



# Healing Beyond the Center

LC 6

# Background

- **The Healing Center**
- **Multiservice organization founded in 2008**
- **Free services include food pantry, clothing warehouse, walk-in clinic, ESL, technology classes, and personal finance counseling**
- **Funded by Vineyard Community Church and community partnerships (Freestore Foodbank, Costco, Kroger, and Target)**



**13,164**

**unique families** were able to partake in 37,926 services, including more than 17,000 visits to both the Wearhouse and Marketplace.

**1,713**

**households** provided with resources, referrals, and support through Community Resource Connections (400 of those in Spanish!).

**247**

**bicycles** were repaired and distributed to our guests.

**581**

**families** visited us for the first time.

# Social Determinants of Health

## What is Food Insecurity?

Food insecurity is defined as the lack of consistent access to enough nutritious food for everyone in a household to live an active, healthy life.



## Hamilton County

Diet-related chronic diseases disproportionately impact historically underserved populations and hit hardest in communities with high food insecurity

**Latino Hunger Stats**  
 → **2.5 times**  
 More likely to experience food insecurity than white individuals  
 → **1 in 6**  
 Hispanic individuals experience food insecurity  
 → **18.5%**  
 Of Latino children experienced food insecurity in 2021

1 in 9 people face hunger

**1 in 6 children**

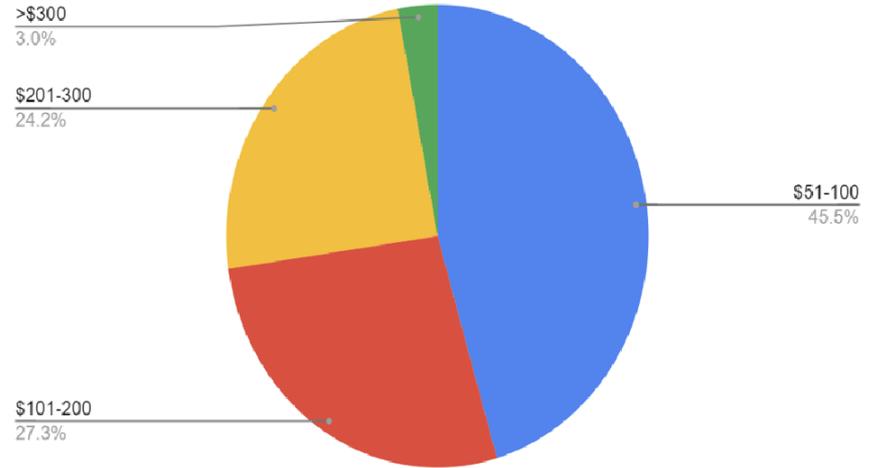


Residents experience food insecurity

# Project Overview

The main objective for this project was to gain a better understanding of the impact of food insecurity and the barriers the Springdale community faces in accessing healthy food. It was necessary to gain insight into the awareness that low income communities have about the importance of nutrition in improving overall health. Engaging the community by providing **hands-on experience preparing home cooked, nutritious, budget friendly meals** was one way to interact with this community in order to gain insight into their perspectives. The timing of the cooking classes allowed for conversations about shopping and the eating habits of community members, while also presenting the opportunity to learn about important traditions or memories regarding food. Data were collected on each member of the cooking class's favorite meals in addition to how they learned to prepare them in order to learn which changes to cooking habits would be most sustainable.

What is The Weekly Grocery Budget of The Healing Center Guests?



# Support from City Council

- Funding for cooking classes
  - Providing guests with a skillset that they can use to improve their overall wellbeing.
  - Increase interest in cooking nutritious and cost-effective meals, thereby greatly improving a very important aspect of their health
- Allocating resources to allow The Healing Center to initiate mobile services.
  - Sponsor a delivery service that provides free, fresh produce to guests' doorsteps, completely eliminating the barrier of access to the Center.



Thank you

Have a great day! :)