



THE HELPING CENTER

CLIENT NEWSLETTER

JANUARY 2023

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)

JANUARY HOURS

The Helping Center will be closed on January 2 in observance of New Year's Day. We will also be closed on January 16 in celebration of Martin Luther King Day.

*The Helping Center
wishes you a blessed
2023!*



COOKING DEMONSTRATION | WEDNESDAY, JANUARY 18 | We continue our healthy eating series with a cooking demo and samples of Chef John's Chicken & Vegetable Soup. Learn how to make this tasty recipe using ingredients from the pantry. *Take home a FREE pot!*

RECIPE OF THE MONTH | This month's recipe is for Baked Sweet Potato Fries. Start the New Year with this easy dish that is high in fiber and low in fat!

SAVE THE DATE | "BE WELL, LIVE WELL" | 4 CLASSES | The Helping Center partners with Texas A&M AgriLife to bring you this 4-class series. Mark your calendar for the following Thursdays from 10:00-10:30 am: February 23, March 16, April 20, and May 18. Topics include food labels, meal planning, and healthy lifestyles. Information, samples, and give-aways are 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!

CONNECT TO HOPE | YOU ARE NOT ALONE. HELP IS AVAILABLE. | If you or someone you know needs help, connect to hope. Call or text #988, or chat at 988lifeline.org, to speak to a trained crisis counselor 24/7/365.

ABOUT THE HELPING CENTER

The Helping Center is honored to serve the hungry in our community. Read on to learn more about how we served YOU in 2022:

- o *Served clients 14,000 times, distributing 500,000 pounds of food*
- o *More than 50 dedicated volunteers worked over 7,500 hours*
- o *Serve as a delivery hub for other area food pantries*
- o *Sponsored by 10 local churches*
- o *Supported with donations from local citizens, civic groups, and corporations*
- o *Our LEARN for LIFE education program features cooking demos, nutrition education, health education, kids' literacy and food outreach, the birthday bag program, seasonal pastor visits, a scholarship program, & more.*

A TIME OF RENEWAL

The new year can be a time for renewal. Consider these small changes that can reap big rewards:

- o *Diet: A diet rich in fruits and vegetables, whole grains, fish, nuts, legumes, and lean proteins leads to better health and quality of life.*
- o *Sleep: Many issues can be traced to a poor night's sleep. For the best rest of your life, establish a regular bed time, limit caffeine and alcohol in the evening, and limit before-bed screen time.*
- o *Exercise: Take time to walk! A published study found that tired women who climbed stairs for 10 minutes got a bigger energy boost than those who had a can of soda or half a cup of coffee. And, they burned calories, too. You got this! – get started today.*
- o *Positive outlook: Researchers conclude that positive thinking may increase life span, reduce the risk of critical illness, result in lower levels of depression, and improve physical and mental well-being. Look for next month's newsletter, where we will discuss ways to identify and reduce negative thinking in your life.*