

GMPHP NEWSLETTER

OUR NEWS AND YOUR STORIES

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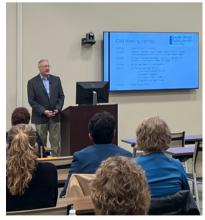
GMPHP HOSTS SPRING CAB MEETING

On March 18th, the GMPHP welcomed over 50 community stakeholders to our bi-annual Community Advisory Board (CAB) meeting, held at the Capital Health Conference Center. The gathering brought together partners across sectors to review progress, share updates and continue building momentum around the Community Health Improvement Plan (CHIP).

We were honored to have Mercer County Executive, Dan Benson, open our meeting with thoughtful remarks on the power of collaboration in addressing public health challenges. He highlighted key County initiatives that directly align with GMPHP's CHIP four priority areas - Mental & Behavioral Health, Access to Wellness, Housing & Built Environment, and Maternal & Infant Health.

Following the County Executive's remarks, each CHIP workgroup presented on their goals, strategies, and plans for the year ahead. These presentations showcased the dedication and diverse efforts underway to promote health equity across Mercer county.

The meeting concluded with a compelling panel discussion on food insecurity, featuring representatives from four partner organizations. This topic was selected in response to findings from the 2024 Community Health Needs Assessment (CHNA), which revealed that 29.3% of respondents reported sometimes or often worrying that their food would run out before they could afford more. For more information on the CHIP priority areas and the panel discussion, see pages 2 and 3 of this newsletter.







ADVANCING COMMUNITY HEALTH: GMPHP FINALIZES CHIP

The GMPHP is in the final stages of developing our 2025-2027 Community Health Improvement Plan (CHIP), outlining a collaborative roadmap to address public health needs across Mercer County. Rooted in 2024 Community Health Needs Assessment (CHNA) data and community input, the CHIP centers on advancing health equity across four critical priority areas - Mental & Behavioral Health, Access to Wellness, Housing & Built Environment, and Maternal & Infant Health.



From Planning to Action

During the first quarter of 2025, GMPHP convened workgroups for each priority area, bringing together community partners to define actionable strategies. These strategies are informed by community voices and reflect the diverse needs of Mercer County residents. You can find each priority workgroup's goals and objectives outlined on the following page.

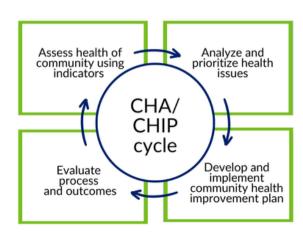
Now, the CHIP is entering its implementation phase - the next step in turning community-identified needs into on-the-ground solutions. Workgroups will begin executing their action plans, coordinating efforts across sectors to move toward long-term impact.

Powered by Partnership

The development of the CHIP would not be possible without the ongoing support and insights from our more than 60 partner organizations representing healthcare, education, local government, grassroots organizations and more. The GMPHP is deeply grateful for the commitment of our partners in building a healthier and more equitable Mercer County. Your collaboration ensures that the CHIP reflects the real needs of our communities and created meaningful opportunities for change.

Get Involved

As we move into implementation, we invite you to stay engaged in this process. If you are interested in participating in a CHIP workgroup or learning more about the plan, please contact Mackenzie at executivedirector@gmphp.org. The final CHIP will be published on our website: www.gmphp.org



BUILDING A HEALTHIER MERCER: CHIP GOALS & STRATEGIES

MENTAL & BEHAVIORAL HEALTH

Goal: Mercer County nourishes the mental health and wellness of all, promoting a healthier community.

- 1.1: Increase awareness of and connection to available mental health services across the lifespan by 2027.
- 1.2: Increase mental health education and skills building for non-mental health professionals by 2027.
- 1.3: Increase community knowledge on mental health stigma, prevention, and harm reduction by 2027.

MATERNAL & INFANT HEALTH

Goal: All birthing people and infants in Mercer County have equitable access to quality care and resources across the birthing continuum to improve health outcomes.

