

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

# The Grace Gazette

## JULY 2013



Grace Center

701 W. Popcorn Rd.

Harrodsburg, Indiana

812-824-5595

OUR PANTRY HOURS

**NEW Pantry Hours**  
**Thursdays**  
**3:00pm-7:00pm**  
 (Located on the corner of Popcorn Rd and Harrodsburg Rd)  
**Serving Clear Creek, Indian Creek, and Polk Townships**

### WISH LIST GOAL:

Canned Pineapple, Granola, Canned Peas, Fresh Produce, Aluminum Foil, Canned Tuna, Mustard, Catsup, Small Containers of Salt, Pepper, and Sugar

### Kroger Gift Card Reload Update

Grace Center is \$1411 away from Kroger writing us another check. Keep reloading those cards. Use your card to buy groceries and gas! What a great way to help Grace Center without spending any extra money!



**VOLUNTEER**  
 It does the heart good!

How Grace Center helped the Community in May

216 Adults served  
 50 Children helped  
 112 Families helped  
 274 Bags of food given  
 Total bags of groceries given out in 2013

**1504**

### Board Members:

Steve Fichtner, President  
 Tina Baugh, Treasurer  
 Connie Sowders, Secretary  
 Jim Baugh, Incorporator/Member at Large  
 Terry Doane, Member at Large

### CLIENT CHOICE AT GRACE CENTER

**What is Client Choice?** Client Choice is a method of food distribution at food pantries such as ours. Grace Center food pantry clients are encouraged to select the foods they want, similar to shopping at a grocery store. The Emergency Food Assistance Program (TEFAP) (see last month's article) in the state of Indiana requires all member food pantries to offer Client Choice.

Client Choice acknowledges that no two families or individuals have the same needs or preferences. Clients are able to select their desired products. This encourages dignity, self-esteem and builds trust and satisfaction while accommodating special needs like diet or limited cooking equipment. It also promotes budgeting and nutrition knowledge.

Client Choice benefits the food pantry by reducing waste and monetary losses since clients choose products they will use and want. Volunteer time is not spent pre-bagging, but instead engaging and aiding the clients.

There are many methods to accomplish Client Choice. Grace Center uses a "bag" system where individuals receive one bag of groceries per family member with up to four bags maximum per family. Clients are free to choose food items they want while observing the limits of the "bag" system. Client Choice can reduce the stress and humiliation of asking for food by providing food in a way that promotes dignity and trust.



### INCOME GUIDELINES HAVE CHANGED

Our Income Guidelines have been updated and we find that there is an appreciable increase. Grace Center food pantry follows these guidelines to determine eligibility. For example, a household of one (1) earning less than \$1,772 each month or \$21,257 yearly is eligible to receive food from Grace Center. A household of four (4) earning less than \$3,631 each month, or \$43,568 yearly is now eligible to receive food. These guidelines are provided by the Indiana State Department of Health for the USDA TEFAP program and can change yearly. If you think you are eligible to receive food and need assistance from our pantry and live in either Indian Creek, Clear Creek, or Polk townships, come by the pantry on any Thursday between 3pm and 7pm. We would be happy to talk to you and answer any questions you have.

## SMITHVILLE Farmer's Market

8AM TO NOON

## SATURDAYS

### WHAT CAN I EAT IF I HAVE DIABETES?

**Eat MORE:**  
**Fruits and Vegetables**

- Aim for 2 cups of fruit and 2.5 cups of vegetables each day.
- Choose fresh, frozen or canned types instead of juice.
- If canned, look for fruits in natural juice or sugar substitutes (Splenda®) or drain and rinse them if they are packed in syrup.

**High Fiber Grains**

- Look for "whole" before the name of the grain as the first word on the ingredient label.
- Try whole wheat bread, pasta and brown rice instead of white types.
- Choose grains with at least 2 grams of fiber per serving.

## GARDENERS!

Can't eat all your tomatoes? Do you have more zucchini than you know what to do with? Did you plant too much broccoli? Grace Center is a great place to bring your extra produce and allow others to be blessed by your bountiful harvest.

### FUN FACTS ABOUT THE 4TH OF JULY

The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.

Thomas Jefferson died on the 50th anniversary of the Declaration of Independence in 1826. So did John Adams who also signed the Declaration. James Monroe, the fifth president, also died on July 4, five years after Adams and Jefferson in 1831. The 30th president, Calvin Coolidge, was born on the Fourth of July in 1872.

