

Did you know...

A diet rich in vegetables and fruits can lower blood pressure, reduce risk of heart disease and stroke, prevent some types of cancer, and more!



CREATING HEALTHY COMMUNITIES COALITION NEWSLETTER

June 2017

Welcome Back,

June is National Fresh Fruit and Vegetable Month

National Fresh Fruit and Vegetable Month is a great time to get pout and visit your local farmers markets, create fresh recipes, add a little extra flavor to your water, and focus on incorporating these food groups in your diet! There are many reasons and ways to add fruits and vegetables to your diet:

- ⇒ Add fruits, cucumbers, mint and so much more to your water for a refreshing taste
- ⇒ Plant a garden this summer
- ⇒ Improve your health with bringing food from your farm to the table
- ⇒ Support local farmers by attending you farmers market, and maybe

Our Mission:

Creating Healthy Communities is committed to preventing and reducing chronic disease statewide. Through cross-sector collaboration, we are activating communities to improve access to and affordability of healthy food, increase opportunities for physical activity, and assure tobacco-free living where Ohioans live, work, and play. By implementing sustainable evidence-based strategies, CHC is creating a culture of health.

Making the Healthy

Upcoming Meetings

- 2017 Coalition meetings
- July 25 @ 9am—TCESC
- Dec. 12 @ 9am—TCESC
- Grant Planning Meeting
- June 28 @ 9am—
TCCHD
- Tobacco Sub-Committee Meeting
- June 27 @ 3pm—TCCHD
Offices



In This Issue

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- Storage of Fruits and Veggies
- Local Farmers Markets
- Bike to Work!
- SCOPE's forming a walking unit
- Upcoming events

Safe Kids Day 2017

The first Safe Kids Day Event was held in Trumbull County this year on May 20th at Jefferson Elementary School. The purpose of the event was to educate young children on safety. Safety topics included bike safety, water/pool safety, fire safety, safe sleep, liquid POD detergent safety, and many other topics. There were about 67 kids in attendance and 38 received bicycle helmets through the Ohio American Academy of Pediatrics (AAP) grant.

It was a very successful event with many community partners in attendance! Thank you to everyone who helped or participated in event.



[Refrigerator]

<u>Fruits:</u>	<u>Vegetables:</u>	
Apples (more than 7 days)	Artichokes	Celery
Apricots	Asparagus	Green Onions
Asian pears	Green Beans	Herbs (not basil)
Berries	Beets	Lettuce
Cherries	Broccoli	Mushrooms
Cut fruit	Brussel Sprouts	Radishes
Figs	Cabbage	Spinach
Grapes	Carrots	Sprouts
	Cauliflower	Summer Squashes
		Sweet Corn



[Room Temperature]

<u>Fruits:</u>	<u>Vegetables:</u>	
Apples (fewer than 7 days)	Basil (in water)	Tomatoes
Bananas	Cucumber	Winter Squashes
Citrus Fruits	Eggplant	Summer Squashes
Mangoes	Garlic	Sweet Corn
Melons	Ginger	
Papayas	Onions	
Pineapple	Peppers	
Plantain	Potatoes	
Pomegranates	Pumpkins	
	Sweet Potatoes	

Storing Fresh Fruits and Vegetables for Best Flavor

Refrigerator

1. Place fruits and vegetable in separate, perforated plastic bags.
2. Use within 1-3 days for maximum flavor and freshness.
3. Store each group in different produce drawers in the refrigerator to minimize the detrimental effects of ethylene produced by the fruits on the vegetables.

Room Temperature

1. Many fruits and vegetables should only be stored at room temperatures. Refrigeration can cause cold damage or prevent them from ripening to good flavor and texture. For example, Pink tomatoes ripen to a better taste and red color if they are left at room temperature. In the refrigerator, they do not turn red, and even can lose their flavor.
2. Cucumbers, eggplant, and peppers can be refrigerated for 1-3 days if they are used soon after removing from the refrigerator.



