

LINDEN FRESH MARKET



NEWSLETTER



February -
March
2025

Inside this Issue

PG. 2 - From the Manager

PG. 3 - Market Volunteers

PG. 4 - Market Changing Lives

PG. 5 - Market Partners

PG. 7 - Market Community

PG. 8 - Market By the Numbers

PG. 9 - Hours and Information

PG. 10 - ODJFS Guidelines



COMMUNITY OF CARING
DEVELOPMENT FOUNDATION



MS. KATHLEEN OLIVER

Spring is undoubtedly the most awaited and anticipated season globally. Spring arrives with a sudden warmth of the sun and marks the end of the winter's stony cold breezes. Although the season changes, unfortunately the needs of the communities continue to exist and grow. For many of us the first day of spring brings promises of happiness and prosperity, and we rejoice in positive energy and vigor with excited hearts! So many people take these moments for granted and forget about those who are less fortunate. To our Fresh Market Partners, Volunteers and Community Leaders let us continue to combine our resources and efforts to compound the overwhelming food insecurities that for most never seems to get better. Ending hunger will take all of us. So, whether you can give money, time, or your voice as an advocate, we need you in the fight against hunger!



Everyone needs help sometimes, and The Linden Fresh Market is here for our communities. Hunger does not live in isolation and ending hunger requires a fresh perspective, a food perspective – one that we all have. We at the Linden Fresh Market are a small group of enthusiastic people who want to do all we can for poverty and health as a whole. So, when life happens, we are here for our neighbors who need us. Thank you, Partners, Volunteers and Leaders, for all that you continue to do to support our missions.

Respectfully,

Kathleen Oliver, Market Manager



MARKET VOLUNTEERS



Jennifer Thomas

Comtessee Miller



Comtessee Miller and Jennifer Thomas are two ladies that no matter whether the event or day, the Fresh Market can always count on their assistance when asked to volunteer. There is never a task too big for these ladies. We are so thankful for the support they provide towards our mission and the community we serve.

Kudos, Ladies!



MARKET CHANGING LIVES

WORKFORCE DEVELOPMENT



I am thrilled to introduce our first candidate into the Workforce Development program, Adia Thomas. Adia has volunteered at the Linden Fresh Market through her school program. Adia has ambitious goals to become an electrician and we are committed to empowering her to turn her dreams into reality. Adia is a remarkably intelligent young lady and we are dedicated to providing her with the tools she needs to succeed in her dream job as a licensed electrician. I am eager to work with her on this inspiring endeavor.

- Ms. Deb

MARKET PARTNERS

PROJECT MILK MISSION



My name is Sylvia Gainey- I am a mom of four and a Certified Breastfeeding Counselor who is dedicated to supporting mothers on their breastfeeding journey. Growing up in Columbus, I went to school with the goal of empowering moms to confidently breastfeed and care for their little ones.



At Project Milk Mission, we are committed to serving pregnant and postpartum moms throughout Ohio. We offer both virtual and in-person breastfeeding classes, a safe sleep class, support groups, and lactation consultations. Our services are free for mothers on Medicaid, and we proudly support them until their baby is one year old.



MARKET PARTNERS

CARE SOURCE



Karen D. Dawson is a native of Columbus, Ohio and a mother of three young men and seven grandchildren. She grew up in the Linden area and still resides in the Linden Community. Karen graduated from Linden McKinley H.S., attended Columbus State and decided to start her professional career in Sales and Marketing. She successfully participated in various national sales and marketing programs, including Professional Selling Skills Program by XEROX, Major Project Management, Client / Territory Management, Tangible and Intangible Sales, and Institutional / Government Accounts. She holds a license in the State of Ohio in all lines of insurance. Karen has enjoyed serving the community for eight years with her employer CareSource. She enjoys family and time with grandchildren, the comfort of music and the excitement of sporting events.



MARKET COMMUNITY

BLACK HISTORY MONTH FEBRUARY 2025



The February celebration of Black History Month was a powerful celebration of resilience. Deborah Muhammad and Lenore Thomas worked tirelessly to bring to life a captivating Black History Mall, featuring a different luminary each day. Our customers were profoundly inspired, and the sense of pride was palpable. They both said the experience was reminiscent of their high school days, and the outpouring of support from everyone was truly humbling. They received invitations to showcase their exhibits in libraries, community centers, and schools, seeing the faces of children and parents light up as they discovered the achievements of individuals who looked like them who gave so much to this country was truly awe-inspiring.



