

MountainHeart Community Services, Inc. Food Insecurities Newsletter

JULY 2024

Food insecurity is defined when a person lacks regular access to enough safe and nutritious food for normal growth and development and an active and healthy life.

MountainHeart has a Food Insecurities Committee.

We, as an agency, are dedicated to helping people help themselves and each other, so I welcome you to the first Food Insecurities Newsletter. You can look forward to these monthly via our social media pages. (get those links)

The focus of this Newsletter is going to be to provide you and your families and community members with the appropriate resources and important information. If you, yourself know of any resources that are not included in the Newsletters, please send them to our **Chair, Jessie Lambert, at jessie.m.lambert@wv.gov**

Community Gardens

- ✚ Jefferson and Berkeley counties has Ranson Community Gardens located at 408 S Mineral ST. Ranson, WV 25438
- ✚ Beckley Grows located at 200 Patch ST. Beckley, WV 25801
- ✚ Garden of Promise Martinsburg, WV 25404
- ✚ Grafton Community Garden 101 E. Main ST. Grafton, WV 26354

Resources

- ✚ Salvation Army Buckhannon Center
21 North Spring ST. Buckhannon, WV 26201
- ✚ Upshur Cooperative Parish House, Inc. 68 College Ave. Buckhannon, WV 26201
- ✚ Women, Infant, and Children (WIC) Nutrition Services 33 Southfork Center
Buckhannon, WV 26201
- ✚ There are FARMacy WV Programs in Monongalia, Preston, Harrison, Barbour, Grant, Mineral, Hampshire, Hardy, Harrison, Dodridge, Pleasants, Wood,

Food Insecurities Committee of MountainHeart Community Services, Inc. Chair-
jessie.m.lambert@wv.gov

Ritchie, Wirt, Gilmer, Calhoun, Roane, Jackson, Clay, Kanawha, Cabel, Boone, Fayette, Pocahontas, Greenbrier, Logan, and Monroe Counties. For exact addresses, please contact the Chair of the Food Insecurities Committee.

✚ **Food Distributions-** contact 304-523-6029, 304-364-5518, or 3041-558-0573 or get in touch with your local Family Resource Network (FRN).

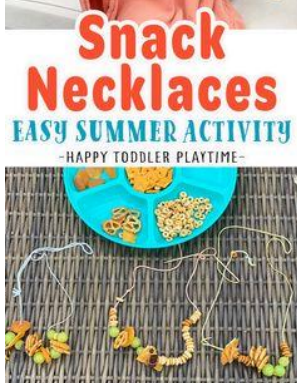
Fun summer recipes

[https://www.thepioneerwoman.com/food-cooking/meals-menus/g39947051/summer-dinner-](https://www.thepioneerwoman.com/food-cooking/meals-menus/g39947051/summer-dinner-recipes/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_pw_md_dsa_prog_org_us_g39947051&gad_source=1&gclid=Cj0KCQjwsaqzBhDdARIsAK2gq_nfdpr_fadOb5cWE67bthRR2xMBGVdQ7VYUC-Wdv5F_0PzLCc5cY5UaArEKEALw_wcB)



[recipes/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_pw_md_dsa_prog_org_us_g39947051&gad_source=1&gclid=Cj0KCQjwsaqzBhDdARIsAK2gq_nfdpr_fadOb5cWE67bthRR2xMBGVdQ7VYUC-Wdv5F_0PzLCc5cY5UaArEKEALw_wcB](https://www.thepioneerwoman.com/food-cooking/meals-menus/g39947051/summer-dinner-recipes/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_pw_md_dsa_prog_org_us_g39947051&gad_source=1&gclid=Cj0KCQjwsaqzBhDdARIsAK2gq_nfdpr_fadOb5cWE67bthRR2xMBGVdQ7VYUC-Wdv5F_0PzLCc5cY5UaArEKEALw_wcB)

Pickle cheeseburger bites! Sure to be loved by the kids, quick, easy, and nutritious. A win, win, win! (recipe in the link above, it's number 6)



Fun summer family activity

grab some string and make a snack necklace for your kiddos!



(<https://www.pinterest.com/pin/26599454041857224/>)

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