

# JOSEPH DREAMHOUSE CDC



NEWSLETTER

APRIL 2022 ISSUE



## STATS AT A GLANCE

22,083 INDIVIDUALS  
SERVED IN MARCH

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62,318 INDIVIDUALS  
SERVED SO FAR IN 2022

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27,284 CHILDREN  
SERVED SO FAR IN 2022

## HAPPY EASTER!

2021 was a monumental year for Joseph Dreamhouse CDC. We served more families than ever this past year, feeding 112,114 children, 109,292 adults, and 40,919 seniors. This was an 64% increase from 2020 totals, and well over triple the number of individuals fed in 2019. Joseph Dreamhouse has already served 62,318 individuals this year! Easter is coming up soon—a wonderful and bright holiday dedicated to the celebration of the resurrection of Christ. The amazing feeling of joy that is coming from everyone in the community, the family dinners with lots of traditional dishes, the kids' laughter during their search for Easter baskets – isn't it a great reason to enjoy this wonderful spring day? This Easter, Joseph Dreamhouse hopes to help families in need by providing them with healthful, nutrient-dense food so that they may rejuvenate their bodies and spirits! Chef Fran also has launched a YouTube Channel—[MaChef'n](#)—to help you prepare the perfect meal for these special occasions! [Be sure to check out her Easter Dinner recipe!](#)



### SPECIAL THANKS TO:

I'd like to give a special shout-out and heartfelt thanks to Dan Golka, the social media influencer from Youtube's iAllegedly for all of his support!

As always, thanks to our generous in-kind donors: Whole Foods, Target, Fresh Market, Walmart, Publix, Winn-Dixie, and Trader Joe's.

### FOLLOW US ON SOCIAL MEDIA!

You can follow us on Twitter, on Facebook, and Instagram. Make sure to keep up with the latest issues that we are passionate about on our blog! Our YouTube Channel, MaChef'n, is also up and running! Be sure to Like and Subscribe!



## AN EGGCELLENT TRADITION

According to the Gospel of John in the New Testament, Mary Magdalene came to the tomb where Jesus was buried and saw that it was empty. An angel told her that Jesus had risen.

There are several legends where Mary Magdalene plays a key role in the creation of the egg-dyeing tradition. There are many theories on why Easter eggs are dyed in different colours too. One version involves Mary Magdalene's trip to Jesus' tomb three days after his crucifixion. It is believed that she carried a basket of cooked eggs to share with the other women who was going to mourn at the tomb. When she arrived to find the stone rolled

away from the entrance and the tomb empty, the eggs in her basket is believed to have turned a wonderful shade of red.

There is an ancient tradition of staining the Easter eggs with the colour red in memory of the blood of Christ, shed during the time of the crucifixion. The Easter colors, however, are very traditional pastel shades of pink, blue, green, yellow and light purple.

Here at Joseph Dreamhouse we would like to honor this tradition and season of new life and generosity by continuing to provide our neighbors with food, just as Mary Magdalene did for her fellow mourners.



# HOW REDUCING FOOD INSECURITY HELPS COMMUNITIES

Joseph Dreamhouse CDC serves low-to-moderate income families in sixteen towns/cities throughout both Broward and Miami-Dade Counties in South Florida, both of which have demonstrated high rates of poverty and resource insecurity compared to national averages. Joseph Dreamhouse CDC aims to address the cyclical relationship of food insecurity and impoverishment. A vital relationship exists between nutritional status, human capital, and economic standing. Malnutrition adversely affects the physiological and mental capacity of individuals, which in turn hampers productivity levels, making them and their

respective communities more susceptible to poverty. A two-way link exists between malnutrition and poverty, creating a vicious cycle with each fueling the other. The alleviation of one will aid in the alleviation of the other. Joseph Dreamhouse CDC firmly believes that alleviating food insecurity will place individuals on a positive trajectory, allowing them to allocate their hard earned resources towards paying for other essential bills. Furthermore, Joseph Dreamhouse CDC aims to improve community health outcomes through the distribution of healthy, nutrient-dense foods and thereby lowering the rate of malnourished families.

## HOW TO HELP:

You can support Joseph Dreamhouse CDC by utilizing Amazon Smile or purchasing a gift for the young one in your life or some home supplies for yourself through our eBay Store. Donations through PayPal via our website or through our GoFundMe are always a blessing, too, of course! We need all the help we can get to feed families in need!

Just a reminder: Joseph Dreamhouse CDC is a 501(c)3 nonprofit, so all donations are tax deductible!

