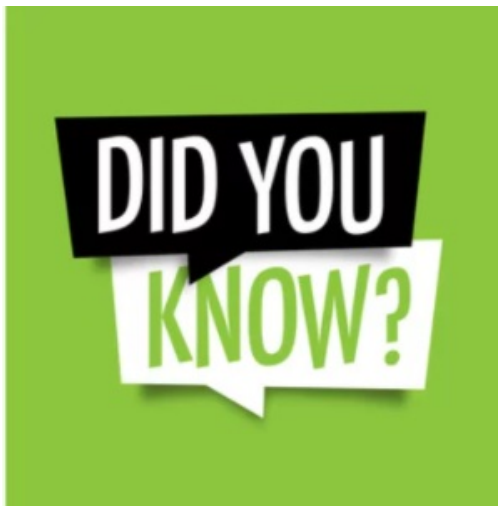




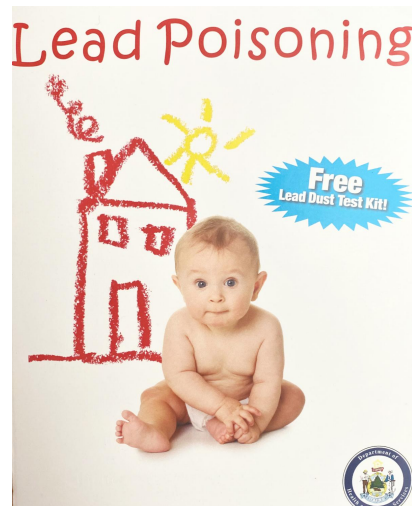
July 2021

MONTHLY NEWSLETTER



MYTH: Marijuana is all natural.

FACT: There are various forms of marijuana, including several synthetic forms with unpredictable content. Often promoted as “all-natural,” marijuana smoke contains more than 400 chemicals. To more information on the myths and facts of marijuana, visit the [Prevention Technology Transfer Center Network \(PTTC\)](#)



Request a FREE Lead Test Kit.

Do you live in a home that was built before 1950? And do you have young children, or are you expecting a new baby?

If you answered yes to both of these questions, order a free lead dust test kit. This easy test is a great way to find out if you have dust from lead paint in your home so you can take some simple steps to keep your child safe from lead.

[Request a FREE lead test kit now.](#)

Five things to know about P-EBT & Summer P-EBT in Maine

What is P-EBT and Summer P-EBT?

1

P-EBT is a new federal nutrition program that provides a small grocery benefit for families to purchase food. P-EBT was first available in 2020 for families with school-aged children, and the benefits were extended in 2021 to include some families with young children (ages 0-6) as well. A similar benefit, called Summer P-EBT will be issued in September to all eligible children in Maine.

How much is the P-EBT and Summer P-EBT benefit?

2

Each eligible child receives \$6.82 for each school day in which in-person learning was impacted due to the pandemic during the 2020-2021 school year. The total benefit will vary with a maximum benefit of about \$34 per child, per week. Summer P-EBT benefits will average \$375 per child for the full break and will be issued in September 2021 retroactively.

Who qualifies for P-EBT & Summer P-EBT?

3

P-EBT is for students who qualify for free or reduced-priced school meals, including all students attending a school using options like the Community Eligibility Provision (CEP) to offer universal free school meals. A student must also be in a school whose predominant learning model was virtual or a hybrid model due to pandemic-related school closures or schedule changes. In the 2020-2021 school year, most children under the age of six in families participating in SNAP/Food Supplement are also eligible for P-EBT benefits if nearby schools are virtual or hybrid. All children under the age of six enrolled in SNAP and school-aged students enrolled in free or reduced-priced school meals may also be eligible for Summer P-EBT.

How do families receive P-EBT and Summer P-EBT benefits?

4

Most eligible children receive P-EBT benefits automatically. Students must be enrolled in free and reduced-price school meals and/or enrolled in SNAP. Young children are eligible if they are in families with SNAP. Text the word "food" to 74544 to find out if you may also be eligible for SNAP.

Do families need to apply for P-EBT and Summer P-EBT benefits?

5

While P-EBT benefits are automatically provided to most eligible children, it is important for families with school-aged children to complete a school meal benefit application for each school year and to make sure the school has the correct mailing address.

To learn more, visit: FeedKids.me

Teen program

This summer the Teen Program at Saco Parks and Recreation are participating in our 10 Tips For Teen SNAP-Ed Classes. This program includes four lessons that focus on increasing the knowledge and skills for teens to make

healthy choices. Our third class titled Teens Shop, Cook, and Eat focused on junk food advertising strategies and their impact on youth eating and purchasing behavior and health. Along with helping campers to gain the knowledge and skills to make healthy choices at restaurants, convenience and grocery stores, or fast-food places. As part of class we made our own healthy advertisements. Some of the great work the Teens produced is included in this picture.



To learn more about our youth programs please reach out to mletendre@une.edu.

Community Partner Recognitions

Welcome Morgan!

Morgan Bates has joined our team as CHCC's new Project Coordinator. Morgan is a recent graduate of the University of New England with a BS in Public Health and minors in both Health, Medicine & Society, and Health, Law & Policy. Morgan has worked with the Kennebunkport Public Health Department as an intern, developing a needs and assets report evaluating the town departments and how community members were utilizing them. She also contributed articles about important health topics in their monthly newsletter.

Morgan has worked with the Biddeford BLAST developing an educational program surrounding healthy eating strategies and trying new foods for both the students and the parents. We are excited to have you onboard, Morgan!



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Connect with us

