

FOOD ASSISTANCE NEWSLETTER

PURDUE EXTENSION PROGRAMS:

- **Eat Smart, Live Strong - for Seniors - FREE** nutrition and physical activity lessons plus incentives! Held monthly on the 2nd Friday at 10am.
 - Upcoming: Friday, May 10th at 10:00am
 - Hoosier Boy Apartments - 211 S. Walnut Street, Rising Sun, IN. 47040

INDIANA SUN BUCKS PROGRAM:

- Summer EBT is a new and permanent program to provide money to households with school-aged children to purchase food during the summer. Households will receive \$120 for each qualifying child, to be spent during the summer months. Children must be eligible for free or reduced price meals in qualifying schools and eligibility must be established annually. Follow the link for more information on receiving and applying for the program



<https://indianasunbucks.com/home>

INDIANA FOOD VISION:

- Through a partnership with Indiana Department of Health and Indiana University, information is being gathered to center the voices of Hoosiers who eat, grow, or buy food. We want to hear about what matters to YOU. Help shape the Vision by taking our survey. Scan the QR code on the picture to take the survey.

Your Voice. YOUR Vision.

We want to hear about what matters to you. Help shape the Vision by taking our survey.

Take the survey
(It is for anyone who lives and eats in Indiana!)



RSCC COMMUNITY GARDEN

PLANTING PARTY

MAY 19TH, 2024 - 5:00PM
315 N HIGH ST, RISING SUN, IN 47040

Interested in volunteering? Join us as we break ground and plant the new RSCC Community Garden!

Volunteers are encouraged to bring their own garden gloves and tools.

Sandwiches and water will be provided to volunteers!

Volunteers please RSVP by calling (812)438-3656 or emailing Jessica Martini at koons0@purdue.edu

Purdue Extension Ohio County will be providing a Companion Plant Workshop. & Urban Soil Health will be offering demonstrations on no-till garden beds and lasagna mulching.

LOCAL RESOURCES & INFORMATION

Apply for SNAP

Online: www.FSSAbenefits.IN.gov/

In-person:

Division of Family Resources
308 N. High St. Suite B
Rising Sun, IN. 47040
Monday-Friday 8:00am-4:30pm

Apply for WIC

Schedule an appointment: 812-654-1482.
Local WIC Offices are located in Rising Sun, Vevay, Milan and Lawrenceburg

In-person in Rising Sun:

St. Elizabeth Physicians Primary Care
230 6th St. Rising Sun, IN. 47040
Monthly - 2nd & 4th Thursday
8:00am-4:30pm

Christian Outreach Free Store

315 N High St, Rising Sun, IN. 47040
Thursdays from 4:00pm-6:00pm
Saturdays from 11:00am-1:00pm

*Free food & resources for Ohio County residents.

Clearing House

411 George St., Aurora, IN. 47001
Mon.-Tuesday 10:00am-1:00pm
229 Short St., Lawrenceburg, IN. 47025
Wednesday 10:00am-4:00pm

*Monthly groceries and daily lunches provided to Ohio and Dearborn Co. residents.

Community Mental Health Center, Inc.

Comprehensive mental health services, addiction services, and primary healthcare in Southeast, IN. 710 W. Eads Parkway, Lawrenceburg, IN. 47250
www.cmhcinc.org (812)537-1302

Heart House

72 bed facility to support men, women, and families in crisis. Heart House also provides nutritious and consistent meals, through the Freestore Foodbank and community partners. 6815 US Route 50, Aurora, IN. 47001 (812)926-4890

Mobile Pantry

Delivers food monthly on the 2nd Monday at 10:30am to the Hoosier Boy Apartments in Rising Sun, IN. Call (812)926-1198 for information on sign ups.

OCEMS Resources

Free/Reduced Lunch -

Forms distributed yearly the first day of school and available year-round in the office.

Snacks to Feed Those in Need - provides weekend food packs to students PreK-8th grade. Call the office at 812-438-2626

Recycle Center

1432 Barbour Way, Rising Sun, IN. Mon., Wed., Friday 1:00pm-6:00pm
Saturday 8:00am-12:00pm
(812)801-9037

WorkOne

Job search assistance, determining a career, getting training, and more
In-person: By appointment at the Education Center Tues. 9am-3:30pm
591 Smart Drive, Rising Sun, IN 47040
Call (812) 438-2437 to schedule
Online/Phone: 1-888-436-9092
<https://www.in.gov/dwd/WorkOne>

2-1-1

For guided, personalized, confidential assistance finding resources in your area, you can call 2-1-1 or visit in211.communityos.org (available 24/7)
Prefer to text? Text your zip code to 898211, Monday-Friday, 8am-5pm

May 2024

EAT BETTER FOR LESS

EatGatherGo.org

Celebrate Women's Health Week With Self Care

Mother's Day is a great time to show the moms in your life how much you appreciate them. But this month, in addition to giving flowers and candy, encourage the girls and women you love to start caring for themselves. What better time to start than during Women's Health Week, May 12-18?

Need inspiration? Here are some ways to do that:

Schedule your annual check-up

Don't skip your annual "well woman" exam. It is the perfect time to share any health concerns you may have.



Get active

Start small with an activity you enjoy and increase the time or pace as you are able. Every step counts!

Enjoy a balanced diet

Add more fruits, vegetables, and whole grains to your plate. Try a variety of protein foods like seafood, lean meats, eggs, legumes, soy, nuts, and seeds.



Learn how to cope with stress

Find time to rest and do something you enjoy. The work will still be there, but you will be better prepared to do it.



Surprise Mom this Mother's Day with a cool, creamy, delicious smoothie. It can be enjoyed with breakfast in bed, after a peaceful walk, or while enjoying a favorite hobby.

Banana Berry Smoothie

Ingredients

- 1 cup sliced banana
- 1 cup unsweetened frozen berries
- 1 cup nonfat or 1% milk
- 1 cup orange juice

Directions

1. Place all ingredients in a blender. Put the lid on tightly.
2. Blend until smooth. If too thick, add 1/2 cup cold water and blend again. Refrigerate leftovers within 2 hours.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP



Purdue Extension
Nutrition Education Program



Purduenep



Resources: www.cdc.gov/women/nwhw/index.htm

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