

# St. John Learning Center

## *A Great Place to Grow*

Volume 1, Issue 2

June 1, 2014

- ◆ Literacy
- ◆ Learning
- ◆ Leadership

### Upcoming Events:

- July—Wal-mart Job fair. More details to come.
- Back to School drive in August.
- Fall job fair

### Health Updates To Know

SJLC hosts community health events on the 4th Thursday of each month:

- ◆ Ohio Diabetes Association offering monthly glucose screenings
- ◆ A mobile pharmacy offering free medication assistance
- ◆ Chiropractic consultations
- ◆ Just Think Ahead Insurance information
- ◆ DADDs Program—fatherhood development

## Kentucky Derby Event a Success for SJLC Fundraising



Attendees at the Kentucky Derby Party held May 3, 2014 at Scioto Downs to benefit St. John Learning Center.

Scioto Downs hosted the Kentucky Derby Party to benefit St. John Learning Center on Saturday, May 3, 2014. The event included a hat contest, broadcast of the derby, a 50/50 Raffle and door prizes. With 200 people in attendance, the community showed their support to raise money for St. John Learning Center's main initiatives—literacy, learning and leadership. Stay up to date with other events with St. John Learning Center at [www.stjohnlearningcenter.org](http://www.stjohnlearningcenter.org).

## Shopping on a Budget

Environmental Working Group (EWG), is an effective environmental health research and advocacy organization. Understanding that it can be hard to stretch your dollars to buy healthy foods for families, it has created a guide to help make smart decisions when grocery shopping. It includes top tips for healthy eating, quick lists of the foods that will give you the most nutrients, easy and tasty recipes as well as a comprehensive schedule and weekly menu to help you stay on track. This booklet is free to view and print at [www.ewg.org/goodfood](http://www.ewg.org/goodfood). Explore all EWG has to offer at [www.ewg.org](http://www.ewg.org), including tips on the environment and latest health research.

Challenge your friends, help your community—

## Become a Pledge Buddy!

The pledge buddy project is SJLC's donation matching program. One GED test costs \$120, so if you donate \$60 and challenge a friend to donate \$60, you'll have covered the cost of one GED test, giving one person an opportunity they may not have been able to attain otherwise.

Your donation will help support the cost of GED testing in Ohio. For more information, go to [stjohnlearning.org](http://stjohnlearning.org).

# Community Kitchen

## Eat, Talk and Connect with your Community

Community Kitchen, Inc., with two locations at 453 N 20th St. (behind St. Dominic church) and at 640 S Ohio St. (by Holy Rosary St. John's church), is not only a place that offers free meals to the community, but creates an atmosphere to nurture its community as well. "We try to be the Starbucks of soup kitchens," says Carol Trowbridge Neubauer, President/CEO of Community Kitchen. "We're unique because of our emphasis on children and family. It's almost more of a social experience—a place where people can come and feel safe," she describes.

On Wednesday nights 4:30-6:30pm,

Community Kitchen hosts a program exclusively for families with children where they not only serve dinner, but offer arts & crafts activities for the children and educational

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programs for the adults.

Everyone and anyone is invited to Community Kitchen. Serving hours are Mon-Sat, 7am-1pm at the South location and M-F, 8am-1pm at the St. Dominic location. It also hosts special meal gatherings for holidays.

Community Kitchen is currently the only soup kitchen in Columbus approved by the Ohio Department of Education as a summer meal site for children. It served nearly 92,000 meals in 2013.

Food donations come from various companies and organizations through the state including the Mid-Ohio Food Bank, Second Harvest, Panera, Whole Foods, Giant Eagle and many more.

Community Kitchen, Inc. has so much to offer. Please see more information at

[communitykitchencolumbus.org](http://communitykitchencolumbus.org).

## Health

### Tip:

**Choose wheat over white!**

***Whole wheat bread contains necessary nutrients, while white bread is processed and contains nothing your body needs.***

### Connect with us!



facebook.com/stjohnlearning



@HRSJChurch



User: atoopsoln6161

## Get Out, and Experience!

Columbus offers many diverse arts and cultural activities at little to no cost. Check out just a few below to open your mind to new cultures and experiences:

- ◆ Columbus Commons: This venue hosts an array of community events at little to no cost. Some include free movie showings, fitness classes and concerts.
- ◆ Short North Gallery Hop: On the first Saturday of each month new art exhibits are featured and is known as Columbus' favorite night of the month to celebrate art.
- ◆ Scioto Gardens 8th Annual Gardening and Arts Festival July 19: featuring plants, free gardening workshops, music and dozens of artists. The best food to eat is that you grow yourself, so this is a great opportunity to sharpen your green thumb!

### St. John Learning Center

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