Nutrition Resources in the Community

Penn State Nutrition Links

Penn State Nutrition Links offers a series of free nutrition and food preparation group classes for limited-resource audiences. Classes are offered at a variety of locations, such as social service programs; community centers; schools and libraries; housing developments; faith-based organizations; shelters and food pantries and more. To learn how to bring this program to your location, call 1-888-778-3535 or 215-471-2200, extension 2.

Eat.Right.Now. Nutrition Education Program

Other local agencies also offer nutrition education programs to schools, recreation centers, pantries and a variety of other settings with a large SNAP-eligible population. To find out if your organization qualifies for nutrition programming, contact one of the providers below.

Agatston Urban Nutrition Initiative- 215-573-6535
Drexel University- 215-895-0596
Einstein Healthcare Network- 215-456-4926
The Food Trust- 215-575-0444
Health Promotion Council- 215-895-2669

Farmer’s Markets

Farmer’s markets are a great place to get fresh, quality, locally-grown produce. There are over 60 farmer’s markets in Philadelphia. Most markets accept SNAP, Farmers Market Nutrition Program (FMNP) WIC and Senior vouchers and Philly Food Bucks, a coupon incentive program for SNAP recipients.

For a full list of farmer’s markets and farm stands in the City, visit www.foodfitphilly.org.

In the summer and fall, some markets offer cooking demos, taste tests or guided tours to introduce community members to local produce. For more information about these events at markets contact The Food Trust at 215-575-0444.

What’s Cooking?

The Free Library’s Culinary Literacy Center offers healthy cooking classes, oftentimes for free! Visit http://libwww.freelibrary.org/culinary/ for more information and a schedule of classes.

A Taste of African Heritage Community Cooking Classes

A six-week cooking program, A Taste of African Heritage, celebrates the healthy food traditions of the African Diaspora. It’s being hosted by community activists around the USA. If you’re interested in teaching – or taking – a class series, there are several sites conducting classes in Philadelphia. For more information visit, http://oldwayspt.org/programs/african-heritage-health/atoah-community-cooking-classes.
Heart Smart Corner Stores

Some corner stores offer monthly health screenings (blood pressure and height and weight checks), healthy taste tests, nutrition education, and coupons to use on heart healthy foods. If you participate in the health screenings, you receive education from a health professional, take-home resources and follow-up referrals. See if any of the participating stores are near you!

### Stores with health screenings

<table>
<thead>
<tr>
<th>Store Name</th>
<th>Address</th>
<th>Time</th>
<th>Day</th>
<th>Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eagle Food Market</td>
<td>2208 N Broad Ave. 19132</td>
<td>10-12</td>
<td>1st Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Polo Food Market</td>
<td>727 N 10th 19123</td>
<td>1-3</td>
<td>1st Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Maria’s Grocery</td>
<td>2863 N 5th St. 19133</td>
<td>10-12</td>
<td>2nd Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Corner II Food Market</td>
<td>828 W. Huntingdon St. 19133</td>
<td>1-3</td>
<td>2nd Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>3MNS</td>
<td>623 Fairmount Ave. 19123</td>
<td>10-12</td>
<td>3rd Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Point Breeze Supermarket</td>
<td>1426 Point Breeze Ave 19146</td>
<td>1-3</td>
<td>3rd Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Lora Mini Market</td>
<td>1920 Susquehanna Ave 19121</td>
<td>1-3</td>
<td>4th Tuesday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Christian Food Market</td>
<td>2242 Christian St 19146</td>
<td>10-12</td>
<td>4th Thursday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Olivares</td>
<td>1718 Wharton St 19146</td>
<td>1-3</td>
<td>4th Thursday</td>
<td>Jefferson</td>
</tr>
<tr>
<td>Jennifer Grocery</td>
<td>4823 Chester Ave 19143</td>
<td>10-12</td>
<td>2nd Wednesday</td>
<td>USciences</td>
</tr>
<tr>
<td>Aladdin Food Market</td>
<td>6247 Elmwood Ave 19142</td>
<td>10-12</td>
<td>2nd Tuesday</td>
<td>USciences</td>
</tr>
<tr>
<td>Cedar Food Market</td>
<td>600 S. 52nd 19143</td>
<td>12:30-2:30</td>
<td>2nd Wednesday</td>
<td>Lankenau</td>
</tr>
</tbody>
</table>

### Stores without health screenings

- Double Star Food Market (2562 Germantown Ave, Philadelphia, PA): Tuesdays on February 28th, March 7th, March 14th, March 21st, March 28th, April 4th, April 11th, April 18th from 1PM - 3PM
- 49 Stop (4847 Walnut St., 19139) Wednesdays February 22nd, March 1st, March 8th, and March 15th from 10AM-12PM
- Good Neighbor (4837 Woodland Ave., 19143) Wednesdays February 22nd, March 1st, March 8th, and March 15th from 1-3PM

### Supermarkets

Supermarkets like Shop Rite and Giant often have dietitians/nutritionists on staff who provide store tours, cooking demos and healthy eating workshops. Stop in your local store to see if they can offer your organization any programs.

