



THE HELPING CENTER

CLIENT NEWSLETTER

AUGUST 2022

NOTICES & COMING EVENTS

OUR MISSION:

The Helping Center of Marble Falls provides nourishment and limited financial support to our neighbors in need in a dignified and hope-filled setting. As a unified community of Christians, we also offer opportunities for education, fellowship, and referrals providing a path to self-sufficiency.

NEED HELP? WANT TO HELP?

Hours of Operation

M-F 9:30 am - 1:30 pm (food/assistance)
Tues 5:00 pm - 7:00 pm (food)
Thurs 5:00 pm - 7:00 pm (food)

Physical Address

1016 Broadway, Marble Falls TX 78654

Mailing Address

P. O. Box 402, Marble Falls TX 78654

Phone | 830-693-5689

Website | helpingcenter.org

Facebook | [Marble Falls Helping Center](https://www.facebook.com/MarbleFallsHelpingCenter)

Instagram | [thehelpingcenter](https://www.instagram.com/thehelpingcenter)

AUGUST HOURS

The Helping Center will be open during all regular operating hours (no closures for the month).



Follow The Helping Center on Facebook, Instagram, or our website for information on cooking demos, events, operating hours, and closures.

Back to School!

The Helping Center wishes to extend God's blessings to all students returning to school. May He provide you with opportunities for growth, learning, & friendship.

COOKING DEMO/GIVE-AWAY | Friday, August 12, 9:30am – 1:30 pm
Join us at our Water Bar, where we will offer all-you-can-drink glasses of water infused with flavors from whole fruits and vegetables. Take home a free pitcher to stay hydrated at home!

WELL-KID PHYSICAL EXAMS | Have you remembered to take your child to the doctor for an annual physical? Healthcare providers report that many families have gotten behind due to COVID-19 and economic factors. Low-cost options for exams can be found at the Ascension Seton Care-A-Van or Lone Star Circle of Care. For Care-A-Van appointments, call 512-738-0625. For Lone Star Circle of Care, call 1-877-800-5722 or stop by the clinic at 802 Avenue J, Marble Falls.

UPCOMING CLASS! "A FRESH START TO A HEALTHIER YOU" | The Helping Center partners with Texas A&M AgriLife to bring you this practical NEW series. This 4-session class will feature information about food safety, meal planning, stretching food dollars, and healthy snacking. Classes will be from 10:00-10:30 am at The Helping Center on September 8, October 13, November 10, and December 8. Information booklets and give-aways will be provided. A translator will be onhand for Spanish speakers. Those who attend all 4 classes will receive a certificate of completion and a \$25 HEB gift card. Join in the fun and bring a friend!

CONGRATULATIONS to our LEARN for LIFE Scholarship winners! Recipients Jasper Meza, Amy Najera, and Mariela Suarez will each receive \$2,000 toward books and tuition for the 2022-2023 school year. This program is underwritten by The Club at Horseshoe Bay Resort 2021 Mah Jongg Tournament. Best wishes Jasper, Amy, and Mariela as you begin your college careers!

LITTLE FREE LIBRARY | Don't forget the NEW little free library we've installed in front of our building. The purpose of the library is to encourage kids to read. Take a moment to bring a child to the library to take a book or leave a book for others to enjoy.

BACK TO SCHOOL BLAST | Saturday, August 6, 8:00 am – Noon | The Helping Center will be on hand at the Back to School Blast! Our representatives will distribute free re-useable Helping Center tote bags to help kids round up free giveaways. Marble Falls Middle School, 1511 Pony Drive. See B2SB.info

SHOPPING ON A BUDGET

Here are some ideas to make the most of every dollar you spend on food:

- Plan meals ahead of time.
- Make a shopping list, and stick to it.
- Shop only once a week, and never shop when you are hungry!
- Pick the grocery store with the lowest prices. Convenience store food usually costs more and is less nutritious.
- Check for sales and use coupons.
- Buy store brands which usually cost less.
- Buy things you use a lot in bulk. Share cases of food with a friend or neighbor and split the price.
- Buy family packs of meats and cheeses. Split them into smaller portions and freeze.
- Plan a meal or two each week around beans rather than meat. Beans cost much less than meat and are better for you.

- Adapted from literature from Texas WIC