

# 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.

### REGISTER TODAY!

Contact Purdue Extension Ohio County to register for the program:

812-438-3656  
 koons0@purdue.edu  
 412 Main Street, Rising Sun, IN. 47040



#### 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.

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## Food Vision Focus Group:

Ohio, Switzerland, Jefferson, & Scott Counties

June 18th, 2024 at 12:00pm-1:00pm via Zoom

#### We want to hear from you!

Indiana is creating its first Food Vision. This food vision is a strategic roadmap for creating a food system where all Indiana communities thrive.

#### Why is a Food Vision Important?

- It informs decision makers across the state, assists in obtaining funding, identifies needs of the food system, provides a framework for statewide collaboration, and more!

#### How can YOU Help?

- If you live or work in one of the above counties, we would love to invite you to attend our Food Vision Focus Group session on **June 18th at 12:00pm-1:00pm**. During the session, we will discuss the unique challenges and opportunities of our local area's food system.
- Join the Zoom session by following the link or scanning the QR code.  
 Meeting ID: 931 7686 1819 ; Passcode: 764091  
 o <https://bit.ly/3WWG7y6>

Questions? Please contact Jessica Martini at koons0@purdue.edu or call (812)438-3656



- Eat Smart, Live Strong - for Seniors - FREE** nutrition and physical activity lessons plus incentives! 2nd Friday at 10am.

- o Upcoming: **Friday, June 14th at 10:00am**

- o Hoosier Boy Apartments - 211 S. Walnut St, Rising Sun, IN. 47040

- Back to School Bash -** Ohio Co. Health Dept.

- o **Saturday, July 20th from 11am-2pm** at the Rising Sun Church of Christ

- o Enrolled students at Rising Sun/Ohio County Schools

- o Immunizations, school supplies, screenings, food, & more.



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## LOCAL RESOURCES & INFORMATION

### Apply for SNAP

**Online:** [www.FSSAbenefits.IN.gov/](http://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](http://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](http://in211.communityos.org) (available 24/7)  
 Prefer to text? Text your zip code to 898211, Monday-Friday, 8am-5pm

June 2024

# EAT BETTER FOR LESS

EatGatherGo.org

## Build More Than Strength During Men's Health Month

Everyone knows the “tough guy” stereotype: The man who doesn't pause for pain. The guy who won't go to the doctor. This month we are challenging those myths by encouraging men and the people who care about them to take care of themselves by getting proactive about their health.

Up your A game with these tips:

### Power up your diet

Add more fruits and vegetables. Limit foods high in salt, fat, and sugar.



### Stay active

Start small with an activity you enjoy and build from there. Your strength and endurance will grow.

### Make prevention a priority

Monthly self-exams, health screenings, and annual doctor visits can help detect health issues earlier.



### Be a leader

Model healthy behaviors for the boys and men around you. You may be the only example they have.



Cartoon character Popeye the Sailor ate spinach to gain more strength. Power up Dad this Father's Day with our Popeye Power Smoothie!

### Popeye Power Smoothie

#### Ingredients

- 1 cup orange juice
- 1/2 cup pineapple juice
- 1/2 cup low-fat plain or vanilla yogurt
- 1 banana, peeled and sliced
- 2 cups fresh spinach leaves
- 2 cups crushed ice

#### Directions

1. Combine all ingredients in a blender.
  2. Puree until completely smooth.
  3. Serve immediately.
- 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.dhd10.org/mens-health-month/](http://www.dhd10.org/mens-health-month/), [eatgathergo.org/recipe/popeye-power-smoothie/](http://eatgathergo.org/recipe/popeye-power-smoothie/)

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