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To: [Kylie@midwestfoodieblog.com](mailto:Kylie@midwestfoodieblog.com)  
From: [JourneyPR@gmail.com](mailto:JourneyPR@gmail.com)  
Date: Dec. 2, 2022  
Subject: Working with the Care for Cooking Event

EMAIL BODY:

Greetings Kylie,

I found your blog post "30 Minute Meals" very inspiring for families in need of quick and nutritional meals. Quick and easy meals are a necessity for all families, especially families in need, looking to find the balance between working to provide for their families and finding the time to cook. I am working with the Family Care and Cooking event with Beyond90 and Publix to help refugee families learn quick and affordable meals while adjusting to a new culture. This event is a food donation and cooking class event that could help these families become more self-sufficient and confident in building their new lifestyle.

I would love to work together to increase the attention for the Family Care and Cooking event and possibly incorporate some of your recipes within the event. I think a great way to spread awareness would be a blog post sharing the event and some recipes you'll be sharing with the cooking class.

If you are interested in working together or wanting to learn more, you can email me here at [journeypr@gmail.com](mailto:journeypr@gmail.com), or my phone number, (904)-240-5821.

Thank you,  
Journey Jarrett



**Mohammad Davis (right) and Aabroo Davis (left) speak to Beyond90 volunteers on June 1, 2019 outside of the Jacksonville International Airport (JAX) as they await their housing assignment.**



### **Refugee Aid Crisis—Fact Sheet**

- In 2022, over 25,500 refugees have already entered the United States.
- Each year, around 500 refugees resettle in Jacksonville, Florida and the surrounding areas.
- Over 250 Afghan refugees resettled in Jacksonville in March 2022, and over 300 Ukrainian refugees are expected to arrive in Jacksonville throughout 2023.
- Refugees receive 90 days of resettlement aid from the U.S. government.
- This aid includes some financial help, low-cost living placement and a few other basic living necessities.
- Three months is not nearly enough time for refugees to transition from refugee camps to society, learn a new language and find stable work to support a family.
- After the 90 days, many refugees are left ill-prepared and uninformed, making adjusting to life in America even more difficult.
- Refugees are often provided with run-down, unfit housing and live in unhealthy conditions because they do not have the means to provide for their families and afford adequate housing.

- Most refugees—especially those who have recently arrived—cannot afford or do not have access to medical insurance, including dental care, general medicine and other health care.
- Not only are the area, people and culture foreign to newly arriving refugees, but also the food and ingredients that they can find in the stores.
- Many refugees struggle to provide their families with healthy, nutritious meals because they do not know how to cook with the food available to them

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## CARE AND COOKING AT PUBLIX

Nicole Scarbrough  
Publix Communications Officer

Here at Publix, we embrace what makes people who they are. We support homemakers and entrepreneurs, teachers and public servants. We support people of all shapes and sizes, and our greatest honor is helping them bring their culinary dreams to life.

Publix has been a part of the Jacksonville community since 1971, and as an organization, we have donated \$2 billion worth of food since 2009. Part of maintaining our dedication to both service and our community is enriching the community in any way we can. We consistently establish partnerships with local Jacksonville companies and encourage team members to serve through community service and community outreach efforts.

Partnering with Publix goes both ways, and our partnerships with non-profit organizations in the Jacksonville area have provided the community with a plethora of resources. With Beyond90, we intend for such a trend to continue. Publix recognizes the hardships taken on by refugees and their families on their path to life in the United States. In fact, our locations serve many of these families across Florida and beyond.

We also recognize the rising cost of living and the strain that such a cost ultimately inflicts on refugees and their families. This acknowledgment provoked our decision to not only work with Beyond90, but to provide refugee families with groceries at no cost during the Care and Cooking