



HEAL TEAM NEWS

SEPTEMBER 2023

September is Hunger Action Month!

The HEAL team is working to coordinate education and events to help mobilize our local community and point to the hunger & health needs of our neighbors. Find out more information below!

Why is this important?

32,900 individuals

are without reliable access to a sufficient quantity of affordable, nutritious food RIGHT NOW across our communities.



Peoria County 10.8% or 19,700 individuals
Tazewell County 8.1% or 10,750 individuals
Woodford County 6.3% or 2,450 individuals

Source: Feeding America Map the Meal Gap

Find the full list of events & education for Hunger Action Month at:
go.illinois.edu/HAM2023



Bridge Illuminated Orange for Hunger on September 1st - Thanks to Peoria Area Food Bank & Midwest Food Bank

Take steps to end hunger locally!

The second annual Tri-County Hunger Walk will be held at OSF Center for Health, 8600 Illinois, IL-91, Peoria, IL 61615. The goal is to raise awareness and support the hunger and health of our neighbors by donating healthy, shelf-stable food options to local pantries. We hope to have the community rally around this need and enjoy time with friends and family taking some steps to end hunger!

Walk Entry Fee: One healthy-shelf stable food item per walker. Donations will go to local pantries.

Saturday, September 30 @ 9am

WHEN PEOPLE ARE FED, FUTURES ARE NOURISHED!

2023 TRI-COUNTY
HUNGER WALK

PEORIA | TAZEWEILL | WOODFORD

Register & Find more information at:
go.illinois.edu/walk2023

For more information about HEAL, visit www.healthyhoi.org

PEKIN PEDESTRIAN AND BIKE PLAN

In January of this year, Pekin embarked on a year-long planning process to improve walking and biking conditions throughout the city. The first six months of the process were focused on gathering background data and information, analyzing current conditions, and learning from residents and stakeholders about their experience, their needs, and their vision for the future of active transportation in the community.

The Pekin Bike Ped Master Plan Is on a Roll!

Article By: Kevin Neil,
Lochmueller Group Reprinted
from Tri County Regional
Planning Newsletter

Staff Contacts: Tri County
Regional Planning Michael
Bruner and Reema Abi-Akar

Earlier this summer, the city and its project team transitioned to the second phase of the project focusing on network recommendations. From sidewalks and crossing enhancements to on-street bikeways and off-street trails, these recommendations will serve as the blueprint for investments in active transportation facilities that link residents to everyday destinations throughout the community, like schools, parks, retail, transit stops, and Downtown Pekin. In addition to physical improvements, the recommendations also include policies and programs centered on education, encouragement, engagement, and awareness.

Interested in learning more about what's on the table? The city will be hosting an open house on Thursday, September 28 to present the draft recommendations and gather feedback from attendees. You'll have the chance to provide your input on future trails, bike lanes, and sidewalks; weigh in on programs like build-a-bike programs for children and teens, safe routes to school, bike education courses, and walking tours through Pekin's historic downtown and surrounding neighborhoods.

TO LEARN MORE ABOUT THE PLANNING PROCESS AND SIGN UP FOR THE PROJECT MAILING LIST, VISIT THE PROJECT WEBSITE: WWW.TRICOUNTYRPC.ORG/PEKINBIKEPEDPLAN/

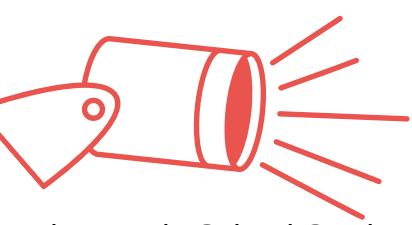
WALKING WEDNESDAYS



The HEAL Physical Activity Workgroup has developed a social media campaign highlighting the benefits of walking called: Take A Walk Wednesday.

The campaign will feature 8 separate social media posts on the Partnership For A Health Community (PFHC) Facebook page every Wednesday at 1:00 p.m. beginning September 6th – October 25th.





HEAL SPOTLIGHT

The Peoria School Garden Network was established in the Fall of 2022. The purpose of the Network was to provide support for the schools in both labor, garden education, and a source for collaboration.

We currently have about 11 school gardens in District 150. Some are pollinator gardens only, while others are veggie and pollinator gardens. These gardens support over 3,000 students. Since most of the peak harvesting months are while school is not in session, we are still able to provide our school families with the produce when possible, otherwise, we donate the extra to local food pantries.

We have a Facebook group called the “Peoria School Garden Network” where we celebrate the activities happening throughout the year.

We also provide Volunteer Garden Days once a month on the 3rd Tuesday starting at 4:30pm, rotating from school to school each month during the garden season.



Please contact me if you would like to help! We are always looking for volunteers or any guidance to help our schools sustain their gardens!

-Janet Ham (janetleeham@gmail.com)

LOOKING AHEAD



Throughout the month of December, Food Pantry Network - HOI hosts their annual 12 Days of Giving campaign. The goal of this campaign is to encourage donations of items requested the most by pantries: shelf-stable food, hygiene products, and winter attire.



#MOVEITMONDAYS is a health campaign which offers helpful and encouraging tips for integrating healthy habits into our daily lives by adding 10 minute movement break throughout your day.

