

# Cleveland Community Nutrition

Lacresha Johnson

## TRANSFORMATION PROPOSITION

### What are you offering the community?

We will help Clevelanders experiencing food insecurity by giving access to a food pharmacy, community cooking, nutrition counseling, and assistance with resources so people can become their healthiest selves.

## PROBLEM

### Why is this needed?

1 in 7 Clevelanders are food insecure - a trend that must be changed. We have high food insecurity because of our high poverty rate. Poverty in Cleveland is higher than the national average. Diabetes, hypertension, and heart disease in Cleveland are higher than the national average.

## IMPACT FOR NUTRITION EQUITY

### What's happening with this work in the next 6-12 months?

- Grow team to establish a food pharmacy for people who want to eat healthier to reduce chronic disease and expand palettes with nourishing options.
- Secure funding for a food pharmacy.
- Pilot test nutrition education and cooking classes with different audiences and formats.

## HOW CAN YOU GET INVOLVED?

- Advise on different business models for establishing the food pharmacy
- Grant writing support
- Space to offer nutrition education and cooking classes
- Help spread the word about the food pharmacy, nutrition education, and cooking classes
- Share funding opportunities
- Donate food for cooking classes



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### POTENTIAL COLLABORATORS

#### Who else will work with you to bring this to life?

- Convenient Vegan
- Greater Cleveland Food Bank
- Hunger Network
- Cornucopia Place
- Dave's Market (East 61st and Chester)
- Westside Market Vendors
- Ghetto Therapy
- Urban Farmers
- University Hospitals
- Any Teaching Kitchens in Greater Cleveland

### Lacresha Johnson, MS, RDN, LD

Lacresha seeks to develop a space where nutrition education, cooking classes, community meals, food pantry, and nutrition resources coexist. Lacresha is registered dietitian nutritionist from Cleveland, Ohio who is passionate about healthy aging, food justice, and health equity with an emphasis on utilizing nutrition as the vehicle to improving chronic health conditions and cancer prevention. She is currently a Community Outreach Dietitian with Sodexo at the Food for Life Market in University Hospitals Otis Moss Jr Health Center. She graduated from Case Western Reserve University's combined Master of Science in nutrition and public health dietetic internship program.

My goal is to help people become their healthiest selves!



### STAY CONNECTED

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