



THE HELPING CENTER

CLIENT NEWSLETTER

DECEMBER 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](https://www.facebook.com/MarbleFallsHelpingCenter)

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

DECEMBER HOURS

We will close at noon: December 15
We will be closed: December 25 & 26
Open normal hours: December 27, 28, 29
We will be closed: January 1

*The Helping Center
wishes you a blessed
Christmas!*

"The angel said to them, 'Do not be afraid: for behold, I proclaim to you good news of great joy that will be for all the people. For today in the City of David a savior has been born for you who is Messiah and Lord.'"

Luke 2:10-11



NOTICES & COMING EVENTS

SPIRIT OF CHRISTMAS EVENT | December 11 – 14 | The Helping Center will host local pastors and church leaders during our 3rd Annual "Spirit of Christmas" event. Smiles, blessings, interaction, and prayer request cards will be shared in our client shopping area.

SAVE THE DATE | 2024 CLASS | "WELLNESS ON A BUDGET" | January 18, February 22, March 21, April 18 | The Helping Center partners with Texas A&M Agrilife to bring you a new 4-part series in 2024! Topics include stress reduction, mindful eating, dining at the Dollar Store, and a "cook-along" using Dollar Store ingredients. Classes will be held on Thursdays from 10:00-10:30 a.m. in the CRC Meeting Room. Attend any or all classes and bring a friend! \$10 H-E-B gift card at each class for participants. Ask for a flyer at the front desk.

HOLIDAY MEALS | Holiday and Christmas foods will be available at The Helping Center from Monday, December 11 through Friday, December 22.

RECIPE OF THE MONTH | Try our Cranberry Orange Spritzer this holiday season! Refreshing, family-friendly, and festive! Ask for the recipe at the front desk.

IS THIS FOOD EXPIRED? WAYS TO REDUCE WASTE.

The dates that food companies put on packages are not regulated and do not mean that the food is unsafe to eat, except in the case of baby formula. Most foods are still tasty and nutritious after the date has passed. Not sure? Check for an "off" odor, flavor, or texture.

"BEST BY" or "BEST IF USED BY" DATE

This date tells when the food has the best flavor. It is still safe to eat past this date.

"USE BY" or "EXPIRATION" DATE

This is the last date that the product will be at its peak quality. It is still safe to eat past this date (except for baby formula).

"PACKING/MANUFACTURING" DATE

This is the date used by manufacturers for tracking. It is not an expiration date – it is not related to food quality or safety.

"SELL BY" DATE

This tells the store how long to display the product for sale. It is still safe to eat past this date.

GOOD FOR UP TO ONE YEAR AFTER THE DATE:

- Packaged food like cereal, pasta, dried beans, and baking mixes
- Frozen foods
- Canned goods including soup, condiments, meat, fruit and vegetables

GOOD FOR UP TO 30 DAYS AFTER THE DATE:

- Butter
- Cheese
- Eggs

GOOD FOR UP TO 7 DAYS AFTER THE DATE:

- Milk
- Yogurt
- Cream Cheese