MARKET BY THE NUMBERS



Bi-Monthly Total Households Served: 9,916



Total People Served: 36,423

VOLUNTEER HOURS

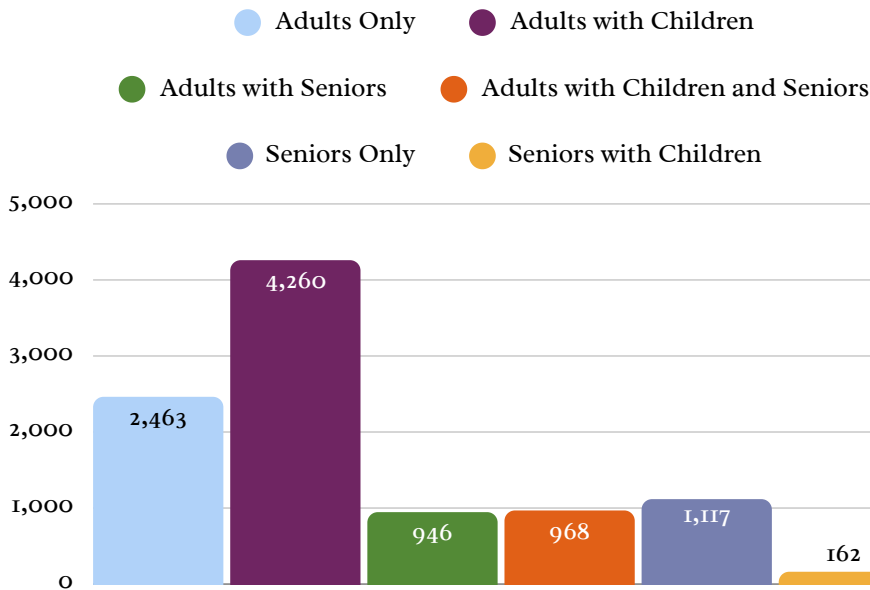
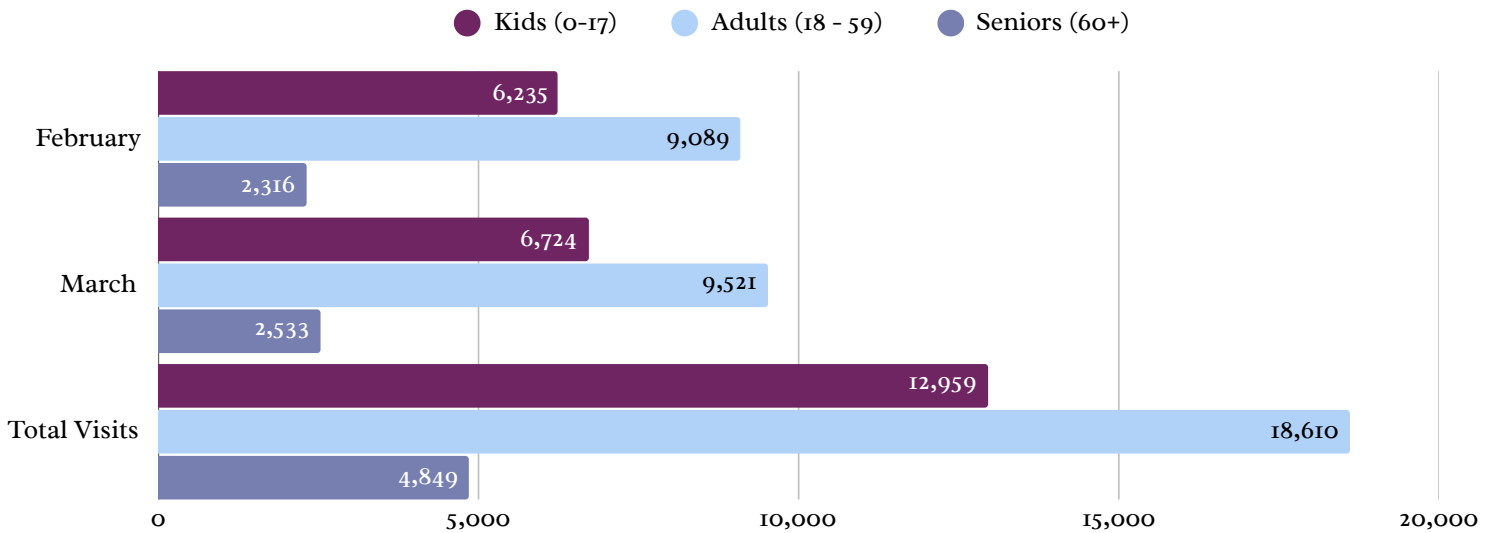
TOTAL: 408 HRS

