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**CASE WESTERN RESERVE
UNIVERSITY**
Mary Ann Swetland Center
for Environmental Health

The Swetland Scoop

January 2025

Best wishes for a healthy new year from the Swetland Team!



News & Announcements

Welcome New SNAP-Ed Manager || Megan Dzurec, MPH, CHES



experience. Most recently, she supported harm reduction efforts to reduce opioid fatalities in Ohio. Megan will lead implementation of the nutrition education component of the Supplemental Nutrition Assistance Program (SNAP) throughout Cuyahoga County. Interested in SNAP-Ed programming at your site? Megan is your go-to contact! Reach her at med182@case.edu.

Fun Facts: Megan enjoys painting, volunteering, baking and cooking, traveling, and spending time with her partner, Mark, their daughter, Kate, and their Golden-doodle, Murray.

Contact Megan Dzurec to learn more about the SNAP-Ed program.

CWRU SNAP-Ed Program

The Supplemental Nutrition Assistance Education Program (**SNAP-Ed**) strives to help people make nutritious food choices and be active on a limited budget. It is funded by the USDA and operates in all 50 states, DC, Guam, and the Virgin Islands.

Who is eligible for SNAP-Ed?

- People with low income currently receiving SNAP or qualify for SNAP
- People receiving other federal benefits, such as Medicaid or Temporary Assistance for Needy Families.
- Communities where >50% of the population have income at 200% or below the federal poverty line.

What Does SNAP-Ed Programming Look Like?

SNAP-Ed offers a variety of interactive activities, including nutrition education and physical activity classes, social marketing campaigns, and efforts to improve community policies and systems. Key features of our direct education approach:

- Free programming, including all materials.
- Lessons that are 45-60 minutes for adults, 30 minutes for youth.
- A series of 3+ lessons to promote learning and behavior change.
- Lessons introduce MyPlate and explore components of a nutritious diet, including fruits and vegetables, whole grains, lean protein, and dairy.
- Additional topics: stretching family food dollars, shopping/cooking to promote health, planning meals at home, cooking nutritious meals for one, and steps to be active.

Contact our team at med182@case.edu to learn more!

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. CWRU's SNAP-Ed program is in partnership with The Ohio State University. CWRU is an equal opportunity provider.



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OHIO
SNAP-ED

The Swetland Center Continues to Hire SNAP-Ed Program Assistants

WE ARE HIRING!

SNAP-ED PROGRAM ASSISTANTS

The Ohio SNAP-Education program is coming back to Cuyahoga County and you should join us!

Case Western Reserve University is **hiring Program Assistants** to lead and engage in nutrition education classes and programmatic work throughout the county.



**LEARN MORE HERE
+ APPLY!**



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This institution is an equal opportunity provider.

We are currently recruiting at least one SNAP-Ed Program Assistant, with high preference for someone who is Spanish-speaking! The Program Assistant will provide direct nutrition and physical activity educational programming (e.g., teaching standardized classes) and Policy, Systems, and Environmental (PSE) interventions (e.g. school gardens, choice food pantries, promoting SNAP at farmers markets) with local, community-based partners in areas of high food insecurity throughout Cuyahoga County. The educational programming and PSE interventions will serve SNAP-eligible individuals of various demographics in a variety of community settings and will use USDA approved, standardized curriculum and evidence-based PSE approaches to improve access to nutritious food and physical activity opportunities.

If you have any questions, please contact Megan Dzurec at med182@case.edu!

\$160K Awarded from the Nutrition Equity Fund



The Nutrition Equity Fund awarded Jardin 4 Life and their *Garden Like It's 1890* project additional funds. These will sustain the agricultural education program at Lincoln West High School while investing resources to expand the evaluation components of the project. The goal is to gather data needed to spur policy action to sustain the *Garden Like It's 1890* program.

Jardin 4 Life chose Dr. Elizabeth Benninger as an evaluation partner. With her community-led work experience and ties to the Clark-Fulton neighborhood, Elizabeth will support the *Garden Like Its 1890* project in data collection, analysis, and sharing for ongoing support and advocacy.

