

Grace Center Inc.'s mission is: providing nutritious food and promoting social interaction with commitment and grace to our rural community.

The Grace Gazette

APRIL 2010



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

PANTRY HOURS

Pantry Hours:
Tuesdays
10:00 am-12:00 pm
 (Located in back of Community Hardware)
Serving Clear Creek, Indian Creek, and Polk Townships

WISH LIST GOAL:

Canned meats, canned fruits, soups, canned milk.
 Peanut butter, cereal, condiments, meal mixes, coffee.
 Egg noodles.
 Laundry detergent!

CAN YOU HELP?

Kroger Gift Card Reload Update

We met our goal again!

Kroger sent Grace Center a check for **\$158.85!** Keep reloading those cards. Use your card to buy **groceries and gas!** A great way to help Grace Center without spending any extra money!



How Grace Center helped the Community in **JANUARY**

- 106** Adults served
- 38** Children helped
- Many** Families helped
- 307** Bags of Food given
- 4** New Families Helped

Who can come to the Community Dinners?

EVERYONE

Board Members:

Tina Baugh, President
 Margaret Simmerman, Vice President
 Steve Fichtner, Treasurer

YOUR SUPPORT MAKES A DIFFERENCE

Your support is needed so no one goes hungry in our community. In 2009, the amount of households and individuals served through Grace Center nearly doubled. Some of our area residents have lost jobs, others have lost health insurance or have experienced a cut in hours worked per week. Senior citizens are facing increased medical costs and rising utility bills, while others are just struggling to make it through the month living on a fixed income.

Through your donations, Grace Center helps to provide a sense of security for families and individuals who come to visit the food pantry. No one has been turned away. Your support of food donations, financial do-

nations, volunteering, and attending the Grace Center Community Dinners help ensure that the many families and individuals that turn to Grace Center for food will never lose the sense of security our community provides.

Since January, Grace Center has several new families and individuals visiting the food pantry. With your donations, Grace Center can continue to make an enormous difference by providing food to those in need in the 2010 year.

Thanks goes out to all of you whose donations have kept our shelves stocked throughout the year!



"If you can't feed a hundred people, then just feed one." -Mother Teresa

"IT BEGINS WITH ME!"

The motto of the Clear Creek Elementary School is 'It Begins With Me'. They demonstrated this idea last month by having a food drive for Grace Center Food Pantry. Students in the 3 UpLift classes at Clear Creek Elementary brought in a total of 95 lbs. of food to make the food drive a complete success!



Clear Creek Elementary School

The Clear Creek students appropriately call themselves the 'Caring Comets.' Thank you to all students, teachers and parents who joined together to be caring individuals who take it upon themselves to make a difference!

"If nature made you a giver, your hands are born open, and so is your heart. And though there may be times when your hands are empty, your heart is always full, and you can give things out of that" -Frances Burnett

NUTRITION FACTS LABEL - AN OVERVIEW

The information in the main or top section (see #1-4 and #6 on the sample nutrition label), can vary with each food product; it contains product-specific information (serving size, calories, and nutrient information). The bottom part (see #5) contains a footnote with Daily Values (DVs) for 2,000 and 2,500 calorie diets. This footnote provides recommended dietary information for important nutrients, including fats, sodium and fiber. The footnote is found only on larger packages and does not change from product to product.

In the following Nutrition Facts label we have colored certain sections to help you focus on those areas. You will not see these colors on the food labels on products you purchase.

Sample label for Macaroni & Cheese

Nutrition Facts	
Serving Size 1 cup (228g) Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

1 Start Here →

2 Check Calories

3 Limit these Nutrients

4 Get Enough of these Nutrients

5 Footnote

6 Quick Guide to % DV

- 5% or less is Low
- 20% or more is High

Community Center Activity Calendar

www.gracecenterindiana.org		April		email: gracecenterinc@gmail.com		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Remember, all events are held at the Community Center unless otherwise noted.				1 Harrodsburg Lions Club 6:30pm	2	3
4 	5	6 Food Pantry 10:00am-12:00pm Grace Center Board Meeting at Community Hardware 7:00pm	7	8	9	10
11	12	13 Food Pantry 10:00am-12:00pm Euchre 12:30-2:30	14	15	16	17
18	19 Ladies Craft Night Smithville Com. Center, 6:30 Contact Patty, 824-2611	20 Food Pantry 10:00am-12:00pm WIC Nutrition Services and Monroe Co. Health Dept. Quit Smoking resources 10-noon (inside Community Hardware)	21	22	23	24
25	26	27 Food Pantry 10:00am-12:00pm Euchre 12:30-2:30pm Community Dinner 5:30-7pm	28 Indian Creek Lions Club 7pm Contact Lloyd at 824-9771 for location	29 Valley Mission Church of the Nazarene Free Lunch Noon- 1pm	30	

GRACE CENTER SENDS SPECIAL THANKS TO:

- Dan Deckard for delivering 250 pounds of Schwan's food.
- Valley Mission Church of the Nazarene for sharing 30 pounds of prepared food.
- Clear Creek UpLift teachers Gina Stancombe, Suzie Horan, and Heather Yeargin for sponsoring a class food drive!
- New Life Church for contributing 25 pounds of food items.
- Riley and Linda Chaney for delivering donated bread and bakery items.
- Harrodsburg United Methodist Church for donating 31 pounds of canned goods.
- Lakeview Elementary School for donating 65 pounds of cake mixes and baking items.
- Bill and Jennette Anderson for donating fresh milk and 10 pounds of potatoes.
- The Fichtner Family for bringing in 10 pounds of food donations
- Tom and Kay Shirley for donating laundry soap.
- Ralph and Martha Calabrese donating laundry soap and miscellaneous items.
- Aldi Grocery for contributing 42 loaves of bread.

With all of us working together, we can all help Grace Center support our community.

HOOSIER HILLS FOOD BANK MEETS THE NEED OF RECORD HUNGRY

- Daily, the HHFB picks up donated food, groceries, and prepared food and brings it back to their warehouse. Last year, **3.1 million pounds** moved through their collection and distribution process. Grace Center was one of the recipients of the food.
- 102 non-profit organizations in an eight county service area benefit from HHFB, Grace Center is one of those organizations.
- Volunteers from Grace Food Pantry go to HHFB and pick the products that are most needed.
- Households using Grace Food Pantry never pay for the food they take home.



Valley Mission Church of the Nazarene
FREE LUNCH SERVED
Last Thursday of each month
12noon-1pm
Everyone Welcome!

EACH LIFE

Each life tells a story of its own
We pass people in the grocery store
And try to figure out each one
If you look deep down into
The reality of the less fortunate
You may uncover
The biggest story of all
Going through the drive through
Your children plead
Fast food is normal meal
For you and your family
We do not think of those who only dream
Of tasting the morsels
Your little girl was too full to eat
Hunger is a problem
Not easily solved
It will take us all
Working together
To make a difference
To help fill the shelves
And the bellies of those in need

ADDRESS LABEL

Return Service Requested
Harrodsburg, IN 47434
PO Box 5
Grace Center Inc.

STAMP