- 4.1: Increase access to prenatal care services to reduce the risk factors for maternal and infant morbidity and mortality by 2027.
- 4.2: Increase the number of partnerships among community-based organizations to streamline resources and build supportive networks for families by 2027.
- 4.3: Increase health education opportunities to promote health and well-being of all birthing people, infants, and families in Mercer County by 2027.
- 4.4: Increase and diversify the number of professionals working in the community to bridge the gap in access to maternal and infant health care by 2027.

ACCESS TO WELLNESS

Goal: All in Mercer County have equitable access to physical, social, and economic resources to achieve their own optimal health and wellness.

- 2.1: Increase referrals and enrollment to assistance programs to support the cost of healthcare services and reduce the uninsured rate by 2027.
- 2.2: Improve access to nutritious food and nutrition education to align with individual, cultural, and financial needs and reduce food insecurity by 2027.
- 2.3: Increase convenient, affordable, and accessible transportation options to key wellness destinations in Mercer County by 2027.
- 2.4: Increase the number of linguistically and culturally competent resources and personnel along the healthcare continuum by 2027.
- 2.5: Reduce the impact of chronic disease for minority groups most at risk by 2027.

HOUSING & BUILT ENVIRONMENT

Goal: Everyone in Mercer County has a place to feel safe and call home in a thriving community.

- 3.1: Develop infrastructure to collect and share data on home affordability and insights across agencies to more effectively demonstrate need, reality, and demand by 2027.
- 3.2: Connect partners to coordinate data collection and testing to improve unsafe housing conditions by 2027.
- 3.3: Increase the number of Vision Zero activities implemented by Mercer County municipalities by 10% by 2027.
- 3.4: Increase the number of open spaces available for outdoor activity in communities in need by 2027.
- 3.5: Increase awareness of the resources that exist to obtain and maintain stable housing by 2027.

SPOTLIGHT ON FOOD INSECURITY: CAB MEETING PANEL HIGHLIGHTS COMMUNITY COLLABORATION

Food Insecurity in Mercer County Data from the 2024 CHNA



Food insecure population increased from 7.4% to 9.7% 2020-2022



29.3% of respondents reported experiencing food insecurity



51.6% of Black & 63.1% of Latino respondents reported food insecurity



22.1% overall and 53.4% of Latino respondents relied on food assistance

"In the last couple of years food insecurity and the need for supplemental food assistance have skyrocketed"

Key stakeholder

At our Community Advisory Board (CAB) meeting, the GMPHP hosted a meaningful panel discussion focused on one of our community's most pressing issues: food insecurity.

The panel featured four dedicated leaders who are working on the front lines of hunger prevention and food access: Helene Lanctuit, CEO of Share My Meals, Healy. NJ SNAP-Ed Joan Senior Program Coordinator Supervisor. Rutaers Cooperative Extension of Mercer County, Matthew Broad, Director of Programs, Trenton Health Team and Cecilia Avila, Director of Hunger Prevention, Arm in Arm.



Each panelist shared insight into their organization's unique role in tacking food insecurity ranging from prepared meal distribution to expanding SNAP outreach and supporting access to fresh, affordable food. The discussion also highlighted the growing collaborative efforts taking place across Mercer County to improve food access and deliver targeted outreach to underserved communities.