\$140K for Nutrition Equity Zone Planning Grants

These planning grants, awarded by the [Nutrition Equity Fund](#), will support two collectives with at least three organizational partners each, working to achieve nutrition equity in Cleveland. These partners, deeply embedded in the community, have extensive experience addressing food system injustices. The goal is to recognize their creativity, innovation, collaboration, and investments in promoting holistic health for BIPOC communities. Funds will help connect and amplify their efforts as they plan to become a Nutrition Equity Zone.

The Arrow Project

[Food Depot to Health](#), along with partners from East Preparatory Academy, Collinwood Horizons Farm, and multiple community partners, will focus on an area stretching across Wards 6, 7, 8, 9, and 10 on Cleveland's eastside. This collective will be planning for the establishment of a Nutrition Equity Zone that will serve as a hub for community engagement, offering food is medicine education to schools and community groups and improving community health through sustainable food production practices.

Multi-Generational Approach to the Food System

[Elements of Internal Movement](#), along with Buckeye HEAL and The FARE Project, will focus on the Buckeye and Mt. Pleasant neighborhoods. With years of experience in youth and community engagement, the team will pilot innovative, multi-generational, and hands-on learning opportunities to better connect residents to local food resources. These will be used to intentionally engage community members of all ages to develop a comprehensive plan for a neighborhood-based food system that works for all residents

Many THANKS to the sponsors of the Nutrition Equity Fund

The Foundation for Food & Agriculture Research, Cleveland Clinic, National Dairy Council, Andrews Foundation, Sears-Swetland Family Foundation, MetroHealth System, and Margaret Wong.

Events & Opportunities

Rest and Rejuvenate with the Nourishing Power Network



REST and REJUVENATE

with Nourishing Power

January 24th, 9am - 12pm
Trinity Commons



Singing Bowls with
Dawn Glasco



Food Demo with
Chef Kellee



DIY Herbal Hand Salve
with Cheryl + Vernon



Movement with
Martinique



Words from
Mikel Mahoney

We are hosting a “party” – a gathering focused on rest and rejuvenation for grassroots leaders in the food justice space. We will gather from 9am to 12pm on Friday, January 24th at Trinity Commons (2230 Euclid Ave. Cleveland, OH 44115). We will have light refreshments and networking time followed by breakout rooms where attendees will be able to experience the different gifts and talents present within the Nourishing Power Network related to rest, relaxation, and rejuvenation.



 **RSVP HERE**



[Register Here](#)

Swetland Seminar | Integrating Food into Healthcare - From Programs to Policy

- **Date:** January 23, 2025
- **Time:** 12:00-1:00pm
- **Location:** Virtual (Zoom)
- **Presenter:** Katie Ettman, Deputy Director at [Fullwell](#)

From the neighborhood level to the Federal level the buzz is all about "Food as Medicine" but what does that really mean and how do we ensure equitable access to these critical healthcare interventions? Join lifelong policy advocate Katie Ettman as she discusses how California moved from philanthropically funded food programs in healthcare to a statewide pilot and what the future holds for this growing field. Learn more [here](#).

[Register Here](#)

Integrating Food into Healthcare: From Programs to Policy

January 23, 2025 | 12:00 PM | Virtual



Katie Ettman

Deputy Director
Fullwell



**CASE WESTERN RESERVE
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Swetland Seminar | | Panel Presentation: Digital Strategies for
Improving Healthy Food Access Among SNAP Consumers: The Case
of the Produce Path App

- **Date:** February 18, 2025
- **Time:** 9:00-10:00am
- **Location:** Virtual (Zoom)
- **Moderator:** Darcy Freedman,
Director, Swetland Center
- **Panelists:**
 - Katie Poppe, Research
Associate, Swetland Center
 - Owusua Yamoah, Research
Scientist, Swetland Center
 - Traci Singree, Cuyahoga
Valley Farmers Market



[Register Here](#)

Request for Proposals: Creating the Brand for Nutrition Equity Zones

The Nourishing Power Network (NPN) seeks to establish 10 Nutrition Equity Zones in Cuyahoga County by 2030. To speed up progress, NPN invested in planning grants for the development of two Nutrition Equity Zones in Cleveland. These planning grantees, with strong community ties and deep food justice experience, are working as a collective to unify their efforts as Nutrition Equity Zones. We request support for creating a branding toolkit to ensure a consistent, impactful message and enhance outreach efforts of these Nutrition Equity Zones.

