

GRWP QUARTERLY

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Spring 2013

New food resources introduced in Altgeld Gardens



Bins of fresh produce line the bus walls for easy shopping.



Daycare students board bus to receive grapes purchased by TCA.

Health and Wellness Collaborative works to expand healthy choices

On the morning of Thursday, March 21, 2013, FreshMoves pulled into the parking lot of TCA Health, Inc. open for business. FreshMoves is a non-profit organization that has converted old CTA buses into single-aisle mobile produce markets to serve Chicago communities identified as food deserts. Staff and clients at TCA shopped on board the "big red garden on wheels" before the bus proceeded on its route throughout Atgeld and Golden Gates stopping at daycare centers, schools, laundromats, and other facilities. "FreshMoves said that was the greatest response they have received from any community they've visited to date" said TCA

Programs Manager Mariann McGill. "We served 433 people total and actually ran out of food on the bus." This pilot is one of several efforts to introduce more healthy food options in the Altgeld community. In early 2012, TCA, a federally qualified health center, convened community stakeholders establishing the Health and Wellness Collaborative as part of their response to seeing greater numbers of patients struggling with obesity and obesity-related diseases. For a year now, the Collaborative has pursued the promotion of healthy lifestyle options and access to wellness activities among the children and families of Chicago's far south side and surrounding suburbs. Among the group's objectives is increasing the availability and affordability of nutritious foods, particularly for the Altgeld Gardens community which is

geographically isolated with limited food retail options and a 47% food insecurity rate according to Feeding America's 2012 Map the Meal Gap study. A partnership with Top Box Foods has also grown out of the Collaborative's efforts. Both FreshMoves and Top Box accept Link cards for payment.

Since 2006, the Greater Roseland West Pullman Food Network (GRWP) has partnered with TCA as a host site for our Pantry on Wheels (POW) program in Altgeld Gardens. POW is the Network's mobile program providing a monthly off-the-truck style food distribution for communities with strong, identified need that lack emergency food assistance providers.



Greater Roseland West Pullman Food Network

Providing a comprehensive response to hunger and meeting human needs in communities located on the south side of Chicago through a coordinated network providing food distribution, advocacy and volunteers.

INSIDE:

Hunger Walk	2
Candidate Forum	2
Springfield	2
Resource Corner	3
Recipe	3
Upcoming Events	4

28th ANNUAL HUNGER WALK

Saturday, June 29th, 2013
Soldier Field

Join Team GRWP and thousands of advocates from all over Cook County for the biggest anti-hunger event of the year!

This 5K walk is a wonderful opportunity to raise awareness about hunger in our own back yard. We are also raising funds to continue serving our community year round.

Hunger Walk is an important event for the Network and for each of our Local Distribution Partners and there are several ways to participate. Supporters can join us by walking with us the day of the event, making a financial contribution, or collecting donations on the agency's behalf.

Many more details are to come, but we hope you will make plans to join us for this annual rally against hunger. For more information, contact us here in the office at 773-568-2929 or by email: info@grwpfoodnetwork.org



Forum attendees watch and listen as anti-hunger advocates present and candidates respond. Photo courtesy of Antoine Collins

2nd Congressional District Candidate Forum a success

On Friday, February 8, 2013 the Greater Roseland West Pullman Food Network partnered with the South Suburban Resource and Hunger Network to host an Anti-Hunger Candidate Forum for the 2nd Congressional District at Thornton Township Hall in South Holland. GRWP's Cheryl Hunt and Christina Beatty were among the anti-hunger advocates who presented testimonials and asked questions related to four components of the federal nutrition safety net: SNAP (formerly food stamps), TEFAP (USDA commodities), programs for seniors and programs for children. Candidates were asked how should these programs be structured to consider fiscal responsibility while still meeting the needs of the District's constituencies? The Forum was moderated by Vicki Sline of Rich Township, and nine candidates were in attendance: Anthony Beale, Patrick Brutus, Gregory Haynes, Victor Jonathan, Fatimah Muhammad, Charles Rayburn, Mel Reynolds, Eric Wallace and Anthony Williams. The Office of Representative for the 2nd Congressional District has been vacant since Jesse Jackson, Jr. resigned in November 2012. Robin Kelly won the Democratic primary on February 26th and is heavily favored to win against Republican candidate Paul McKinley in the special election scheduled for April 9th.

