workshops, retreats, and special events. This equips and empowers the young men we serve to Re-Define, Re-Shape, and Re-Imagine the outcomes for their lives.**

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





# INTERGENERATIONAL

# Wellness

## FOR BLACK MEN AND BOYS

MARCH 15TH • 9AM - 2PM **FOR ALL AGES**

HILTON GARDEN IN MIDTOWN  
2145 DANA AVE., CIN, OH 45207

INTERACT  
FOR HEALTH

 **NAMI**  
National Alliance on Mental Illness  
Southwest Ohio

 **UNITED WAY**  
Greater Cincinnati

 **OSPF**  
Ohio Suicide Prevention Foundation

 **GILEAD**

This event is all about promoting health and well-being for Black men and boys of all ages. Come learn about mental health and more from experts in the field. Connect with others in the community and take steps towards a healthier lifestyle. Don't miss out on this opportunity to prioritize your wellness!

Free  
attendance  
Lunch will be  
served

**REGISTER NOW**





# 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**





Healthy Moms & Babies

### Van calendar

Office (513) 591-5600 or (513) 804-7205

No appointment needed

Please bring an ID each month

**\*\*Hours are subject to change – check Facebook daily for updates\*\***

### March 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 Winton Terrace 5275 Winneste Ave 45232 12:00-3:00PM	5 7 Hills WIC 10950 Hamilton Ave 45231 11:00AM-2:00PM	6 Santa Maria 3301 Warsaw Ave 45205 10:00 AM.-1:00PM	7	8
9	10	11 Bethany House 4769 Reading Rd 45237 10:00AM-1:00PM	12 HMB Office 2270 Banning Rd 45239 11:00AM-3:00PM	13 Hamilton County Head Start 924 Waycross Rd 45240 10:00am-1:00PM	14	15
16	17	18 Crossroads Health 2170 Ferry Anderson 45238 11:00 AM-2:00PM	19 Roll Hill Villages 3710 President Dr 45225 11:00AM-2:00PM (Health Fair)	20 Zion Baptist Church (Avondale) 630 Glenwood Ave 45229 10:00AM-1:00PM	21	22
23	24	25 New Jerusalem 26 W. North Bend Rd 45216 10:00AM-1:00PM	26 The Peaslee Center 215 E 14th Street 45202 10:00AM-2:00PM	27 Clovernook Apartments 7701 Clovernook Ave 45231 10:00AM.-1:00PM.	28	

#### SERVICES:

- 1 pack of menstrual products, 50 diapers
- Food boxes (if available)
- Pregnancy tests
- Vitals
- Referrals to Medical and Social Services
- Home Visiting Referrals
- Support before, during, and after pregnancy
- Parent Education & Support

#### TO REGISTER FOR SERVICES, PLEASE BRING:

- Caregiver Identification
- One of the following for children under 3 years old: birth certificate, insurance card, social security card
- Diapers will be given after the baby is born

Thanks to our partners:



HealthyMomsandBabes513



[www.facebook.com/HMBCincinnati](https://www.facebook.com/HMBCincinnati)



HealthyMomsandBabes513



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

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*





# 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)





**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:

scribbase 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.



# 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.





# 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**

## ***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**





***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***