



THE HELPING CENTER

CLIENT NEWSLETTER

NOVEMBER 2023

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](#)

FOLLOW US / LIKE US:

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

NOVEMBER HOURS

The Helping Center will be closed on Friday, November 10th in honor of Veteran's Day.

We will also be closed on November 22, 23, and 24 to observe Thanksgiving.



NOTICES & COMING EVENTS

HEALTHY CARBS CLASS | Thursday, November 2 | 10:00 - 10:30 am

Ever wonder how many carbohydrates you should eat? The Helping Center and Texas A&M Agrilife present this nutrition series continuing on November 2 and December 7. 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!

HOLIDAY FOODS | The Helping Center will distribute Thanksgiving food items from Monday, November 13 through Tuesday, November 21. Note that we WILL be open on Tuesday evening, November 21, from 5:00-7:00 pm.

HELP US, HELP THE ENVIRONMENT! | We use thousands of plastic bags and egg cartons each month. Help us out by returning your used bags and cartons when you come to shop. Thank you!

RECIPE OF THE MONTH | This month's featured recipe is for delicious, heart-healthy "White Chicken Chili". Ask for a copy of this tasty recipe at the front desk.

DID YOU KNOW? | For the third year in a row, The Helping Center's LEARN for LIFE Education Program will treat families of the Marble Falls Boys and Girls Club with its "Thanks-Giveaway!" outreach. About a week before Thanksgiving, THC volunteers distribute bags of Thanksgiving foods to families, along with a turkey, ham, or chicken. Just another way The Helping Center serves our community!

NEW at The Helping Center! | We are excited to announce that The Helping Center has installed a donated mosaic art work, "Deep In The Heart of Texas", in the reading area in front of our building! Families are encouraged to stop by for a photo op and a book from our Little Free Library. A "seek and find" booklet can be checked out at our front desk to help parents and kids explore the art and native plants.

ABOUT PROCESSED FOODS

If you watch the news, you've probably heard something negative about processed foods. But what exactly are processed foods, and are they really all that bad for you?

What you should know is that some foods are more processed than others. Here's how the Academy of Nutrition and Dietetics ranks processed foods:

- **Minimally Processed:** For example, foods such as blueberries, cut veggies, and roasted nuts are simply prepped for convenience.
- **Processed at Peak:** Foods such as tomatoes, tuna, and frozen fruit and vegetables can be processed at their peak to lock in nutrition and freshness.
- **Added for flavor or texture:** Foods may have sweeteners, spices, oils, colors, or preservatives added. Examples include canned pasta sauce, salad dressing, yogurt, and cake mixes.
- **Ready-to-eat:** Foods such as crackers, chips, and deli meat are more heavily processed.
- **Heavily Processed:** Examples include foods like frozen pizza or microwave dinners.

If we look at the list above, we should know that the further down the list we go, the options become less healthy. Eating processed food on occasion is fine – however, processing adds sugars, fats, and salt that increase calories and lead to chronic health conditions. When in doubt, read the nutrition label and make the choice to eat whole foods.

-Adapted from information by Mayo Clinic and WebMD