Feeding Hungry Neighbors

***OCWH, nestled just west of Kirkwood and north of Memorial Drive, plays a vital role in the welfare of the surrounding community by providing an affordable home for social service agencies, increasing the capacity and effectiveness of the nonprofit sector to meet local needs.***

There are many recent refugee families residing near Stratford High School. They come from the countries in the news: Syria, Iraq Afghanistan, Sudan, South Sudan, Congo, Rwanda, Burundi, etc. They are in desperate straits. Many of the children have not been in school for years and are starting from scratch. Fortunately some in the community are stepping up. A big area of need is for local families to volunteer to help them with some of the many challenges they face in adapting to our area. Bear in mind that we are not about monetary assistance, they need your time. To help refugee families contact Trina Morford Trina@morfordcreative.com

One of our partners, Brighter Bites is a non-profit that creates communities of health through fresh food. They deliver fresh fruits and vegetables directly into families’ hands and empower them with tools to use that food for improved health. They make it fun and free. They make it happen in three simple steps:

*Produce Distribution*

They bring fresh produce directly to the families in the community who enroll in the program: 30 pounds of fruits and vegetables, per family for over 100 families, every week for 8 weeks in the fall and spring.

*Nutrition Education*

They support the teachers in schools and educational centers to implement the CATCH program, with a specific focus on its nutrition lessons. Parents also receive weekly educational tools, including nutrition handbooks, recipes, and tip sheets

*Fun Food Experience*

Kid palates are not as developed as those of adults and it takes more nibbles before kids start to like a new food. Food rejection is challenging and costly for parents, so every week they prepare a fresh snack using produce from the bags so that kids and their parents can start taste-testing. A few more tastes at home of the recipes and kids start asking for more fruits and veggies!

The key to what we do is the relationships we establish with our neighbors. You are cordially invited to join us for a brief tour of this amazing place. Please call 281-497-7211or email info@oc-wh.org to arrange it or just drop in at your convenience. [WWW.OC-WH.ORG](http://WWW.OC-WH.ORG).