



Food4Thought

People Helping People's Monthly Newsletter

May 2022

SENIORS ARE A BLESSING TO PHP

Remember your favorite home cooked meal that Grandma used to make? What were some of those meals? Close your eyes. Can you smell the deliciousness of it? Mmmm.

There's much more to this memory than just the food. It's the whole experience – a family gathering, laughing, other family members or friends sharing the cooking in the kitchen to add to the feast. Pretty good memories, right?

Sadly, there are some grandmas that hardly have the means to make a meal for themselves, let alone for the rest of their family. No more Sunday dinners, no more holiday feasts or celebrations. Grandma can no longer afford to continue what is a great and proud tradition for other families. She can no longer afford to purchase the ingredients to make her "world famous" stew or lasagna.

Her one and only meal of the day may be a box of mac and cheese and a can of green beans. Her only source of income - social security - barely covers her rent and utilities.

One of our four programs we call blessings is our Senior Blessings through which we provide bags of food items monthly to low-income and impoverished seniors in low income, subsidized communities throughout Hernando County.

PHP purchases most of the food for this program from the Community Food Bank. In May alone, we purchased nearly 2,000 pounds of food at a cost of almost \$2000 for just Senior Blessings. We choose healthy, easy to make pantry foods for seniors. A team of 10 volunteers packs the bags and delivers the supplemental groceries to more than 120 elderly individuals in the Spring Hill and Brooksville area.

You can earmark your donation to go toward any of our programs specifically or to our mission to alleviate hunger in Hernando County in general. If you choose our Senior Blessings, your donation will cover the cost of purchasing the food that we provide to add to Grandma's pantry.



Some items in a Senior Blessings bag

The tradition of the family dinner did more than feed us. It nurtured us. Help us to keep that tradition alive.

Weekend Blessings is supported by grants from the following:



PEOPLE HELPING PEOPLE
in Hernando County

www.phphernando.org
352-686-4466

“At the end of the day it's not about what you have or even what you've accomplished... it's about who you've lifted up, who you've made better.”

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, orgaizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keep us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

Thank you to those listed below who contributed financially during April!

Access Health Care
 Anonymous (you know who you are!)
 Anthony & April Artemisio
 Linda M Bixby
 Kelly Brown
 Catherine Buonemani
 Murilene A Cronk
 Alesxs Fedrick
 FrontStream/Truist
 Syed Wagar Hasan, MD
 Helden, Inc. dba Imperial Cleaners
 Alison Kalvelage
 Robert W. Kwarren
 James C. & Sandra K Morgan*
 Network for Good
 Paypal Giving Fund
 James M & Debra J Peary
 PineGrove Village
 Carla Rossiter-Smith
 SH Art League dba
 Nature Coast Art League
 Southeastern Grocers/Winn Dixie
 The UPS Store 5519
 The Welling Golf League
 Weeki Wachee Crime Watch
 Weeki Wachee Swamp Festival

**In appreciation of our friend Angela!*

**Sunday Blessings
 Apr/May Meal Sponsors
 THANK YOU!!!**



PAM AND BOB YONKER



Spring Hill Central



Christ the Savior

Greek Orthodox Church

Thank you to all who provided in-kind donations during April!

Anonymous (you know who you are!)
 Barrette Inc.
 Brooksville Elks
 Catholic Charities
 Gina Haywood
 Hernando County Jail
 Robert Kwarren
 Patty Van Matre
 Timber Pines
 Wellington

**Donations to
 People Helping People
 can be mailed to
 PO Box 6182, Spring Hill FL
 34611 or made online at
 www.phphernando.org**



**PEOPLE
 HELPING
 PEOPLE**
 in Hernando County

**www.phphernando.org
 352-686-4466**

Some Folks We Couldn't Do It Without

“Volunteers do not necessarily have the time;
they just have the heart”





Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope.

AA Meetings at the HELP Center,
1396 Kass Circle, at 8pm

- **Mondays** (The Step In The Right Direction)
- **Thursdays** (Aripeka Big Book)



Our Next Mobile Food Distribution

Wednesday, May 25th, 2022

We need Volunteers to help pack and distribute the bags of food!

To volunteer, call 352-686-4466

For those interested in receiving food, please line up in your car at 10:30 am.

Location: HELP Center
1396 Kass Circle, Spring Hill

(Please be aware that we never know what we'll get on the truck.)

HELP Center Calendar

MAY

Nature Coast Art League
10am Mondays

AA Meeting
8pm Mondays/Thursdays

Showers available
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic
10am Tuesdays

Lunch offered
11:30am - 12:30pm Tuesdays/
Fridays

Sunday Blessings
3:30 pm Sundays

A hot meal to-go for those in need

Want to know what's going on at People Helping People?
Our Calendar is online - view it here:
<https://phphernando.org/calendar>



Easy Recipes From Food Pantry Items

What do you think when you imagine food from a food pantry? Cans of vegetables, noodles, soups. All true, but more. Delicious and healthy meals can be made from those.

Here's the ingredient list for an easy Chicken Pasta Primavera.

2 cups uncooked medium pasta
1 can shredded chicken
1 can mixed vegetables
1 can cream of mushroom soup

Do you have a recipe that uses food pantry items to share? Send it to admin@phphernando.org and we'll share it with our readers.

Our Hungry Seniors

Many seniors are making a difficult choice every month - What bills should they pay? Rent? Utilities? Medication? Credit cards? Insurance?

Often, purchasing food is at the end of the line.

Although some may live in subsidized housing, a monthly social security check and possible pension payment can only go so far.

What do you think they do; what anyone would do? Panic, sacrifice, go without?

Also, consider the grandparents who care for their grandchildren. A study showed that food insecurity was three times higher in these households with an assumption that grandparents were foregoing food so that their grandchildren can eat.

One way you can help is by supporting through your donation to our Senior Blessings and our Sunday Blessings programs. Both programs are ways to ensure that seniors that participate in the programs are receiving food.

If you are hungry and in need of help or if you can help, please call 352-686-4466.



You can find more information & photos on our Facebook page.



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