2013 Statewide Anti-Hunger Advocacy Activities

GRWP is gearing up to join fellow Greater Chicago Food Depository (GCFD) agencies and anti-hunger advocates from across the state for this year's Springfield activities! The Illinois Commission to End Hunger is hosting an Anti-Hunger Summit on April 30th. Participants will learn from and share best practices with individuals representing agencies across Illinois. Presentation and workshop topics include federal budget and Farm Bill updates, outreach to older adults, assistance for veterans and military families, the No Kid Hungry campaign, nutrition education, and more. The Summit will be followed by a lobby day and capitol rally organized by GCFD for May 1st. GCFD is offering financial assistance to cover the costs for its member agencies to attend, including transportation by bus to and from Springfield and hotel room for the night of April 30th. The mandatory participant Lobby Day training in our area will be held on April 18th at 10:00am at TCA Health, Inc. For more information and to register online, please visit chicagosfoodbank.org/2013Summit. Conference registration closes April 15th.

RESOURCE CORNER

South Side Help Center

The mission of South Side Help Center (SSHC) is providing people with positive and healthy alternatives through a variety of programs and services to community members including substance abuse prevention, HIV prevention and testing, mental health counseling and case management. Youth programs include male and female mentoring, after school programs, substance abuse prevention, school based violence prevention and scholarships. Capacity building assistance is also available for faith and community based organizations to help improve the delivery and effectiveness of HIV prevention services. SSHC is located at 10420 S. Halsted Street. For more information, visit their website at www.southsidehelp.org or call 773-445-5445.

IMPACT Family Center

IMPACT Family Center (IMPACT) is a human service organization dedicated to improving the quality of life for at-risk children, youth, and their families by: creating and enhancing individuality as well as leadership; generating self worth, citizenship, and civic responsibility; cultivating employment abilities and entrepreneurial spirits and; motivating participants to excellence in academic performance, positive and healthy life choices and improving health and physical fitness. Their effective and interactive programs include: digital media exploration, male and female ten mentoring clubs with annual cotillion and scholarship gala, junior high school based mentoring program, community technology center, fitness and nutrition classes, job-readiness programs, family activities and parenting resources. IMPACT is located at 10958 S. Halsted Street. For more information visit their website at www.impactfamilycenter.org or call 773-840-3590.

Habitat for Humanity Homeownership Fair

Join Windy City Habitat for Humanity for their upcoming event:

Your Keys: Opening Doors to Affordable Homeownership
Saturday, April 20, 2013
9:00am-12:00pm.

The event will be held at the Kroc Community Center, 1250 W. 119th Street. During *Your Keys*, attendees can apply for affordable homeownership, explore the process of becoming a homeowner, receive a one-on-one financial counseling session with free access to your credit report, and learn more about housing, credit management, and job skills resources in Chicago. For more information, visit the event website at www.yourkeys.org, or call Windy City Habitat for Humanity at 312-563-0296.

RECIPE: Three Bean Salad

Try this quick and easy recipe to turn canned beans into a refreshing salad for spring! Experiment with different types of beans or by adding different fresh ingredients like celery, red bell pepper or tomatoes!

Ingredients:

- 1 can green beans
- 1 can yellow wax beans
- 1 can red kidney beans
- 1/2 sweet onion, diced
- 3 tablespoon fresh parsley
- 1/2 cup cider vinegar
- 2 tablespoon sugar, or more to taste
- Salt and pepper to taste

Directions:

Rinse and drain beans in a strainer. Add all other ingredients to a large mixing bowl and whisk to combine. Add beans and let sit for at least 15 minutes before serving.



eclecticrecipes.com/bean-salad

UPCOMING EVENTS

APRIL

10

Pantry on Wheels @
TCA Health

17

Network Meeting @
Apostolic Pentecostal Church of
Morgan Park

18

Springfield Training @
TCA Health

30-May 1

2013 Hunger Summit and
Lobby Day (Springfield)

MAY

8

Pantry on Wheels @
TCA Health

15

Network Meeting @
Redeeming Grace Church

27

Memorial Day, GCFD Closed

JUNE

12

Pantry on Wheels @ TCA
Health

19

Network Meeting @
Evangelism Outreach
Ministries

29

Hunger Walk @ Soldier Field



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