



THE HELPING CENTER

CLIENT NEWSLETTER

OCTOBER 2022

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](#)

Instagram | [thehelpingcenter](#)

OCTOBER HOURS

The Helping Center will be closed on Monday, October 10 in observation of Indigenous Peoples' Day.



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

Welcome Fall!

Cooler temperatures offer the opportunity to spend time outdoors. Activities such as walking or running help to control weight and improve our mental state. Grab a friend, step outside, and enjoy our beautiful Hill Country landscape today!

NOTICES & COMING EVENTS

HELP FOR HEARING LOSS | Thursday, October 6, 9:30–11:00 am | Do you have trouble hearing phone conversations? Karen Peebles of CaptionCall will be on hand to provide a live demonstration of captioning phones at NO COST for qualified individuals. How do you qualify? - If you feel you need captions to use the phone more effectively, you are qualified! The phone, home installation, and ongoing use are all FREE.

CLASSES CONTINUE: "A FRESH START TO A HEALTHIER YOU" | Thursday, October 13, 10:00–10:30 am | The Helping Center partners with Texas A&M AgriLife to bring you this practical NEW series. This 4-session class focuses on food safety, meal planning, stretching food dollars, and healthy snacking. Classes will be from 10:00-10:30 am at The Helping Center on October 13, November 10, and December 8. Information, samples, and give-aways will be provided. A translator will be present 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!

COOKING DEMO/SAMPLES | Tuesday, October 18, 9:30 am–1:30 pm Are you rushed in the mornings? Don't want to cook? Overnight Oats are a genius way to start your day off right. Taste a sample and take home a canister of rolled oats to try at home. Perfect for on-the-go or kids!

RECIPE OF THE MONTH | With this month's focus on fiber, we repeat our recipe for Heart-Healthy Oatmeal Cookies. This delicious cookie is easy and flourless, low in fat and sugar, and full of protein and fiber. Simply delicious!

A WORD ABOUT DIETARY FIBER

"Eat more fiber." You've probably heard it before. But do you know why fiber is important for your health?

As it turns out, fiber can have many benefits. It can help you to:

- Maintain a healthy digestive system
- Maintain a healthy weight
- Reduce blood pressure and inflammation
- Live longer. Studies show that increasing your fiber intake is associated with a reduced risk of diabetes, heart disease, and all cancers.
- If you are diabetic, soluble fiber (like that found in oats, peas, beans, apples, citrus fruits, carrots and barley) can help improve your blood sugar levels.

Foods to eat:

- Jump-start your day with a breakfast cereal that has more than 5 grams of fiber per serving. Choose cereals with "whole grain", "bran", or "fiber" in the name.
- Grains: look for breads that list whole wheat, whole wheat flour, or another whole grain as the first ingredient on the label. Try brown rice, wild rice, barley, whole wheat pasta, and bulgar wheat.
- When baking, substitute whole-grain flour for half or all of the white flour in the recipe.
- Legumes: Beans, peas, and lentils are excellent sources of fiber. Add rinsed kidney beans or black beans to canned soup or a green salad.
- Fruits & Vegetables: These are rich in fiber, vitamins, and minerals. Try to eat 5 or more servings each day.
- Snacks: Choose fresh fruits, raw veggies, low-fat popcorn, whole-grain crackers, or a handful of nuts or dried fruits. All are rich in fiber.