Key Details

Term of Service: February 17, 2025 – July 30, 2025

Maximum Bid: \$10,000

Applications Due by: January 29, 2025 (11:59pm)

Questions: Contact Megan Paskey at mxp800@case.edu.

This contract will be executed by Neighborhood Connections in partnership with the Nourishing Power Network.

[Learn More Here](#)

Save the Date: Nutrition Equity Zones Think Tank on May 8th

Sponsored by the Nourishing Power Network



Cleveland Tree Coalition Funding Opportunities - Due Feb. 7th

Cleveland Tree Canopy Grant

- For tree planting and establishment
- Organizations may apply for up to \$75,000
- Due February 7, 2025

Tree Giveaway Grant

- For native tree giveaways to Cleveland residents
- Organizations may apply for up to \$15,000
- Due February 7, 2025

Learn more about both funding opportunities [HERE](#).

Hot Off the Press

Check out our Latest Publications

Benjamin, JaNae Holloway, Thomas Clarke, R. Craig Lefebvre, Michael D. Stein, Donald W. Helme, Jennifer Reynolds, Sharon L. Walsh, Darcy Freedman, Nabila El-Bassel, Kara Stephens, Anita Silwal, Michelle Lofwall, Janet E. Childerhose, Hilary L. Surratt, Brooke N. Crockett, Amy L. Farmer, James L. David, Laura Fanucchi, Judy Harness, Ben Wilburn, Kelli Bursey, Kristin Mattson, Sarah Mann, Rebecca D. Jackson, Aimee Shadwick, Katherine Calver, Deborah Chassler, Jennifer Kimball, Nancy Regan, Jeffrey H. Samet, Rachel Sword-Cruz, Michael D. Slater (2024). [Stigma and efficacy beliefs regarding opioid use disorder treatment and naloxone in communities participating in the HEALing Communities Study intervention](#). PLoS ONE 19(12): e0308965.

Swetland Partners Present at Recent Conferences



Shannon Walker, PhD, Michael Walton, and Darcy Freedman, PhD, MPH presented at the 17th Annual Conference on the Science of Dissemination and Implementation in Health in Arlington, VA. Findings from the Nourishing Power Network and PSE READI studies were well-received at the meeting.



Katie Poppe, MPH, RDN, Patrick Tegge, BA, and Owusua Yamoah, PhD, MA presented about the [Produce Path app](#) to a packed house at the 2024 Ohio State University Extension Conference in Columbus, OH.

Swetland Spotlight

We are excited to support our partners at MetroHealth who are leading this important environmental health initiative. Please spread the word!

FOR INFORMATION CONTACT:

Maria Figueroa

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Email: mfigueroa1@metrohealth.org

DOES SOMEONE IN YOUR HOME HAVE ASTHMA?

DO YOU HAVE A GAS STOVE?

Cooking on gas stoves is a major source of indoor air pollution and may worsen asthma.

You may be eligible for a new electric induction stove at no cost.



YOU MAY QUALIFY IF |



YOU LIVE IN:

- Akron
- Canton
- Cleveland
- East Cleveland
- Euclid
- Garfield Heights
- Maple Heights
- Newburgh Heights
- Warrensville Heights



**SOMEONE IN
YOUR HOUSEHOLD
HAS ASTHMA**



**YOU USE A GAS
STOVE FOR COOKING**

POTENTIAL BENEFITS

Participating in this project may reduce indoor air pollution and improve asthma symptoms.

THE PROJECT TEAM WILL

- Install new electric stove
- Install 240-volt kitchen outlet if needed
- Repair or install ventilation hood
- Ask you to complete an asthma questionnaire
- Measure indoor air pollution
- Review your utility bills



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