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NEW HOURS:
We are open later on Wednesdays to accommodate working clients. Distribution is from 1:30pm until we close at 6pm.

PUBLIC BENEFITS MADE EASIER

Cuyahoga Job and Family Services (CJFS) wants to make it easier for you to reach them and get the services you need. Over the summer, you may have noticed that your benefits were no longer assigned to a specific caseworker. This is to serve you better. You can now reach a caseworker Monday—Friday from 8:00 am—4:00 pm by calling the Contact Center at 1-844-640-OHIO (6446). When you call, you should be able to speak to a caseworker. CJFS will now work with you as a team to address your needs.

You can apply, renew, or make changes to your Medicaid, Food Assistance, or Cash Assistance benefits by calling the above number. You will also receive a notice confirming when it is time to renew your benefits and the notice will tell you to call the contact center. You can also check the status of your benefits at 1-844-640-OHIO (6446) 24-hours a day by using the prompts. You will need your social security number and date of birth.

These changes were made to improve CJFS's services to you!



MEDICAL ASSISTANT



FREE PRODUCE at the SCHOOL MARKET!!!!



Maple Intermediate School, Maple PTA, and The Greater Cleveland Food Bank are partnering to offer a produce market at Maple Intermediate School on **Tuesday, September 25th from 4:00—6:00 PM.**

You are invited to stop by and receive a variety of seasonal produce. The market is **FREE** and open to anyone.

You do not need to have a child enrolled in the district to attend .

Please note that due to school dismissal, produce CANNOT be distributed prior to 4:00pm.

Maple Intermediate School
24101 Maple Ridge Road
North Olmsted, OH 44070

Questions? Email for info:

MapleProduceMarket@gmail.com

Cabbage Beef Soup



Ingredients:

2 TBSP vegetable oil
 1 pound ground beef
 1/2 large onion, chopped
 5 cups chopped cabbage
 2 (16 oz) cans red kidney beans, drained
 2 cups water
 24 oz tomato sauce
 4 beef bouillon cubes
 1 1/2 tsp ground cumin
 Salt & pepper to taste

Directions:

1. Heat oil in a large stockpot over medium high heat. Add ground beef and onion and cook until beef is well browned and crumbly. Drain fat and transfer beef to a slow cooker. Add cabbage, kidney beans, water, tomato sauce, bouillon, cumin, salt, and pepper. Stir to dissolve bouillon. Cover.

2. Cook on high setting for 4 hours, or on low setting for 6-8 hours. Stir occasionally. Enjoy!!

You can also cook this on low heat on stovetop for 2 hours.

Nutritional Facts:

Per serving (10 servings per pot):

211 calories
 8.7 g fat
 20.3 carbs
 14.1 g protein
 28 mg cholesterol
 1154 mg sodium

“Responsible Dog Ownership Day encourages you to make a promise, not just to your loyal hound, but to all of those who may be affected by him.”

FREE DOG FOOD!!

Saturday September 15, 2018 is Responsible Dog Ownership Day!! In honor of this special occasion that promotes responsible dog ownership, we are distributing FREE dog food to clients on Thursday, September 20th and Thursday, October 4th. These are special distributions that require you register in advance. If you are interested in the food, it would be a 38 pound bag of chicken and rice dry

food for dogs.

If there is, or soon will be, a canine companion in your life, Responsible Dog Ownership Day encourages you to make a promise, not just to your loyal hound, but to all of those who may be affected by him. Dogs bring many benefits into our lives and to ensure they remain healthy, happy and safe; we need to be on the look out for their well-being and the well-being of those around them. Many do not take into consideration all the care involved when taking in a canine

companion. Their size, energy, medical care, temperament, and many other needs are the dog owner's responsibility. We encourage YOU to be a responsible dog owner! **To register for this FREE dog food promotion, please call 440.716.4165 by Thursday, September 13th for the September pick-up and call by Wednesday, September 26th for the October pick-up. Quantities are limited; one per household.**



Responsible Dog
Ownership Day
www.NationalDayCalendar.com

Third Saturday
in September