### Hospitals

Hospitals often provide nutrition classes or support groups for the community. Check your local hospital’s website or call to see what they offer.
YMCA

The Philadelphia Freedom Valley YMCA provides a variety of health and wellness programs including exercise and water fitness classes for people of all ages, health and wellness seminars, educational classes, personalized training programs, and programs for seniors and families. Find a Y near you at www.philaymca.org

WIC and MANNA

WIC (Special Supplemental Nutrition Program for Women, Infants and Children) and MANNA (Metropolitan Area Neighborhood Nutrition Alliance) offer nutrition counseling as well as other services such as cooked meal delivery for people at nutritional risk who qualify. For more information, contact your local WIC office at 215-978-6100, www.northwic.org or MANNA at 215-496-2662, Extension 5, www.mannapa.org

Greater Philadelphia Coalition Against Hunger

The Greater Philadelphia Coalition Against Hunger strives to build a community where all people have the food they need to lead healthy lives by connecting people with food assistance programs and nutrition education; providing resources to a network of food pantries; and educating the public and policymakers about solutions that prevent people from going hungry. Visit http://www.hungercoalition.org/ or call the SNAP hotline at 215-430-0556 if you or someone you know needs food.

Nutrition Assistance Programs

SNAP (Supplemental Nutrition Assistance Program)

SNAP benefits come on an Access card, which works like a debit card. Use it to buy food at supermarkets, corner and convenience stores and most farmers’ markets. Find out if you qualify today. Call the SNAP Hotline at 215-430-0556. Visit www.fns.usda.gov/snap/retailerlocator to find a SNAP retailer near you.

WIC (Special Supplemental Nutrition Program for Women, Infants and Children)

Low-income pregnant and breastfeeding women, new moms, and children under age 5 can receive food, health screenings and nutrition counseling under the WIC program. Call your local WIC Office at 215-978-6100 to find out if you are eligible and schedule an appointment.

Summer Food Service Program

Low-income kids and teens age 18 and under can receive nutritious meals in summer when school is not in session. Call 1-855-252-MEAL, text “MEAL” to 877877 to find locations near you. No registration or ID is required to participate.
Philly Food Bucks

Philly Food Bucks are coupons that help SNAP users save money on fruits and vegetables at farmers’ markets in Philly. Use your ACCESS card at a participating farmers’ market. For every $5 you spend, get $2 in Philly Food Bucks coupons to buy more fruits and vegetables. Call 311 or visit www.foodfitphilly.org to find participating markets near you.

Philly Food Bucks at Fresh Grocer®

Philly Food Bucks are also available at participating Fresh Grocers in Philadelphia through April 2017. Use your ACCESS card and Fresh Grocer Price Plus Club® card and get $2 for every $5 spent on fresh fruits and vegetables. Coupons can be redeemed for fresh fruits and vegetables at future visits. The current participating Fresh Grocer stores are located at 56th and Chestnut, 40th and Walnut and North Broad St in Progress Plaza. For more information, call 215-575-0444, ext. 5335.

Double Dollars

Double Dollars is a double-value coupon program available at the Fair Food Farmstand in Reading Terminal Market. Double Dollars allows SNAP customers to purchase additional healthy foods at the Farmstand. When Double Dollars customers use their SNAP benefits, they receive a dollar for dollar match- up to $40 a month- in coupons to use on local fruits, vegetables, dairy and meat. Visit www.fairfoodphilly.org or call 215-386-5211 for more information.

FMNP (Farmers’ Market Nutrition Program) vouchers

FMNP vouchers for WIC recipients and qualifying seniors can be used at Philadelphia farmers’ markets to purchase fruits and vegetables every summer. WIC participants can contact their local WIC office at 215-978-6100 and seniors can contact the Philadelphia Corporation for Aging at 215-765-7040 to find out more.

Philly Food Finder

To find food resources such as pantries, soup kitchens, SHARE host sites, senior meal sites, and farmers’ markets, visit www.phillyfoodfinder.org.

Health Screenings

Diabetes Prevention Program

The Philadelphia YMCA’s Diabetes Prevention Program is for people at risk for developing Type 2 Diabetes. To see if you qualify for the program, contact Kira Rowell, Diabetes Prevention Program Coordinator, at 267-592-4383 or dpp@philaymca.org.

Free health screenings

To find out where you can get free screenings for blood pressure, cholesterol, blood sugar, body mass index and nutrition, visit www.phila.gov/health/commissioner/HealthInfoandImprovement.html.
Nutrition and Physical Activity Resources

American Heart Association

The American Heart Association is working to help kids, families and communities live heart-healthy lives. Use their Healthy Living information to help you get active and stay active, for life. [www.heart.org](http://www.heart.org).

American Diabetes Association

The American Diabetes Association offers tools and resources to help people with or at risk for diabetes. Learn more at [www.diabetes.org](http://www.diabetes.org).

Choose My Plate

MyPlate offers ideas and tips to help you create a healthier eating style that meets your individual needs and improves your health. Find resources, online tools and recipes at [www.choosemyplate.gov](http://www.choosemyplate.gov).

Food Fit Philly

Food Fit Philly provides tips and resources to help you move more, play more and eat well. It focuses on preventing chronic diseases and ensuring affordable healthy food choices and opportunities to be active where you live, work, learn, shop and play. Visit [www.foodfitphilly.org](http://www.foodfitphilly.org) to learn more.

Girl Trek

Girl Trek is a national health movement and the largest health nonprofit dedicated to Black women’s health. Girl Trek believes that when women become active they become powerful agents for change. Start a Girl Trek walking group at your church and join the movement! [www.girltrek.org](http://www.girltrek.org)

Let’s Move

Learn how you can encourage healthy choices and physical activity, and ensure access to nutritious and affordable food in your community. [http://www.letsmove.gov](http://www.letsmove.gov).

Philly Powered

Philly Powered is a City-wide campaign to promote everyday physical activity particularly among adult men and women who are seeking to live healthier lives. See how Pastor James Buck and other Philadelphia residents are integrating physical activity into their daily lives. Visit [www.phillypowered.org](http://www.phillypowered.org) for videos, tips, and resources.