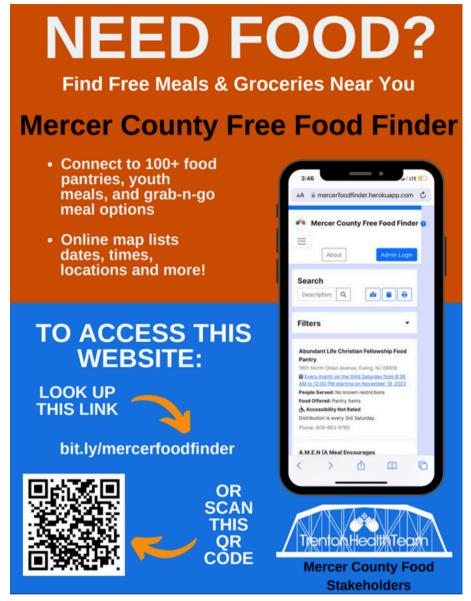
As the GMPHP continues to focus on health equity through the CHIP process, food insecurity remains a vital cross-cutting concern that impacts all aspects of community well-being. We are grateful to our panelists and partners who are driving this work forward with passion and innovation. You can find more information on each of the organizations on pages 5 and 6 of this newsletter.

Mapping Meals: Free Food Finder App Helps Residents Access Local Resources

Co-facilitated by Matthew Broad (Trenton Health Team) and Joan Healy (Rutgers Cooperative Extension), the Mercer County Food Stakeholders was formed to strengthen collaboration across organizations working to address food insecurity and food system challenges in our community.

Convened by the Trenton Health Team, this cross-sector group brings together local partners committed to identifying sustainable solutions and improving equitable food access across Mercer County.

One of the group's key initiatives, was the launch of the Mercer County Free Food Finder - a mobile-friendly directory designed to help residents easily locate free food resources. The directory includes up-to-date listings of meal sites, food pantries, and meal distribution programs, serving individuals and families of all ages, including children and seniors.



By improving access to timely information and centralizing community food resources in one easy to use platform, the Free Food Finder is helping reduce barriers and connect more residents to the resources they need.

Visit <u>www.trentonhealthteam.org/issues/healthy-food/</u> to learn more and to access the <u>Mercer County Free Food Finder</u>.

Join the Effort

If you are interested in participating in the Mercer County Food Stakeholders group or want to learn more about its initiatives, please contact:

Matthew Broad - mbroad@trentonhealthteam.org

Joan Healy - joan.healy@rutgers.edu



scan here to sign

up to volunteer

回纸块



Capital Health and Arm In Arm: Better Together

Families served through 14,483 visits to Arm In Arm's Mobile Pantry at Capital Health since our partnership began in 2023

Together we have reduced food insecurity, providing families with nonperishables, fresh produce, meats and dairy at:

• 40 Mobile Pantry events at 2 Capital Health locations; 2 Baby Shower Events; and Monthly Delivery to Capital Health LIFE, while Engaging more than 400 volunteers working together for a total of more than 1,000 hours at Capital Health locations at Chambers Street and Bellevue Avenue

About Arm In Arm

In One Year in Mercer County ...

40,964 combined pantry visits and deliveries



193 Evictions Prevented **37** Security Deposits Paid

Utility Shut-offs avoided

12 Households served with long-term housing stability case management services

Families were placed in emergency housing, and are one step closer to providing stability for their children



Representative



38 SERVED To Restore Drivers License



COMMUNITY Won't you join us?

dministrative headquarters and food distribution center. 1 N. Johnston Ave., Suite A230, Hamilton, NJ 08609 609-396-9355 arminarm.org

better together 40+ years

TOGETHER we can help our community thrive:

VOLUNTEER

Capital Health Mobile Pantry Events:

601 Hamilton Ave, Trenton (front entrance lot) 1st & 3rd Wednesdays of the month from 9am - 12pm 434 Bellevue Ave, Trenton (parking lot)

2nd & 4th Wednesdays of the month from 9am - 12pm

Mill One Distribution Center:

Tuesdays, 10am-12pm

Thursdays 10am-12pm; select Fridays and Saturdays

Food Pantry, 48 Hudson Street, Trenton:

Mondays & Wednesdays, 9am-12pm

Mobile Food Pantry Events:

Mondays in Lawrenceville, 1-4pm

Tuesdays in Trenton, 9am-12pm

Food Pantry, 61 Nassau Street, Princeton Mondays & Wednesdays, 10am-4pm; Tuesdays 1pm-7pm

