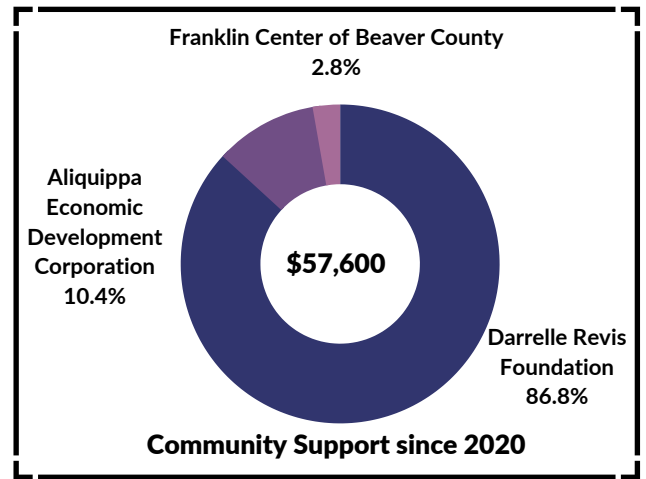
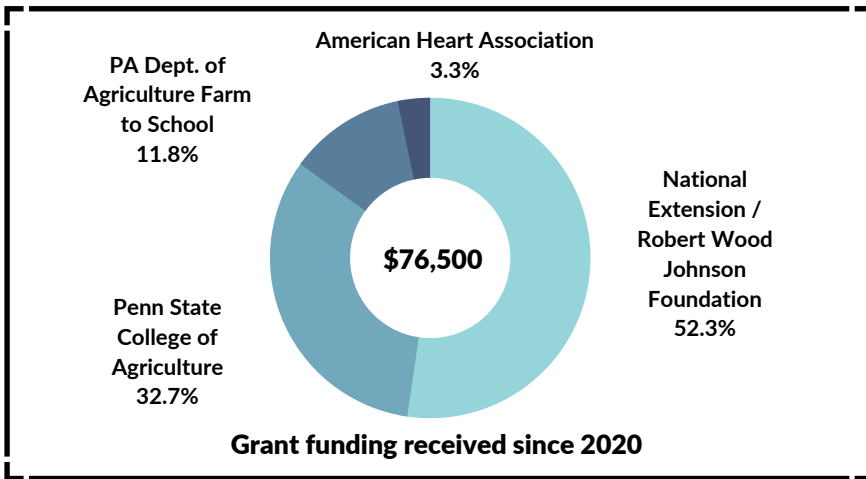


# WELL CONNECTED COMMUNITIES

Addressing Food Access in Aliquippa



Now in year five, the Well Connected Communities (WCC) initiative in Aliquippa focuses on supporting food-related projects that increase access to healthy, local produce and invite community knowledge and leadership.



## ALIQUIPPA FOOD COUNCIL

The Aliquippa Food Council was established in 2019 to allow residents and local organizations to collectively address our status as a low access food area.

We believe all residents have the power to influence decision-making in our community – decisions affecting our desires and abilities to live healthier lifestyles.

Our members educate in the areas of nutrition, culinary skills, physical health, and basic agriculture, as well as work towards policy changes to make the healthy choice the easy choice in our community.

March - June 2022  
**Master Gardener's Seed to Supper at Spring St. Garden**  
 6 classes on basic gardening skills for community residents  
 Led by Master Gardener trainees in Aliquippa  
 Earth Day workshop with Sahli Nature Preserve

Summer 2021  
**Elementary School Garden**  
 Built by school maintenance department  
 4th grade teacher as "Garden Champion"



Photo credit: Erika Kauffman, Penn State Extension (a, b), Lindsay Soltis, Aliquippa Elementary School (c)

- Other Extension-Supported Projects**
- Greenhouse built by Crop & Kettle at Spring St. Garden
  - Herb Garden at Uncommon Grounds Cafe
  - Garden at B. F. Jones Memorial Library
  - Master Gardener scholarships for residents (4 completed)

## GARDENS

Food access begins with the basics.

# PROJECTS

The social determinants of health must be addressed alongside access.

## Healthy for Life® Cooking Classes

April & May 2022

at Aliquippa Jr./Sr. High School

Aliquippa Food Council volunteers and Penn State Extension staff provided skill building activities including cooking, nutrition, and food safety

Each participant received approximately \$200 in kitchen equipment / gift cards

16 participants completed program

d.

## The Produce Cart

Summer 2022

Regional fresh food mobile market

Collaboration between Aliquippa Food Council and Penn State Extension with Community Partnership in Butler

Online survey developed by Penn State Extension to assess day of week, time, location, and preferred food items from community

The Produce Cart to visit Aliquippa one day per week

e.



d.

Photo credit: Mary Alice Gettings  
Penn State Extension



e.

Photo credit: Sandra Curry  
Community Partnership



f.

Photo credit: Lillikae Shepherd  
Uncommon Grounds Cafe

## Aliquippa Wellness Festival

April 9, 2022

at Aliquippa Jr./Sr. High School

Collaboration between Penn State Extension, Aliquippa Food Council, Aliquippa Economic Development Corporation, and Aliquippa School District

Over 50 exhibitors representing healthcare, wellness education, and community organizations (incl. Heritage Valley Health System, UPMC, Gateway Health, and more)

Partnership with Darrelle Revis Foundation for a cardio-focused Fun Fest for all ages

Wellness Speaker Series ranging from fire safety to diabetes to food systems in Beaver County

f.

## Photo Captions

- a. Master Gardeners work in community beds at Spring St. Garden
- b. Students at the Elementary School gather around the plants
- c. The new greenhouse alongside raised beds at Spring St. Garden
- d. Aliquippa superintendent Dr. Woods poses during a cooking class
- e. The soon-to-be Produce Cart awaits its retrofitting
- f. The Steelers' Steely McBeam receives a massage from Aliquippa Food Council chair Palitha Olden at the Wellness Festival

Mary Alice Gettings, MS, RDN, LDN

Registered Dietitian/Extension Educator, State Program Team  
Co-Leader Health and Wellness Team

Erika Kauffman

Community and Youth Engagement Coordinator for Aliquippa  
Jen McKinley

4-H and Youth Development Educator

April Miller, MS, RDN, LDN

Registered Dietitian/Nutritionist, Program Assistant

Ginny Majewski

Former Master Gardener Coordinator/Master Gardener  
Volunteer

Craig Conforti

Client Relations Manager