August 2025

Future HCC Meetings and Events

Membership Gathering: Next meeting will be September 3, 12:00 Noon – 1:00 pm. Martens Center, 1515 N. Market St, Champaign.
(Membership gatherings are typically the first Wednesday of the month.)

Board Meeting: August 27, 9:30–10:30 am. Community Foundation of East Central Illinois, 307 W. University Ave., Champaign.
Join via Zoom Meeting ID: 823 6028 7853 Passcode: 755778 *(Board meetings are typically the last Wednesday of the month.)*

Newsletter Publication Schedule: We aspire to publish this newsletter on the 3rd Wednesday of every month. Submissions for inclusion must be received by the 2nd Wednesday. Send submissions to HealthyChampaignCounty2016@gmail.com.

Coming Events and Opportunities from Participating Organizations

	Better Health Class Series at Salt & Light **Salt and Light** will be offering classes about health, physical activity, and nutrition that will include information and an opportunity to follow a recipe, prepare a dish, and sample it. These classes are **free**. You are welcome to sign up and attend as many as you'd like. They will be on Tuesdays and Thursdays from 4-6 pm. Sign up HERE. Special thanks to SNAP Ed for their partnership in offering these classes and facilitating them at Salt & Light. Send questions to Gwenna.
	Gardening Workshop Series **Sola Gratia Farm** is hosting a FREE gardening workshop series

	to build community growing skills and connect gardeners who want to help feed our community through the Solidarity Gardens network. Workshops will cover a variety of topics related to organic gardening using our Community Classroom as a laboratory. There is limited space at each workshop, so early registration is encouraged! More information about each workshop and links to register are below. Saturday 8/30, 2-3pm: **Seasonal Gardening Workshop**. Get the most out of the early spring and late fall seasons with tips and tricks for seasonal gardening. (Part of Sola Gratia Farm's Fall Gardening Fest!) Register for this workshop HERE.
	August is National Breast Feeding Month **Milk Moments: Lactation Support Group**, is a welcoming and inclusive space for anyone who is breastfeeding, chestfeeding, or lactating, and anyone in their support circle. This monthly event is held at the Champaign Public Library from 10:00 - 11:00 a.m. the second Monday of each month (October's meeting will be held on 10/6 due to the holiday). It is free with no registration required and led by our local WIC Breastfeeding Peer Counselors, Certified Lactation Specialists, and Certified Lactation Counselors. Learn more HERE. **Breast Feeding Supplies Drive** is being organized by the C-UPHD Breast Feeding Peer Counselor Program as part of National Breast Feeding Month activities. Donated items go to parents enrolled in the WIC Breast Feeding Peer Counselor program to help them achieve their breast feeding/ chestfeeding goals. Learn more HERE.
	Master Wellness Volunteer Program Are you passionate about helping others live healthier, more informed lives? Join the Master Wellness Volunteer Program through Illinois Extension! We're looking for local community members who want to make a difference by sharing trusted information about: wellness and healthy living, basic money concepts, and nutrition and food safety You don't need to be an expert, just willing to learn and share. We'll provide the training! Learn more HERE.
	**Herbs and Spices: Culinary Workshop** Registered dietitians, chefs, and food service professionals working in hospital and long term care facilities are invited to an educational workshop and cooking demonstrations on herbs and spices on September 26, 2025. Organized by ClarkLindsey and the UIUC Aging, Caregiving, and Technology

	Lab. Details are HERE.
	Voices of Experience: Food Insecurity Among Older Adults in Champaign County HCC and Sola Gratia, in collaboration with the Community-Academic Scholars Program from the UIUC Interdisciplinary Health Sciences Institute, guided two student-scholars in an exploration to better understand food-related challenges, needs, and preferences of seniors in Champaign County. The students, Rena Amarteifio and Lara Terpetschnig, worked with Health and Kinesiology Professor Minakshi (Mina) Raj, and presented their work at a recent showcase. They hope to do so at a coming HCC meeting. You can see their poster HERE.
	Community Meeting on OBBA This meeting will be to provide information about the budget bill passed by the U.S. Senate and House, and signed into law by President Trump on July 4, 2025. This budget bill slashes funding to many important health, food, and housing programs. CCHCC will provide information about the cuts to vital programs, why the cuts were made, when those cuts are expected to take effect, how they will impact our community, and what our community can do to mitigate the harmful impacts of these budget cuts. This meeting will be open to the public. Thursday, Sept. 11 at 6 p.m. at the Champaign Public Library.

In the News

POLITICO	**Policy megabill could reshape how people in rural and small towns access food** The deep cuts Congress and the Administration made to federal nutrition programs this summer are poised to devastate independent grocery stores that are central to many low-income communities. Read more HERE.

BBC Science Focus nature food

Only one country in the world produces all the food it needs

Only Guyana produces enough food to self-sufficiently feed all its citizens without foreign imports, according to new research. The study, published in *Nature Food*, investigated how well each country could feed their populations in seven food groups: fruits, vegetables, dairy, fish, meat, plant-based protein and starchy staples. Read the *BBC Science Focus* story HERE.

The New York Times

SNAP Food Program Linked to Slower Cognitive Decline in Older Adults

Adults who participated in the Supplemental Nutrition Assistance Program, or SNAP, experienced slightly slower cognitive decline over the course of a decade than those who were eligible for the program but did not enroll in it. The new findings, which have not yet been peer-reviewed, drew on data from

	the national Health and Retirement Study, which has tracked more than 20,000 adults over age 50 since 1992. Read the *New York Times* story HERE.
Stanford SOCIAL INNOVATION Review *Informing and inspiring leaders of social change*	**Channeling Change: Making Collective Impact Work** In the winter 2011 issue of *Stanford Social Innovation Review* we introduced the concept of "collective impact" by describing several examples of highly structured collaborative efforts that had achieved substantial impact on a large scale social problem. The complex nature of most social problems belies the idea that any single program or organization, however well managed and funded, can singlehandedly create lasting large-scale change. More and more people, however, have come to believe that collective impact is not just a fancy name for collaboration, but represents a fundamentally different, more

	disciplined, and higher performing approach to achieving large-scale social impact. Read more HERE.

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This information has been provided by **Healthy Champaign County** (HCC), a coalition of organizations and community members working to ensure opportunities for active living and sustainable, accessible, and healthy food environments for our neighbors in Champaign County.

Learn more about Health Champaign County

If you wish to be added or removed from this mailing list, send a message to HealthyChampaignCounty2016@gmail.com.