Local Farmers Market Updates

In celebration of National Fresh Fruits and Vegetables Month, visit the Warren and Howland Farmers Markets! The Warren Farmers' Market will feature cooking demonstrations, yoga, nutritional education, live music, and other family friendly activities. Warren Farmers' Market will be on Tuesday, June 6th from 3:00 PM - 6:00 PM at Courthouse Square in Downtown Warren. The market will be every Tuesday June - October. (visit for more information <http://warrenfarmersmarket.org/>)

Howland Farmers' Market will feature live music, cooking demonstrations, story time for children, knife sharpening. Beginning Saturday, June 10th from

9:00 AM- 1:00 PM at 8204 East Market St. Warren (near Howland Center). The market will be every Saturday June - October 21st.

Howland Farmers Market at Bolindale Park will be every 2nd & 4th Thursday 3 :00 PM - 6:00 PM July - September. (visit: www.howlandfarmersmarket.com for more



information about events.)

Warren Farmers Market will be hosting Pop-up Farmers' Markets at Quinby Park on the first Friday 3:00 PM—6:00 PM July—October.



NEW!! Both the Warren and Howland Farmers Market this year will be the Senior Nutrition Program and WIC vouchers. Each market has been working with community organizations to provide these market incentive programs. For low-income seniors citizens interested in the program reach out to our local Area Agency on Aging 11 to find out more information and eligibility rules. (visit: <http://www.aaa11.org/senior-farmers-market.html> for more information).

WIC Vouchers for the Farmers Market will begin the 3rd week of July at both Farmers Markets. For more information on how to receive and use the WIC vouchers visit <http://trumbullwic.weebly.com/>.

Bike to Work

6TH ANNUAL
BIKE TO WORK
WARREN

* BREAKFAST EVENT

Can't attend Warren's Bike to Work but still want to participate? Tag a photo of you riding your bike to work with #BIKE2WORKWARREN2017 to be submitted into a raffle!

If you can attend make sure to check in on Facebook for another chance to win.

WHEN: Friday, May 19, 2017
TIME: 6:00 am-9:00 am
FREE: Free continental breakfast to anyone who arrives on a bicycle.

WHERE: Log Cabin West of Court House Square Warren, Ohio

WHY: The purpose of the event is to encourage people to be more physically active by bicycling for transportation.

WHO SHOULD ATTEND: All bicycle enthusiasts

T-SHIRTS & GIVE-AWAYS: T-Shirts given to the first 100 people who arrive on a bicycle. Other prizes will also be available.

PRESENTED BY: Bike to Work Warren Committee

FOR MORE INFORMATION CONTACT:

LIKE US ON FACEBOOK AT BIKE TO WORK WARREN @BHO
Jenna Amante at 330-475-7807 or <http://www.trumbullmetroparks.org/parks-and-trails/bike-work-warren>

Thank you for everyone's help in hosting in the 6th Annual Bike to Work Breakfast Event this year. We had beautiful weather with a great turnout of 57 individuals participating this year! The majority of individuals partook in the raffled prizes, enjoyed door prizes for cycling in, and had the chance to sit down and enjoy the Panera breakfast provided by E.J. Rossi & co. Many individuals also took materials provided at the registration tables such as pocket maps, WOW Bike Ride pamphlets, and other local event materials. Most riders stayed and mingled with fellow riders for quite some time after arrival, sharing stories and conversation about bicycling and other Warren activities! The majority of riders did come between the hours of 6-8am. The 5th Annual Bike to Work Breakfast Event was a successful event this year, and continues to draw an increasing crowd each year!

JOB OPENING:

Nutrition Educator

St. Elizabeth's Youngstown

For complete position information and to apply, visit <http://mercy.ttcportals.com/>

Search Job ID # 4649856

Contact: Sharon Luklan at 330.884.7019 or email Sharon_Luklan@mercy.com



Position Overview:

30 hrs./ Week - Days - Some evenings and weekends required to meet program needs.

The Nutrition Educator collaborates with the Youngstown Neighborhood Development Corporation (YNDC) Food Insecurity Nutrition Incentive (FINI) project to build upon and expand existing efforts in order to increase the affordability of fresh fruits and vegetables for SNAP recipients participating in nutrition education. The educator assesses, plans and coordinates nutrition education and food voucher distribution programs in order to improve the health of high-risk, underserved and disadvantaged populations in Mahoning and Trumbull Counties. Trains health care providers about the food voucher distribution requirements. Provides nutrition education experiences at local farmer's markets. The position requires a candidate with excellent oral communication skills and a passion for nutrition education. And Mercy Health Youngstown's (MHY) Fruit and Vegetable Prescription.

