

FOOD ASSISTANCE NEWSLETTER

UPCOMING 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, April 12th at 10:00am
 - Hoosier Boy Apartments - 211 S. Walnut Street, Rising Sun, IN. 47040

UPCOMING COMMUNITY

PROGRAMS:

- **Ohio County Public Library FREE Yoga Classes** - offered by the Ohio County Public Library
 - Preschool Yoga - Mondays at 10:30am
 - Chair Yoga (Adults) - Mon., Wed., Fri. at 9:30am
- **Ohio County Public Library FREE Seed Library** - offered by the Ohio County Public Library 503 2nd Street, Rising Sun, IN. 47040
 - Thanks to a grant provided by the American Heart Association, individuals with an Ohio County Public Library card can obtain free seeds while supplies last!
 - 20 packets per library card are provided.
 - Contact (812)438-2257 for more information.



Solar Eclipse
April 8th

Safety: Special glasses are required when viewing the eclipse to protect your eyes. You can find solar eclipse glasses locally at the Ohio County Health Department, Friendship State Bank (for account holders) and Lowes.

Local Activities: Solar Eclipse Block Party at the OHIO COUNTY LIBRARY- glasses provided only to those who attend. Activities include food trucks, tie-dye, painting, and more. Festivities start at 1pm

Fun Activities to do at home:

- Make a Solar Eclipse viewer from a show box
- Construction Paper Sun Prints
- Easy Solar Heat Beam Activity (No Spaceship Required!)



<https://www.scholastic.com/parents/school-success/learning-tools/11007/activities-to-get-kids-excited-solar-eclipse.html>

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

April
2024

EAT BETTER FOR LESS

[EatGatherGo.org](https://www.eatgathergo.org)

Get Your Finances in Shape with These Money Moves

We have seen the prices in the grocery store rise, too. Here are some tips to help you start saving today:

Plan, plan, plan!

Before you head to the grocery store, plan your meals for the week. Check to see what foods you already have and make a list of what you need to buy.



Stick to the list

Make a shopping list for everything you need. Keep a running list on your phone, on the refrigerator, or in your purse or wallet. When you're in the store, do your best to buy only what's on your list.



Join your store's loyalty program

Sign-up is usually free, and you could see start saving as soon as you sign up.



Buy when foods are on sale

This one is super easy—make the most of your money by stocking up on food that is on sale.



Compare brands

Store brands can cost less than some of the name brand foods. Compare the items to find better prices.



Trying to lower food costs? Use your stale bread for this tasty dish.

Applesauce French Toast

Ingredients

- 2 eggs
- 1/2 cup nonfat or 1% milk
- 1 teaspoon ground cinnamon
- 2 teaspoons white sugar
- 1/2 teaspoon vanilla
- 1/4 cup unsweetened applesauce
- 6 slices whole wheat bread

Directions

1. In a large mixing bowl, combine eggs, milk, cinnamon, sugar, vanilla and applesauce. Mix well.
2. Soak bread one slice at a time until mixture is slightly absorbed.
3. Lightly spray or oil a skillet or griddle. Cook over medium heat until golden brown on both sides.
4. Serve hot. 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: [eatgathergo.org/eat/shopping/finding-the-best-buy/](https://www.eatgathergo.org/eat/shopping/finding-the-best-buy/), [eatgathergo.org/recipe/applesauce-french-toast/](https://www.eatgathergo.org/recipe/applesauce-french-toast/)

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