

JOSEPH DREAMHOUSE CDC



NEWSLETTER

MARCH 2022 ISSUE



STATS AT A GLANCE

WE DISTRIBUTED
119,436 LBS OF FOOD
TO 20,205 INDIVIDUALS
IN FEBRUARY

263,325 INDIVIDUALS
SERVED IN 2021

1,543,759 LBS OF FOOD
DISTRIBUTED 2021

A MAGNIFICENT MARCH

2021 was a monumental year for Joseph Dreamhouse CDC. We served more families than ever this past year, serving 69,546 households. This was an 64% increase from 2020 totals, and well over triple the number of individuals fed in 2019. Joseph Dreamhouse has already served 40,235 individuals this year—that is a 95% increase from the same date the year prior! March marks the start of Spring. This shift in seasons often gives us the chance to clear out the proverbial cobwebs and freshen up our spaces and faces after a long winter. This is a reflective process, and often brings to light that which truly matters most to us. Here at Joseph Dreamhouse CDC, what matters most to us is that we are able to continue providing healthy, nutrient dense groceries to families in need! Our Founder & President, Chef Fran Glover, has also launched an educational YouTube channel, [MaChef'n](#), to promote Joseph Dreamhouse and share her abundance of delicious and nutritious recipes. Be sure to check it out! [Her Shepard's Pie recipe](#) is absolutely perfect for St. Patrick's Day!



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!



SPRING HAS SPRUNG!

Spring brings a sense of hope, renewal, and inspiration. We only need to slow our busy lives enough to see the changes that are happening and to enjoy them. Spring seems to breathe new life into us. The season serves as an assurance of sorts that blessings are coming. It cleanses our spirit and our hearts. Although, this is not necessarily a universal shift or change. For families whose financial situation remains the same, the bills will still be difficult to manage, and food insecurity will still pose a real problem.

Joseph Dreamhouse CDC is here for those families, working to ensure that they do not go hungry. We aim to alleviate the financial burden that food

purchase places on the household monthly budget. And it is a significant burden for many in the community. Florida is currently ranked twelfth in food insecurity in the United States. Approximately 785,000 residents of South Florida suffer from food insecurity. In Broward and Miami-Dade Counties, 15.5% and 11.3% of residents are food insecure, respectively. The face of hunger is the face of our neighbors, friends, relatives—especially with the costs of food rising.

Let us use this shift in season as an opportunity to embrace the renewal and rejuvenation that comes with it—and focus on the rejuvenation of body and soul.

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!

