

FOOD ASSISTANCE NEWSLETTER



FOOD AS MEDICINE



LEARN HOW TO BE HEART HEALTHY!

Are you interested in improving your heart health? Join us for the first Food as Medicine Program in Ohio County this fall! This program is **FREE** to Ohio County residents. Healthy incentives will be given out at each class!

PROGRAM DETAILS



HEALTH SCREENINGS

The Ohio County Health Department will provide pre and post-test screenings for heart health.



EDUCATION & FOOD DEMOS

Purdue Extension will provide nutrition and heart health education. Participants will get to taste food demonstrations each class!



FOOD BOXES

Participants will receive a food box with heart healthy ingredients at each class.



FREE INCENTIVES FOR PARTICIPANTS

If participants attend 7 of the 10 classes, they will win one large incentive prize such as a crockpot, electric skillet, mini blender, toaster oven, walking weights, weight scale, or yoga mat!

LOCATION, DATE, & TIME

Pre-Screenings - 117 Sixth Street Rising Sun, IN 47040
Aug. 20

Eat Smart, Live Strong - 412 Main St., Rising Sun, IN. 47040
Aug. 27, Sept. 3, Sept. 10, Sept. 17

Be Heart Smart - 412 Main St., Rising Sun, IN. 47040
Sept. 24, Oct. 1, Oct. 8, Oct. 15

Post-Screenings - 117 Sixth Street Rising Sun, IN 47040
Oct. 22

All classes held at 5:30pm-7:00pm

*Pre and post-screenings held at the Ohio County Health Department. All other classes held at the Purdue Extension Ohio County Office.

Purdue University Cooperative Extension is an Equal Access/Equal Opportunity Institution


August
2024

EAT BETTER FOR LESS

EatGatherGo.org

Earn Extra Credit for New Food Safety Skills

As students head back to school, now's the perfect time to teach them how to pack a safe lunch. Here are some reminders for packing a meal for work, school, or on-the-go:

Cleanliness before food prep

Lather hands with soap and warm water for 20 seconds before handling food. Wash utensils and food prep surfaces with hot water and soap.



Rinse fruits and vegetables

Don't pack germs with your goodies. Wash all produce under running water and dry before adding them to your lunch.



Plan ahead

Sandwiches and other perishables can be made the night before. Just remember to refrigerate until needed.



Keep hot foods hot and cold foods cold

Use an insulated bottle for hot foods, and frozen juice boxes to keep cold foods chilled. Do not open until lunch.



Looking for a tasty side to enjoy with your lunch? Try our Creamy Fruit Salad. You can make it with your favorite fruit and yogurt for a special treat. Just remember to keep it cool until serving.

Creamy Fruit Salad

Ingredients

- 1 cup drained pineapple chunks
- 1 large apple, chopped
- 1 banana, sliced
- 1 orange, chopped
- 3/4 cup low-fat piña colada yogurt

Directions

1. Put pineapple chunks in a medium mixing bowl.
2. Prepare apples, banana and orange as directed and add to bowl.
3. Add yogurt to bowl and mix gently with a spoon until fruit is well coated. 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.fightbac.org/kidsfoodsafety/school-lunches/ eatgathergo.org/recipe/creamy-fruit-salad/
Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).



Upcoming Community Programs

- **Eat Smart, Live Strong - for Seniors - FREE** nutrition and physical activity lessons plus incentives! 2nd Friday at 10am.
 - Upcoming: **Friday, August 9th at 10:00am**
 - Hoosier Boy Apartments - 211 S. Walnut St, Rising Sun, IN. 47040
- **Free Chair Yoga - Ohio County Public Library**
 - Mon., Wed., Friday at 9:30-10:00am
- **Walking Club - Ohio County Public Library**
 - Mon., Wed., Friday at 9:00am



Cultivating a nourishing and equitable food system for all Hoosiers.

Your Voice. YOUR Vision.

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

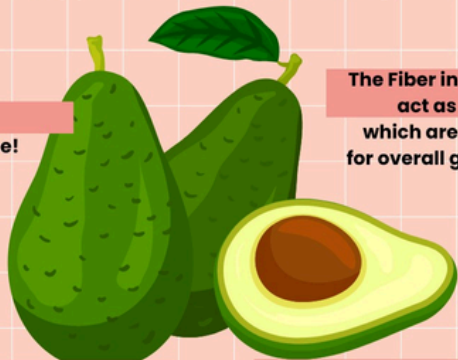


Take the survey
(It is for anyone who lives and eats in Indiana!)

5 Surprising Health Benefits of Avocados

Healthy Eyes- avocados contain carotenoids which help protect the eyes from UV damage.

Avocados are cholesterol free!



The Fiber in avocados act as prebiotics which are beneficial for overall gut health.

Rich in potassium - a mineral that helps regulate blood pressure and muscle function.

For type 2 Diabetics, avocados are a good source of fiber, are low in carbohydrates and have a low glycemic index results in less risk of blood sugar surges.

Garden Taste Tests!

The Free Store will be receiving fresh produce from the Rising Sun Community Garden this summer! Join Purdue Extension for our Garden Taste Tests events to try some delicious recipes using fresh garden produce.

Save the Dates:

JUNE 27, 2024 @ 4-5PM

JULY 11, 2024 @ 4-5PM

AUGUST 8, 2024 @ 4-5PM

SEPTEMBER 12, 2024 @ 4-5PM

*Location: Christian Outreach Free Store Food Pantry - 315 N High Street, Rising Sun, IN

What will the Garden Taste Tests include?

- **FREE Education**
- **FREE Recipe Sample**
- **FREE Recipe Card**

QUESTIONS? CALL THE EXTENSION OFFICE!
(812)438-3656

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

Catch-A-Ride

Catch-A-Ride provides public transportation to anyone, for any purpose, anywhere within the six-county service area (Ohio, Dearborn, Switzerland, Jefferson, Ripley, and Decatur). Accepts cash fares as well as Medicaid, Medicaid Waiver, Medicare, or Managed Care. Vehicles are wheelchair accessible. Call 800-330-7603 to schedule a ride.

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

Senior Nutrition Activity Center - LifeTime Resources

SNACs offer a hot meal, fellowship, entertainment, and activities to those individuals 60 and over.
Hoosier Boy Apartments
211 S. Walnut St., Rising Sun, IN 47040
Monday, Wednesday, Friday 9am-1pm
(Lunch at 11:30am)
812-438-2468

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