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Tue July 2	• Grace Center Board Meeting at <i>Grace Center Pantry Building 6:00pm</i> • Grace Center Food Pantry 3:00-7:00pm
Thu July 4	• Grace Center Food Pantry NO PANTRY HOURS
Tue July 9	• Euchre 12:30-2:30 at Harrodsburg Comm. Building Contact John or Martha Bastin for Euchre details.
Thu July 11	• Grace Center Food Pantry 3:00-7:00pm • Harrodsburg Lions Club 6:30pm
Sun July 14	• HUMC Community Picnic 5:00-7:00pm
Mon July 15	• Ladies Craft Night, Smithville Com. Center, 6:30pm Call Patty at 824-2611 for more information
Thu July 18	• Grace Center Food Pantry 3:00-7:00pm
Sat July 20	• Good Neighbor Day .....See below
Tue Jul. 23	• Euchre 12:30-2:30 at Harrodsburg Comm. Building Contact John or Martha Bastin for Euchre details.
Wed 24-Jul	• Indian Creek Lions Club 7:00pm Contact Lloyd, 824-9771 for location
Thu 25-Jul	• Grace Center Food Pantry 3:00-7:00pm

- A SPECIAL THANKS TO THE FOLLOWING FOLKS:**
- ★ Darrel Anderson for donating 43 lbs. of food.
  - ★ Mike Thrasher 15 lbs. of fruit.
  - ★ Harrodsburg United Methodist Church for a monthly monetary donation, 5 dozen eggs and 31 lbs. of food.
  - ★ The Munson Family for donating fresh greens and eggs.
  - ★ Lakeview School for donating 52 lbs. of food.
  - ★ The Rollins Family for donating 28 lbs. of macaroni and cheese, miscellaneous food and toilet paper.
  - ★ An anonymous giver of 11 lbs. of ground beef.
  - ★ Walkers Chapel for donating 43 lbs. of food.
  - ★ Wanda Dorman for donating 2 lbs. of fresh leaf lettuce.
  - ★ The Miller family for donating 37 lbs. of food.
  - ★ An anonymous giver for donating 11 lbs. of canned food.
  - ★ Harrodsburg Assembly of God for a monthly monetary donation.
  - ★ All our anonymous monetary givers of the heart
  - ★ All our volunteers, shoppers, helpers, board members, cleaners and givers.

**.....Fun Facts Continued**

Only John Hancock actually signed the Declaration of Independence on July 4, 1776. All the others signed later.

The United States got what may be the country's largest physical birthday present, when the French presented America with the Statue of Liberty on July 4, 1884 . It took four months to assemble the 151-foot-tall statue, which was shipped from Paris in hundreds of pieces.

One place has "patriot" in its name. Patriot, Indiana, has a population of 209 and is located on the Ohio River in southeast Indiana.

The town of New Pekin, Indiana claims the distinction of having the oldest consecutive Independence Day celebration in the United States of America. New Pekin began celebrating Independence Day in the year 1830.

May your 4th of July celebration be a wonderful, safe experience.

**MONETARY DONATIONS ARE ALWAYS WELCOME, ESPECIALLY IN THE SUMMER**

Summer is a great time of year. The kids are out of school, the weather is warm, and there are places to see and people to visit. From vacation, to sports, to boating, people are very busy. But it's also the time when monetary donations slow down.

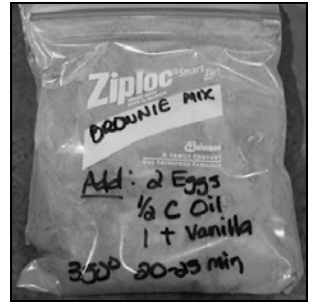
All your donations are valuable, whether it is time, food or money. But monetary donations are important too. It helps buy things like milk and bread. It pays for rent and utilities. It pays for us to run the freezers and refrigerator and to keep the pantry at a reasonable temperature. Hoosier Hill Food Bank charges a small service fee for all the food we get from them. Everyone is an unpaid volunteer and we are definitely frugal. Please consider the pantry this summer and think of the people needing help. Hunger never takes a vacation.

Donations of any amount can be sent to:  
Grace Center, Inc  
PO Box 5  
Harrodsburg, IN 47434

Grace Center, Inc is a non profit 501(c)(3) organization. If you need a receipt for tax purposes, please include a note with your donation.

**MAKE YOUR OWN BROWNIE MIX**

- Ingredients**
- 1 cup Sugar                      1/2 cup Flour
  - 1/3 cup Cocoa                    1/4 teaspoon Salt
  - 1/4 teaspoon Baking Powder
- Instructions**
1. Mix the above ingredients together with a whisk and dump them into a quart size zipper bag.
  2. On the bag, write the following instructions: Add 2 Eggs, 1/2 cup Oil, 1 teaspoon Vanilla. Bake at 350 degrees for 20-25 minutes in a buttered 9" x 9" or 8"x 8" pan.
  3. That's it! Super easy. These should stay fresh in your pantry for at least 6 months. To extend the freshness, store in your freezer for up to a year.
  4. When you are ready to make some fresh brownies, pour the dry ingredients into a bowl, add the ingredients listed on the bag, \* mix, pour batter in a buttered pan and bake for the time you listed on the bag.
- \*To customize your mixes, you can add, milk chocolate chips, dark chocolate chips, butterscotch chips, walnuts, or whatever kinds of add-ins you like in your brownies! ENJOY!



**Happy Independence Day!**  
*Thanks* to all those who serve

website: [www.gracecenterindiana.org](http://www.gracecenterindiana.org)

email: [gracecenterinc@gmail.com](mailto:gracecenterinc@gmail.com)

**Indian Creek Community  
Good Neighbor Day  
July 20, 4:00 until dusk  
Indian Creek Township Park**

ADDRESS LABEL

STAMP

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