Position Requirements:

Education:

2 year Associates Degree

Specialty/Major: Nutrition Science, Community Health Education or related health field.

Preferred Education:

4 year Bachelor's Degree

Specialty/Major: Nutrition Science, Community Health Education or related health field.

Experience:

1-2 years of nutrition education experience. Experience dealing with diverse groups within the medical field and community. Self-directed, empowered to make decisions. Excellent communication skills - verbal and written. Experienced with Microsoft Office programs (Word, PowerPoint, and Excel).



Alliance for Substance Abuse Prevention

2017 Summer Track Meet

ASAP Summer Track Meet

WHEN: July 8th

TIME: 9:00 am – 1:00 pm

WHERE: Warren G. Harding Track Complex
860 Elm Road NE, Warren

The Summer Track Meet is way that the youth of our community can participate in a fun and educational event to learn ways to help prevent drug abuse. The event will feature a track meet for ages 4-18, age appropriate fun activities for children and educational resources for adults. Kids will receive prizes and giveaways. Registration is \$10. Scholarships are available.

SCOPE FORMING A WALKING UNIT FOR PARADES

BY MIKE WILSON, SCOPE SENIOR SERVICES DIRECTOR



SCOPE Senior Services is looking for anyone over 50 who might be interested in being part of a new parade walking drill team. We will need men and women who want to get some exercise to form a senior drill team to be entered as a unit in various parades throughout the year. Even seniors who use walkers and those in wheelchairs are welcome.

The plan is to have the SCOPE mini bus follow the unit in parades just in case members need a break from walking and then they can ride.

Many senior citizens play sports, work out, dance, and participate in fitness programs, so why not get some exercise and have fun showing off at various parades in the area. Maybe SCOPE can change the perception

that all seniors are too old to move, dance or walk.

When I was younger my Jaycee club members marched in parades across the Mahoning Valley as a 'Yuppie Precision Drill Team' wearing suits and tennis shoes while carrying brief cases. We even had some dance moves to set the briefcases down and step around them in formation. It was a hit with the crowds and gained our club some recognition and PR.

Last year there was a group of seniors in the Thanksgiving Day parade who had their own marching unit which walked with top hats and used their canes for dance moves. I thought why can't SCOPE feature a marching unit in parades and show off our senior dance moves maybe using canes or walkers as props and get some good old exercise???

If any senior is interested in wanting more information about the new "SCOPE Seniors Drill Team" please call SCOPE at 330-399-8846 or

email mwilson@fcsOhio.org

SCOPE Senior Services of Trumbull County Corporate Office
220 West Market Street Warren, Ohio 44481
330-399-8846 | email: mwilson@fcsOhio.org

Trumbull County Upcoming Events

June

June 6, 3 PM - 6 PM **Warren Farmers Market**, Courthouse Square in Downtown Warren

every Tuesday until October

June 10, 9 AM - 1 PM **Howland Farmers Market**, 8204 E Market St. Warren

every Saturday until October 21st

June 28, 9 AM **CHC 2018 Grant Planning Meeting**, Trumbull County Combined Health District Offices

July

July 8, 9 AM - 1 PM **ASAP Summer Track Meet**, 860 Elm Road NE, Warren

July 11, 10 AM—12 PM, **Tobacco Free Ohio Alliance Meeting**, State Library of Ohio Columbus, Ohio

July 19, 8 AM - Noon **WBC-OH Diabetes A1c Screening**, Giant Eagle 8202 E Market St. Warren

July 25, 9 AM—10:30 AM **CHC 3rd Quarter Coalition Meeting**, Trumbull County Educational Service Center

July 26, 10 AM—11 AM, **State Healthy Retail Conference Call**

July 26, 8 AM - Noon **WBC-OH Diabetes A1c Screening**, Giant Eagle Doral Rd.

August

August 3, 1 PM—3 PM, **Northeast Ohio Food Council Workshop**, Cuyahoga County Extension Offices, 5320 Standard Ave., Cleveland , Ohio

August 9, 8 AM—3 PM **Annual School Food Service Conference**, Mineral Ridge High School



For More Information

Jenna Amerine, MPH, CHES

**Creating Healthy Communities
Coalition Coordinator**

(330) 675-7807



www.facebook.com/trumbullpublichealth