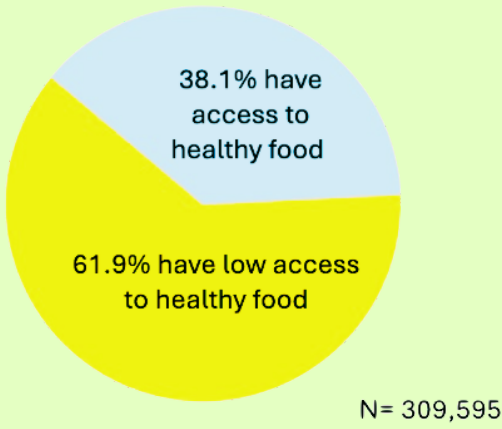




TACKLING FOOD INSECURITY

BACKGROUND

Crossroad Health Center (CHC) is a Christian-based, federally qualified health center. Many patients at CHC come from disadvantaged and marginalized communities. Various social determinants of health impact this population, including food insecurity. Our project aims to tackle food insecurity and, in turn, enhance health outcomes.



HEALTHY EATING WORKSHOPS

Learn about meal plans, meal prep, & budgeting

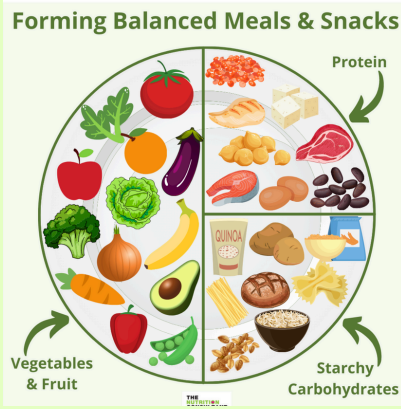


FINDLAY MARKET TOKEN SYSTEM

Purchase fresh, locally grown produce

OBJECTIVES

- 1. Educate OTR residents on how to create balanced meals within their means



- 1 FROZEN MIXED VEGETABLES
- 2 FRUIT
- 3 OLD FASHION OATMEAL
- 4 POTATOES
- 5 BEANS
- 6 FROZEN CHICKEN BREASTS
- 7 TUNA/SALMON
- 8 EGGS
- 9 GREEK YOGURT
- 10 COTTAGE CHEESE

- 2. Teach residents how to budget and cheaper alternatives for nutrient dense foods

- 3. Provide residents with tokens to shop at Findley market each week, increasing access to fresh produce while still having freedom in their grocery purchases