Special opportunities also available for groups, please contact Shariq Marshall, info below

MAKE A DIFFERENCE WITH A DONATION

scan here to make a gift



HOST A FOOD OR REUSABLE BAG DRIVE

Suggested items. No glass containers, please check expiration dates

Canned low-fructose fruit Canned low-sodium vegetables Canned tuna, salmon, chicken, or chili Canned beans or 1 lb. bag dried beans Canned potatoes Cold cereal

Hot cereal Shelf-stable milk Olive and canola oil (plastic container) Herbs and Spices (plastic container) Honey (plastic container) Maseca corn flour

Questions? Contact Shariq Marshall at shariqm@arminarm.org 609-396-9355, x21 arminarm.org



SAVE A MEAL FEED A FAMILY PROTECT THE PLANET

unded in January 2020, Share My Meals is a nonprofit organization based in Princeton, NJ, and active across New Jersey, dedicated to addressing food insecurity and the environmental impact of food waste by recovering and delivering healthy prepared meals to local communities.

Our Meal Recovery Program (MRP) is innovative and unique because:



Prepared Food Recovery

Our focus is to collect surplus meals. Our program not only reduces food waste but also provides a reliable source of nutritious meals for those in need.



Integrated Tech-Platform

Our STAN "Safety, Tracking, Allocation and Navigation" customized platform powered by Salesforce ensures a smooth and safe journey for each recovered meal from its point of preparation to the final consumer. STAN also facilitates communication among food donors, volunteers, and recipients, while providing food donors with real-time data that shows the environmental and community impact of their contributions.



Reusable Container Rotation

Instead of single-use packaging, we use reusable containers with unique barcodes. This reduces waste and enhances food safety by allowing the organization to track each container's journey from collection to delivery.



Community-Based Model

We build relationships with local food service We build relationships with local food service providers (mainly large corporations, universities, hospitals, and caterers), volunteers, local distribution partners (e.g. non-profit organizations) and the families we serve, leveraging a network of support that goes beyond just meal distribution and creating ecosystems of mutual support at the local level. Our approach ensures that essential nutritional support reaches those in immediate need while complementing existing community programs.



Volunteer-Driven

Share My Meals cultivates and utilizes a network of committed volunteers from a range of sources (e.g., donor corporations, at-large volunteers), which fosters a sense of community involvement and responsibility. As part of our volunteer program, we engage corporate employees in the meal recovery efforts, aligning with corporate social responsibility objectives and fostering a culture of giving back among the workforce.



The model is designed to be cost-effective by relying on donated meals as the source of food, technology, a volunteer-driven distribution system, and a lean core employee group. This structure allows us to scale efficiently and replicate the model in different locations while reducing the effective cost per meal as it nows.



Our Impact and Achievements

Since the start of our Meal Recovery Program in 2021:

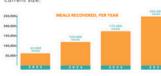
In 2023, the value of our program was estima between **\$7M and \$9M** (study by McKins reflects both the significant health ben

NJ IS FACED WITH 2 MAJOR ISSUES

people (~9%) in NJ. At the same time, 40% of all food produced goes unsold or uneaten. That's about 1.9 million tonnes of surplus food for NJ alone and only ~1% is recovered for donation.

OUR GOAL MOVING FORWARD

The Share My Meals' Meal Recovery Program (MRP) has been field tested and proven to be sustainable and fully replicable, and is ready to be implemented state-With the commitment of additional food donors, the MRP has the potential to expand to many times the



MEAL RECOVERY

Meal Recovery refers to a new food system involving the recovery of prepared meals from large cafeterias, and delivering them to individuals, families and community non-profit organizations that serve people with food insecurity. At the same time, Meal Recovery helps reduce food going to landfills and the resulting carbon emissions.



GET INVOLVED

NEW JERSEY BREASTFEEDING COALITION

The mission of the NJ Breastfeeding Coalition (NJBC) is to promote, protect, and support breastfeeding by working collaboratively.

