

METROWEST SHARED PUBLIC HEALTH SERVICES

July 2023



Welcome Summer!

Summertime means more people are cooking outside, without the safety controls of a kitchen.

With food poisoning peaking in the summer months, it is important that we are reminding the community to follow some easy steps they can take to have a safe and enjoyable grilling season!

Here is a list of content you can share on your social media and other outlets. --->



SUMMER & FOOD SAFETY



*FDA Video:

Tips to Prevent
Foodborne Illness

*FDA Video:

Food Safety in
Seconds

*Food Safety:

Summer Food Safety

*Food Safety:

Cooking for Large
Groups

*CDC:

Get Ready to Grill
Safely

*Food Safety:

What are you Making

*USDA:

Grilling Safety Tips

Community Health Worker Updates...



Our regional CHW is being trained in Chronic illness assistance! Lanie's home visits can include Asthma specific assistance such as:

- Addressing social determinants of health related to Asthma
- Reviewing asthma plans from the doctor and how to take everyday/controlled medications vs quick relief medications
- How to clean an inhaler
- Learning about getting rid of dust mites
- Ideas on how to cut down on your contact with pets
- Setting goals for avoiding exposure to smoke
- Talking about safe cleaning for people with asthma

Contact Deanna or Lanie directly if you have any questions about how to make referrals to Lanie!



DID YOU KNOW?

Asthma is the **LEADING CHRONIC ILLNESS** among children.

43% The prevalence of asthma has increased 43% over the last two decades.

Asthma results in
10 million lost school days
3 million lost workdays.



MetroWest Food Collaborative Update

The MWFC is in the process of finalizing their food distribution flyers!

Framingham and Hudson flyers are now available! Other municipalities flyers will be done by the end of the month.

Please feel free to print these or post them on your social media.

*Both PDF and PNG (social media friendly) flyers can be located in the MWSPHS shared Google drive.

Click [here](#) to view.

All flyers will be available in both Spanish and Portuguese.



**TOWN OF FRAMINGHAM
FOOD DISTRIBUTION LIST**

GROCERIES

A Place to Turn
99 Hartford St, Natick | 508-655-8868

- Emergency food pantry for low-income families in need of food resources.
- Families are able to visit the pantry every 30 days with a proof of address (ex: utility bill, lease, credit card bill, etc.)

Greater Framingham Community Church
508-626-2118

- Grocery gift card & grocery bag program.
- Must call the church by Wednesday for registration.

Project Just Because
77 South St, Hopkinton, MA | 508-435-6511

- They provide proteins, dairy products, shelf-stable dry goods, fruits, vegetables, beverages, sweets, bread and gluten-free groceries for dietary needs.
- No appointments needed/ open to all MA Residents.
- Upon first visit, please bring identification.
- Also offer new and gently used clothing for adults and children. All items are free of charge.

St. Bridgets Food Pantry
15 Wheeler Ave, Framingham | 508- 875-5959

- Non-perishable items; fresh and frozen meats, vegetables and fish; fresh produce and fruits.
- The Food Pantry serves the needy in Framingham with grocery items to supplement their weekly food requirements.

Hope Worldwide
214 Concord St, Framingham | 508-848-2401

- Emergency food pantry.
- Open to all MA residents. Must provide proof of address.

Daniels Table
10 Pearl St, Framingham | 508-239-6691

- Providing neighbors-in-need with a consistent supply of high-quality, healthy, and nutritionally sound food.
- Providing leadership, vision, and nutritional assistance to accomplish the community goal of providing food security to each and every individual or family that may need assistance.

Sudbury Food Pantry
160 Concord Rd, Sudbury | 978-443-7725

- Everyone is invited to shop at the pantry once per week, regardless of what town you live in.
- They offer nonperishable food items, bread, eggs, dairy, frozen meat, and personal care products.
- In the summer they typically have fresh organic vegetables from local farms.

SCAN THE QR CODE TO SEE THE FOOD ACCESS CALENDAR!



Training & Webinar Opportunities:

Webinar: Inclusive Emergency Management for Municipalities

Date: July 18th, 2023

Location: The Massachusetts Office on Disability (MOD) and the Massachusetts Emergency Management Agency (MEMA) are hosting an informative webinar on making municipal emergency plans inclusive for residents with disabilities and access and functional needs. ***This webinar will be helpful for ADA coordinators, emergency managers, Board of Health members, Commission on Disability members, and others.*** MEMA's Acting Director Dawn Brantley will be speaking at the event!



***This webinar is organized into two parts.
| Register for one or both parts [here](#).***

Lunch & Learn

Free to MHOA Members!

\$25 registration
fee for non-Members

CEUs available



Save the Dates!

All webinars are from 1pm to 2pm unless noted otherwise.

- 6/21 ACCREDITATION OVERVIEW
- 6/28 SUMMER FOOD SAFETY: FAIRS, FESTIVALS, AND FOOD TRUCKS
- 7/12 ACCREDITATION: GRANTS & OTHER SOURCES OF FUNDING
- 7/25 AN INTRODUCTION TO MHOA'S NEW MENTORSHIP PROGRAM (**11:00AM START TIME**)
- 8/1 ACCREDITATION & COLLABORATION
- 8/8 CERTIFIED IN PUBLIC HEALTH (CPH) - WHY GET CERTIFIED? HOW TO GET CERTIFIED?

For more information: <https://tinyurl.com/MHOASummer>



MHOA Summer Webinar Series

Accreditation: Grants & Other Sources of Funding

Date: July 12th, 2023

[Register here](#)

An Introduction to MHOA's new Mentorship Program

Date: July 25th, 2023

**Registration coming soon*



Training & Webinar Opportunities Continued

ASTHO: Leveraging Different Sectors to Address the Youth Mental Health Crisis

Date: June - August

About: This is a four part webinar series that focuses on the role of multiple sectors in addressing comprehensive youth mental health and well-being.



Interested? Read more about it [here](#).

Boston University School of Public Health: Promoting Mental Health Among Children & Youth

Date: July 5th, 2023

About: Learn strategies to turn what you learned from you community assessment and turn it into action.

Click [here](#) to register.

AARP: Interpreting Your Age-Friendly Survey Data

Date: July 11th, 2023

About: Learn strategies to turn what you learned from you community assessment and turn it into action.

Interested? Register [here](#).

*** Grant funding could cover the cost of registration fee. If you are interested in attending, please contact Deanna. ***





THANK YOU!



*All available communication materials and campaigns can be found [here](#).
Materials may be used on social media and can be updated upon request.*

Please reach out to Deanna for any additional communications requests, questions or needs.

