



THE HELPING CENTER

CLIENT NEWSLETTER

FEBRUARY 2024

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](https://www.instagram.com/thehelpingcenter)

FEBRUARY HOURS

We will be closed on Monday, February 19 in observance of President's Day.

*Don't Forget
to tell someone you love them!*

*Valentine's Day is
Wednesday, February 14th*



NOTICES & COMING EVENTS

COOKING DEMO | Wednesday, February 14 | 9:30 am – 1:30 pm

Join us at the welcome table in our client shopping area to sample our tasty White Chicken Chili. Easy to make and heart-healthy, with ingredients found at The Helping Center! Take home a recipe card and a FREE stainless steel ladle.

CLASS: "MONEY MATTERS" | Thursday, February 15 | 10:00-11:00 am

The Helping Center partners with Cadence Bank to offer you this popular series about managing your money. Topics will include budgeting, making spending count, savings, loans, credit, fraud protection, and more. Join us on Thursdays: February 15, March 14, April 11, and May 9 from 10:00-11:00 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.

CLASS CONTINUES: "WELLNESS ON A BUDGET" | February 22, March 21, April 18 |

The Helping Center partners with Texas A&M AgriLife to continue this popular series! The topic for February's class is "mindful eating". 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.

RECIPE OF THE MONTH | SHEET PAN CHICKEN THIGHS DINNER

Short on time? Need a healthy, one-pan dish that you can have on the table in 30 minutes? We've got you covered! Try our recipe for Sheet Pan Chicken Thighs Dinner. Family-friendly with less than 10 minutes of prep time. Ask for the recipe at the front desk.

ARE YOU STRUGGLING? | 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.

A NOTE TO BUSY FAMILIES

The Benefits of Eating Right

Eating healthy foods has many advantages for you and your family. Here are just a few:

- Feeding your family healthy foods helps them meet their nutritional needs and fuels their bodies so they can perform better at work, school, and play.
- Physical health is closely tied to good nutrition. Feeding your family members the right foods on a regular basis lowers their risk of developing a variety of health issues including diabetes, heart disease, and even some types of cancer.
- Eating well helps build a strong immune system. This means that you and your family members will take fewer trips to the doctor's office and fewer sick days from work and school.
- Eating healthy can help everyone in your family achieve or maintain a healthy weight. Being at a healthy weight is good for your physical health as well as self-esteem and confidence.

Make Time for Family Meals

Eating together at home just 3 times a week can make a big difference. Home-cooked meals are usually healthier than eating out because they contain less fat, sugar, and salt. Eating out is expensive, so eating at home can save money. And, sitting together at the dinner table offers a family quality time together, providing an opportunity for everyone to share the news of their day.