

# JOSEPH DREAMHOUSE CDC



NEWSLETTER

JULY 2022 ISSUE



## STATS AT A GLANCE

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33,931 INDIVIDUALS  
SERVED IN JUNE

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149,116 INDIVIDUALS  
SERVED SO FAR IN 2022

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15,882 CHILDREN  
SERVED IN JUNE

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65,436 CHILDREN  
SERVED SO FAR IN 2022

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163,548 LBS FOOD  
GIVEN IN JUNE

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492,820 LBS FOOD  
GIVEN SO FAR IN 2022

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*[donate here!](#)*

## FOOD INSECURITY AND SUMMER

In the United States, over 11 million children live in food insecure homes. That term refers to households in which there isn't enough food available for everyone in the family to lead a healthy life.

To support these families, several federal nutrition programs provide assistance: 22 million children rely on free or reduced price lunch at school, which is funded by the National School Lunch Program. However, when summer comes around, these meals are often no longer available, which means millions of children don't get fed as they usually would. The USDA and many nonprofits are trying to fill that gap, but the problem hasn't yet been alleviated.

School closures due to the coronavirus pandemic put even more children at risk of going hungry. Millions of children in the US suffer from hunger and food anxiety during the summer months since they rely on free or reduced-price meals during the school year. During summer, families generally have to buy more food than normal because their children spend more time at home. This can strain families' budgets: 43% of low-income families say it's harder to make ends meet in the summer. On average, a household's grocery costs rise more than \$300 a month when school is out. Children who suffer from summer hunger can face more health challenges than their more affluent peers. For instance, many children from low-income families turn to inexpensive, calorie-dense foods during the summer, but those meals lack nutritional value.

Many children who go without school meals during the summer gain weight two to three times faster than their peers during those months. This can lead to higher healthcare expenses for children experiencing obesity. Additionally, children living in food insecure homes are more susceptible to chronic diseases such as type 2 diabetes, asthma, and heart disease. Hungry children also are more likely to experience a "summer slide." This is when kids forget what they learned during the school year. Over the course of several years, this learning loss can add up and contribute to a significant achievement gap between children from low-income families and children from higher-income families. Research suggests that as much as 80% of the gap in reading achievement between these groups of students may be attributed to the summer slide.



## 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 Food, 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!

# Linktree\*



## WE NEED YOUR SUPPORT

The need for food has surpassed our present capacity to provide it. This is due, in large part, to the aforementioned inflation. Food costs and fuel costs are rising at alarming rates. This has caused a serious uptick in food insecurity across the United States, and there is no real indication of it getting any better any time soon.

For families who were already struggling with food insecurity this is nothing short of a crisis. Over 80% of the families that visit the Pantry are working families with children and multiple jobs that need to supplement their budget. The food that they receive from us allows them to keep other essential household bills. Seniors, too, depend on the Pantry as their main food source as they cannot afford both food and medications on their limited retirement budget. As such, we are cordially inviting you to become a part of the JDH Dream Team by supporting us with your donations.

Your generous donation will help Joseph Dreamhouse CDC to be an accessible resource partner for those in need, to provide food and locate providers of shelter for those in immediate crisis, case management services for those working to regain or maintain permanent housing, and resources, referrals and other services to help prevent people from becoming homeless in the first place. The face of hunger is the face of our neighbors, friends, relatives— especially with the costs of food rising— and we must meet their countenances with compassion.

Joseph Dreamhouse CDC needs people like you to pledge to be committed donors and contribute what you can afford monthly to assist the children, seniors, and working adults who rely on our services. Your generous contributions have already aided in the provision of help, hope, and sustenance to over 33,000 people in June alone!

### Monthly Donor Levels

- Adopt-a-Family: \$250
- Gold Partner: \$100
- Silver Partner: \$50
- Sponsor: \$25

### Corporate Sponsor Levels

- Platinum Partner: \$10,000
- Gold Partner: \$5,000
- Silver Partner: \$2,500
- Corporate Sponsor: \$500





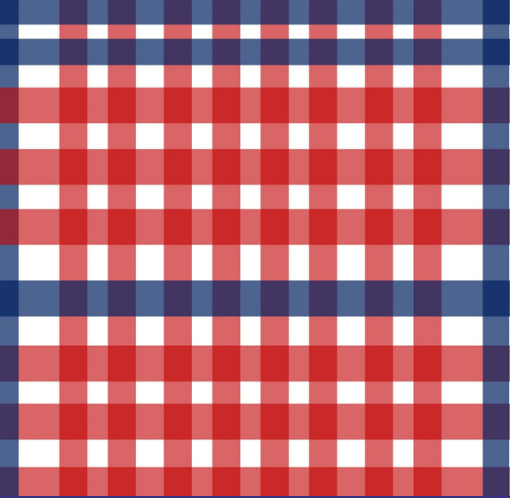
# WAYS TO STAY COOL IN THE SUMMER



Summer is filled with fun and is a much needed relaxing break for many. However, with summer fun in the sun comes heat. It can be hard to stay cool, especially with the rise of costs, but here are some ways you can stay cool:

You can take any fruit juice you have and pour and freeze it in your ice cube tray to make mini popsicles. Another way to stay cool is stop cooking in the house; you can do this by grilling outside, switching stove top meals for salads or cold sandwiches. One way to not get overheated is taking a sprinkler and running through it; this is great if you have kids and can't afford to go to the public pool! One last way to stay cool is to eat water filled fruits and vegetables (ie: watermelon, berries, celery, cucumber); not only do they hydrate you, but they cool you off.

Staying hydrated is also important to staying cool! Be sure to drink plenty of water and other fluids as well. Applying a cold cloth to your body's pressure points can help keep your body cool. Summer doesn't have to be any less fun because it's hot, so beat the heat with these ways to stay cool!



## OTHER WAYS 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. Also be sure to check out our YouTube channel: MaChef'n! Chef Fran started it as a way to generate income through ad revenue and use her gifts and talent to both teach cooking skills and bring awareness to the stark realities surrounding food insecurity. So, come learn how to cook a delicious dish or two or ten with her & support JDH in the process!

