



We seek to build self sufficiency through opportunities and transform lives through education, job training, and local job growth including entrepreneurship. Since Reeb Elementary School was built in 1904, it has been serving the changing needs of its neighbors.

DECEMBER, 2016

NEWS FROM THE HUB OF HOPE



The Market at South Side Roots offers accessibility to quality fresh foods at an affordable price. This includes fresh fruits and vegetables, meats, dairy and eggs, bread, dry goods, and a collection of household products. Grab & Go items are available whenever the market is open. The market is open Monday through Friday from 8 am to 7 pm and is closed on weekends. Payment can be done with cash, credit/debit card, or SNAP benefits. If you are a SNAP benefit holder, you can spend \$5 from your SNAP EBT card on eligible fruits and vegetables and receive a \$10 reward card that can be used right away to purchase more eligible fruits and vegetables. Eligible fruits and vegetables are fresh, frozen, canned, or dried but without any additional flavorings or added sugars. South Side Roots is part of the Mid-Ohio Foodbank. The Market gets some of its produce from Clarfield Farm, the year-round urban farm located on Groveport Road and run by the Foodbank.

South Side Roots Café offers fresh, home-cooked meals for lunch Monday through Friday 11 am to 3 pm. The menu changes with the seasons depending on what produce is available. Soups, salads, sandwiches, and flatbreads are all made to be healthy and delicious using quality ingredients. Menu items are pay-what-you-can so that good, nutritious food is affordable for ALL of our customers. If you are unable to pay the listed price for your meal, you may give your time in service. If you are able to pay more, you may “pay it forward” for your neighbor to enjoy a meal.

Roots hosts a weekly community meal on Tuesdays from 5:30 to 7:30 in the Café area. There is no charge and it is a great time for residents of the South Side and beyond to come together.



WINTER SQUASH available at the Market in December:

Winter squash are different from summer squash (zucchini and yellow crookneck). Winter squash are allowed to mature on their vine, then stored for the winter. The skin is a shell and is hard and inedible but it lets the squash be kept for long periods of time.

Spaghetti squash is shaped like a large egg with yellow or green-yellow skin. The pale-yellow flesh can be fluffed into stringy, pasta-like threads and is high in fiber. It has a very mild flavor and is not very sweet. After cooked and fluffed, it can be used instead of spaghetti pasta in a lot of meals. Acorn squash is acorn-shaped and is dark green. It may become orange on the outside as it ripens more. The flesh is yellow. It is high in vitamins A and C, naturally sweet, and high in dietary fiber. Using a sharp knife, start at the stem end and cut the acorn squash in half, scoop out the seeds. It can be sliced and roasted with the skin on.

Butternut squash has a beige shell and yellow-orange flesh inside and is related to the pumpkin. It is very nutritious — full of vitamins A and C and is naturally sweet. To prepare a butternut squash, use a sharp knife to cut the ends off, then cut the squash in half, just where the thinner end begins to widen out. [The seeds are only in the wide end; the thin part is solid flesh.] Use the knife or a sharp peeler to remove the outer peel; remove everything until only orange flesh is showing. Cut the fat end in half and scoop out the seeds with a spoon. Cut the flesh into 1 inch cubes. Line 1 or 2 baking sheets with foil and spread the cubes evenly on them. Sprinkle the cubes with 1-2 teaspoons of cooking oil and salt and pepper. Toss the cubes to coat. Preheat the oven to 400 degrees F. Roast the squash for 30 to 40 minutes, stirring once halfway through, until the largest pieces are tender when stuck with a fork. The roasted squash can be eaten alone, pureed for a soup, or added to grains such as cooked rice or farro.

Godman Guild

The Godman Guild was started by a group of neighborhood activists in 1900 in Flytown, a 25 block area north of downtown Columbus between Neil Avenue and the Olentangy River, now part of the Arena District and Victorian Village. Flytown was home to many working class immigrants. The Guild was named after Henry C Godman of the Godman Shoe Company after he donated money for a building where the Guild provided English classes, employment opportunities, and programs and activities for boys and girls.

Godman Guild continues to provide education services in the city and offers free adult education, GED, and college prep classes at the Reeb Avenue Center. Students enter the program by first attending a required orientation session. Students who choose to enroll will complete enrollment paperwork, take a diagnostic pre-test (Test of Adult Basic Education), participate in student success activities, and have a one-on-one meeting with their instructor. For additional information, please call 614-294-5476.

Godman Guild offers a "Pathways to Work" simulated work program where you earn a paycheck while you get valuable work experience. In order to qualify for the program, you must complete the Economic Empowerment Orientation which will be held on December 5-6, 2016 at the Reeb Center from 9:00 am to 3:00 pm. For more information call Ray Miller, Outreach Coordinator, at 614-294-5476 extension 144, or email career-path@godmanguild.org. In addition, Job boards are located on the first floor of the Reeb Ave Center.

Adult Education, GED, & College Prep Classes

Reeb Ave Center

Orientation: Jan 18, Mar 7, Apr 25

9 am-12 pm for the morning class

4:30 pm-7:30 pm for the evening class

You must be present for the full 3 hours to complete orientation for the classes. No pre-registration is required but you must be on time. Only the first 15 people to arrive to an orientation session will get to participate in the upcoming class

Morning Class meets Mon, Tue, Wed, Thu
from 9 am—12 pm

Evening Class meets Mon, Tue, Wed
from 4:30 pm—7:30 pm

Childcare slots may be available with South Side Learning and Development Center. Call 614-444-1529 ASAP for additional childcare information.

Pathways to Work

Economic Empowerment Orientation

December 5-6 2016, 9:00 am to 3:00 pm

Reeb Center

Resource Partners

School-aged Youth

Boys & Girls Clubs of America
Eastway Behavioral Healthcare

Early Learning

South Side Learning &
Development Center

Adult Learning and Job Training

Alvis House
Digital Works
Godman Guild Association
OSU Extension
St Stephen's Community House
Amethyst
House of Hope

Community Connection and Health

South Side Roots Market and
Café (Mid-Ohio Foodbank)
Community Development for All
People
Lutheran Social Services of
Central Ohio
City of Columbus South Side
Neighborhood Pride Center



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