



THE HELPING CENTER

CLIENT NEWSLETTER

SEPTEMBER 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)

FOLLOW US / LIKE US:

Remember to follow us on Facebook or Instagram for general information, newsletters, and updates. We LIKE your "likes"!

SEPTEMBER HOURS

The Helping Center will be closed on Monday, September 4 in observance of Labor Day.



Labor Day honors workers & recognizes their contributions to society. Labor Day became a Federal Holiday in 1894!

HEALTHY CARBS CLASS | Thursday, September 7 | 10:00 - 10:30 am

The Helping Center and Texas A&M AgriLife present this 4-class series on September 7, October 5, November 2, and December 7. Ever wonder about how many carbohydrates you should eat? This class is for those wanting to learn more about how to prevent chronic disease (specifically diabetes and obesity) through nutrition practices. We will talk about how much, how to balance, and the different ways to incorporate carbohydrates into meals. Bring a friend and take home a \$10 gift card for attending!

"MONEY MATTERS" CLASS | Thursday, September 14 | 10:00 - 11:00 am

The Helping Center partners with Cadence Bank to bring you the last class in this series. Topics will include:

- budgeting for living expenses & building a rainy-day fund
- paying off loans & addressing bad credit
- bank accounts and more.

Bank representatives will give 30-minute presentations with time afterward to answer questions or provide one-on-one counseling. This class is open to the public, so bring a friend! Light refreshments will be available, and EACH ATTENDEE WILL RECEIVE A \$10 GIFT CARD AT THE END OF EACH CLASS.

SMOOTHIES IN SEPTEMBER | Tuesday, September 19 | 9:30 am - 1:30 pm

Back by popular demand, The Helping Center will offer samples of fruit smoothies in the client shopping area. Take home a recipe card and a FREE personal blender to make your own smoothies at home! This event will include a special guest from Texas A&M AgriLife who will offer an additional giveaway item.

GETTING AHEAD | Workforce Network Inc. will begin a 20-class series on ways to get ahead in a "just-gettin'-by world". If you are committed to a fresh start for your life, consider this class which will begin on September 26. To reserve a spot, call 361.533.2462 or email fcthird@gmail.com

SAVE THE DATE | Flu Shot Clinic | Wednesday, October 18 | 9:30 am - 1:30 pm

DON'T GET THE FLU! To help you stay healthy, The Helping Center will host Atkins Pharmacy for this flu shot clinic. Stop by our registration table before you shop to get your flu vaccine. To participate, bring your I.D. and insurance card or Medicare/Medicaid card. Over 50 and uninsured? - check in with us to discuss how to get a FREE flu shot.

SHOPPING ON A BUDGET

Here are some ideas to make the most of every dollar you spend for 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 family member or friend and split the cost.
- 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