

Schedule a healthy grocery store tour for your group!

Learn how to **SHOP** healthier so you can
EAT healthier!

**GOOD
FOOD
HERE**
EAT RIGHT OHIO



Choose from these topics:

- Healthy shopping tips
Food label reading
- Holidays & special events
- Specific dietary needs

Oberlin IGA

331 E. Lorain St

To schedule your group's
no cost tour contact Alison

Knight, Registered
Dietitian at Lorain County
Health & Dentistry at:

(440) 240-1655 ext. 1751

or

[Alison.Knight@lorainhealth
-dentistry.org](mailto:Alison.Knight@lorainhealth-dentistry.org)



Questions?
Call OCS
(440) 774-6579



OBERLIN COMMUNITY SERVICES

FOOD DISTRIBUTION SATURDAY, DECEMBER 9, 2017 10:30am-1:00pm



Please bring ID, address verification and grocery bags

For residents of Oberlin, Wellington, Lagrange, and the townships of New Russia, Carlisle, Kipton, Brighton, Lagrange, Penfield, Camden, Huntington, Rochester, Pittsfield and Wellington

285 South Professor Street, Oberlin, OH 44074
440.774.6579 www.oberlincommunityservices.org

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OBERLIN COMMUNITY SERVICES

FOOD BULLETIN

We are in need of
**COFFEE, TEA, CORNBREAD MIX
TOILET PAPER**



We thank you for your help

We will be collecting these and other items you wish to donate during December. Items may be brought to OCS Monday-Friday between 9 am - noon and 1-5pm. Please call if you have questions or need assistance. We appreciate your generosity!

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