Their vision is to: 1) Normalize breastfeeding, 2) Support an inclusive breastfeeding environment, 3) Promote evidence-based and culturally sensitive breastfeeding education, information, and support, and 4) Ensure that everyone who breastfeeds or provides human milk has the resources to meet their goal

The NJBC offers educational resources for parents; links to community support; professional resources; advocacy and legislative initiatives; lactation consultant training support; and information on family leave and legal rights.

The NJBC created this online asynchronous training series in 2022, targeting both center-based and family home-based childcare providers.

BREASTFEEDING-FRIENDLY CHILD CARE PROVIDER TRAINING

IMPROVE BREAST/CHESTFEEDING SUPPORT FOR YOUR **FAMILIES!**



FREE Mobile-device Friendly 1 hour training Available on demand at NJCCIS.com Event ID 136030 (English)

Event ID 138799 (Español)

Not on NJCCIS? Use the OR Code





Password: breastfeeding





The training is offered in English and Spanish and consists of 5 learning modules:

- 1. Benefits of Providing Human Milk
- 2. Supporting Families
- 3. Storage and Handling
- 4. Feeding Practices
- 5. Creating a Policy
- 6. Toolkit

This training is houses on the New Jersey Child Care Information Service (NJCCIS) site, which is the workforce registry for child care workers in the state. The NJBC is an authorized training agency, and the training offers on hour of professional development.

For more information visit www.breastfeedingnj.org



njbc.education@gmail.com

RUTGERS COOPERATIVE EXTENSION'S FCHS WELLNESS UPDATE!

Embracing Seasonal Produce: Discover the Best of Jersey Fresh

HEY, MERCER COUNTY!

As we step into spring, it's the perfect time to embrace seasonal, locally grown produce. From crisp asparagus and tender greens to juicy strawberries, New Jersey's farms are bursting with fresh, delicious ingredients that not only elevate your meals but also support local farmers and promote sustainability.

Ricardo Kairios, FCHS Educator, has been sharing insights on how to enjoy seasonal eating through his Seasonal Foodies webinar series. Whether you're shopping at a farmers' market, joining a CSA, or growing your own food, making the most of New Jersey's seasonal bounty has never been easier!

Save the Date!!

Fresh from Jersey Webinar
May 14 @ 12:30 PM



Register Here!

During this webinar Ricardo will share:

- ▼ Tools and resources for sourcing seasonal produce
- Tips on adding local produce into your meals
- Simple ways to enjoy what's in season in NJ

Check Out Recorded Seasonal Foodies Webinars

Missed a past session? No worries! Catch up on Ricardo's Seasonal Foodies webinar series found on the FCHS website to learn tips, recipes, and tools for making the most of Jersey Fresh produce all year long.



RUTGERS UNIVERSITY

Family and Community Health Sciences

New Jersey Agricultural Experiment Station



Authored by:

- Puja Patel, FCHS Volunteer
- Ricardo Kairios, FCHS Educator

COOPERATING AGENCIES: RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY, U.S. DEPARTMENT OF AGRICULTURE, AND BOARDS OF COUNTY COMMISSIONERS. RUTGERS COOPERATIVE EXTENSION, A UNIT OF THE RUTGERS NEW JERSEY AGRICULTURAL EXPERIMENT STATION, IS AN EQUAL OPPORTUNITY PROGRAM PROVIDER AND EMPLOYER.

To schedule

n educational

workshop

Siclali Flores

Bilingual Outreach Coordinator

https://crossroads4hope.org/

(908) 524-6186

sflores@crossroads4hope.org



APRIL.30.2025 ENGAGEMENT & INVOLVEMENT

The Learning Collaborative Series

Join the Department of Children and Families' Office of Resilience for its first session in the Learning Collaborative Series. Each month, we explore one of the of the Substance Abuse and Mental Health Services Administration's 10 domains of trauma-informed approaches (TIA) and implementation strategies. We offer practical tools and resources, and enable authentic conversations about what each domain means within an organization.