FEB: 206 | MAR: 202

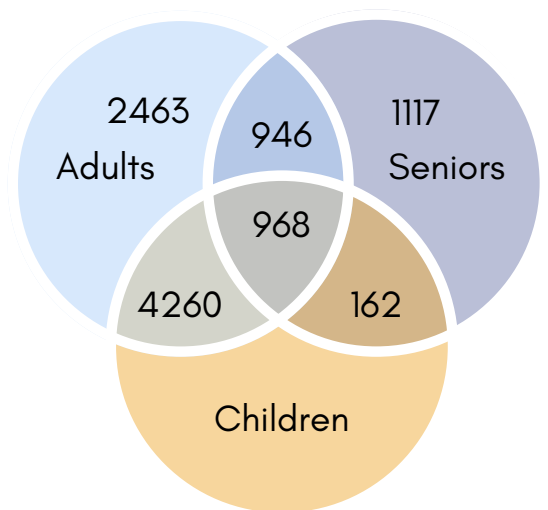
FOOD DISTRIBUTION (LBS)

TOTAL: 205,210 LBS

FEB: 119,107 | MAR: 86,103



Total Household Pantry Visits: 9,916
Average Visits per Family: 2.57



Charts show the makeup of the families served



Monday & Wednesday: 11:00a - 5:00p

Tuesday, Thursday & Friday: 11:00a - 4:00p

Saturday (1st & 3rd): 10:00a - 1:00p

1464 Cleveland Avenue, Columbus, OH 43211

We provide free, fresh produce to any household earning up to 200% above the Federal Poverty Guidelines. *See next page for details.

The federal poverty level (FPL) for 2024 is \$15,060 for a single person in the continental United States. For each additional person in the household, the FPL increases by \$5,380.

If you qualify and would like to shop, stop by the market during our open hours. Households can get food from us once a day, every day that we're open! All you need with you is your ID.

Please contact the market with questions at (614) 298-4192 ext. 6

"Best Place to Volunteer in Columbus!"

To Volunteer

scan the QR code Below



To Donate

Scan the QR Code below:



CUSTOMER REVIEWS

This place was awesome. Everybody here was very welcoming and extremely friendly even though it's not the greatest part of town. That is very surprised and I would definitely be coming back. Not only are they great people but they do an amazing thing to help people out in need. - Kenneth N.

Nice people good produce & it was a very quick process! - Richard R.

Great place with free produce for the community.- Eric P.





Ohio Department of Job and Family Services
THE EMERGENCY FOOD ASSISTANCE PROGRAM
STATE FUNDED FOOD PROGRAM

HOUSEHOLD ELIGIBILITY GUIDELINES EFFECTIVE JULY 1, 2024

HOUSEHOLD SIZE	INCOME		
	YEAR	MONTH	WEEK
1	\$30,120	\$2,510	\$580
2	\$40,880	\$3,407	\$787
3	\$51,640	\$4,304	\$994
4	\$62,400	\$5,200	\$1,200
5	\$73,160	\$6,097	\$1,407
6	\$83,920	\$6,994	\$1,614
7	\$94,680	\$7,890	\$1,821
8	\$105,440	\$8,787	\$2,028
9	\$116,200	\$9,684	\$2,235
10	\$126,960	\$10,580	\$2,442
FOR EACH ADDITIONAL HOUSEHOLD MEMBER ADD	\$10,760	\$897	\$207

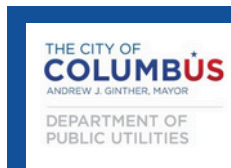
In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- mail:**
 U.S. Department of Agriculture
 Office of the Assistant Secretary for Civil Rights
 1400 Independence Avenue, SW
 Washington, D.C. 20250-9410; or
- fax:**
 (833) 256-1665 or (202) 690-7442; or
- email:**
program.intake@usda.gov

This institution is an equal opportunity provider.
 JFS 04224 (Rev. 7/2024)



Power Discount Program

- 25% discount on usage charges
- \$50 one-time credit
- Maximum income level based on 200% of the federal poverty level (up from 150%, allowing more to qualify)
- One stream-line application includes Senior Discount Program
- Seniors 60+ (Monthly Service Charges Waived ~ \$11.25 avg.)

Starting January, 1, 2025