The first session features the Engagement & Involvement domain. Learn about engaging individuals with lived experience, ones receiving services, and staff, which is fundamental to TIA implementation within any service

Engagement should be intentional, meaningful, empowering, and ongoing as well as implemented across all organizational levels. We explore cultural humility, involvement, voice and meaningful choice at all levels

LEARNING COLLABORATIVE SERIES

STRATEGIES TO ENGAGE. **ELEVATE AND EMPOWER**

APRIL 30, 2025

10am

Register Now

Hosted by NJDCF's

Office of Resilience





Education Workshops

Crossroads4Hope offers cancer-related educational workshops to organizations and the community in both English & Spanish. These presentations help bring awareness of cancer and information on

Workshops are held both online and in person.

WORKSHOPS INCLUDE:

- Introduction & Cancer Basics Education
- The Importance of Screening for Cancers
- **Gynecological Cancers**
- **Nutrition & Colorectal Cancer**
- Food Demonstration w/o Food Boxes
- **Breast Cancer**
- Lung Cancer
- Skin Cancer & The Importance of Sun Safety
- Prostate Cancer
- Legal Workshops
- Health Champion Workshop
- Mind & Body Workshops (yoga, chair yoga, meditation)





Educational Sessions

April 17th, 2025 11:00am - 12:00pm Virtual Session

Prioritize your Mental Health During and After Pregnancy with Noelle Tongue

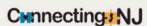
Join us for an empowering presentation on,

- · Common emotional changes during pregnancy and
- · Recognizing signs of perinatal mood and anxiety disorders
- Practical self-care strategies for emotional wellness
- · Resources for support and guidance

Expecting, new parent, or support person?

This session is for you!











May 10, 2025 | Saturday

Mona Saleh, MD Gynecologic Oncologist -Capital Health

'Uterine & Cervical Cancers'



Our Presenters

Kimberley **Agbo**, **DO** Obstetrician/Gynecologist -

Womens Health: Wellness &



Pamela **Pruitt, EDD** Capital Health Institute for Urban Care in Trenton

"Health & Role of the Institute"



Loletha C. Johnson, MSN, RN NJ Dept. of Health, NJ Cancer Education & Early Detection Program

Blood Pressure, A1c Testing Community Organizations – Resources & Services

Movement Exercise

ScreenNJ Mobile Health Van* -Cancer Screening Assessments 'By appointment - provided with registration

WHAT - CELEBRATING WOMEN'S HEALTH

HEALTH ISSUES FACING WOMEN

Join an interactive program addressing

This free program celebrates women and Mother's Day with experts sharing information on disease prevention, early detection and lifestyle wellness that can make a difference in achieving optimal health. Women experience unique health care challenges from pregnancy and menopause to gynecological conditions

WHEN - SATURDAY, MAY 10, 2025

8:30 - 9:30 AM Arrival/Check-in & Visit Resources

Free Hot Breakfast Buffet Catered by Taste of Ty's Kitchen

Program Presentation

WHERE - UNION BAPTIST CHURCH

Fellowship Hall (downstairs) 301 Pennington Avenue Trenton, NJ 08618

On-site parking available (Reservoir St. and Frazier St.)

REGISTER BY MAY 2, 2025

To register use the LINK below, scan QR code, or CALL 908-237-2328. https://forms.gle/crAv3uK39i2Bacwm6





od, Music, Entertainment, Face Painting, Balloon Sculptor, Health Screenings, Rock Wall, Bounce House and Morel

Wellpoint











Capital Area YMCA 431 Pennington Ave., Trenton, NJ

CROSS COMMUNITY, INC.

Hopewell Township and Culture Connections invites you to the 2nd ANNUAL CULTURAL FESTIVAL





May 10, 2025

11:00 AM - 3:00 PM WOOLSEY PARK

Contact us for cultural and vendor opportunities! info@hopewelltwp.org



