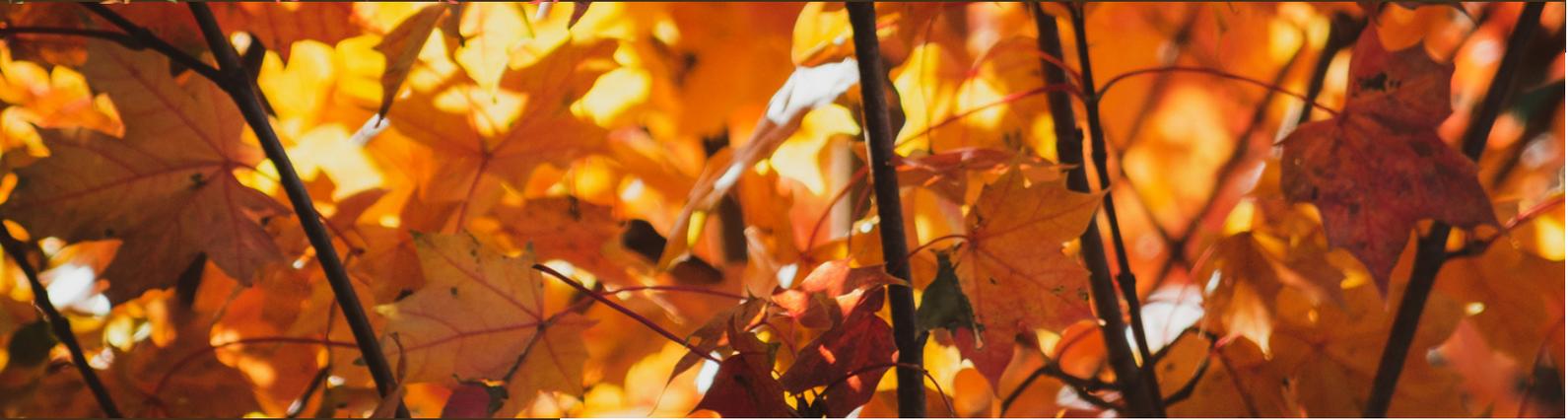


# JOSEPH DREAMHOUSE CDC



NEWSLETTER NOVEMBER 2022 ISSUE



## STATS AT A GLANCE

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12,038 CHILDREN  
SERVED IN OCTOBER

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131,650 CHILDREN  
SERVED SO FAR IN 2022

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30,104 INDIVIDUALS  
SERVED IN OCTOBER

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318,481 INDIVIDUALS  
SERVED SO FAR IN 2022

## FOOD INSECURITY AND THANKSGIVING

Food insecurity is an issue in this country. What exactly is it? Food insecurity is where there is a constant lack of reliable access to nutritious and affordable meals. Many people are food insecure, but it hits harder around holidays like Thanksgiving.

Currently, more than 1 in 5 (21.6%) of adults in the United States are facing food insecurity. This has been a 6% increase since April 2021. Over 5 million children face food insecurity as well. This year alone, 1.2 million people struggled to put food on the table in just the Washington D.C. region. Many people and families face this struggle, and it impacts their Thanksgiving.

Thanksgiving is known for giant meals around the dinner table. Food insecure families will have to cut back on meals, necessities like medical help, and even selling items to provide for Thanksgiving. Some will even cut back on Thanksgiving and will spilt their meal so everyone gets something, or the children (if it's a family) will get a bit more. Even then, food insecure families might skip out on a Thanksgiving meal so they can provide gifts and a meal for other Holidays.

It's a sad reality that many people have to face food insecurity, especially during the Holiday season. You can help out by donating to Joseph Dreamhouse CDC through our website, Go Fund Me, or Amazon Smiles. Help out this Thanksgiving, and help people in need have a Thanksgiving they deserve.



*[donate here!](#)*



## 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, CSW, 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\***



## GIVE BACK THIS THANKSGIVING

Thanksgiving is the time of year to be thankful for things in your life. Whether that be being thankful for family, loved ones, friends, or even something good that happened this year, there are ways to be thankful. However, many people this year were impacted by rising prices and inflation. Not only that, but there is also a shortage of Turkey driving up the prices. This Thanksgiving is going to be tough on a lot of people.

You can give back by donating to Joseph Dreamhouse CDC. Here, we help provide nutritious and delicious meals for those who are in need. A lot of people need help, and we want to help them! You can donate through our [Go Fund Me](#) or [website](#). You can also donate by purchasing something through our [eBay store](#) and our [Amazon Smiles link](#)! There is also a [cookbook](#) written by Chef Fran available on Amazon and all proceeds go towards Joseph Dreamhouse CDC.

If you can't help by donating, you can also support Joseph Dreamhouse CDC by watching the videos on [Ma Chef'n](#)! You can also give back by sharing information on how people have been impacted by food insecurity. Our [social media](#) has some posts with information on how people have been impacted.

Overall, it's nice to give back on Thanksgiving. If you know someone personally who might not have much invite them to your Thanksgiving or bring them a plate of food. The Holiday season is tough on a lot of people, don't be afraid to give back.

### 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



# WHAT DO WITH THANKSGIVING LEFTOVERS

Thanksgiving involves a lot of things: giving back, be thankful for those in your life and of course, food. You might find yourself having leftovers. But what exactly can you do with the leftovers? Sure, you can warm up the leftovers on a plate, however there is more you can do! Here is what you can do with your Thanksgiving leftovers:

Let's start simple with a sandwich! It's actually very popular to take your leftovers and make it into a sandwich. Just take some bread of your choice and the meat you had for the holiday is your meat for the sandwich. Take some of those side dishes and use those as toppings. Whether you have cranberry sauce or gravy (maybe even both), you can use that for your sauce. Now, you have a Thanksgiving leftover sandwich!

A way to combine all your side dishes is to make a casserole with it! You can build around your meat or you can leave that out of it if you so choose. You can layer the sides in a casserole dish however you want; however, we recommend layering cranberry sauce and/or mashed potatoes first. Top with your leftover stuffing (or breadcrumbs) and cheese and cook in the oven until it is heated through (about 20-30 minutes).

Something different is Leftover Nachos! Take some corn chips and top with your leftover meat. Then add some other left side dishes like corn, green beans, mac and cheese, etc. and top with cheese and/or gravy. Don't forget to warm it up!

There's a lot you can do with your leftovers, but feel free to do whatever you want to do with them. Remember, Thanksgiving is what you want it to be! If you want more recipes for Thanksgiving, check out Ma Chef'n for the Thanksgiving [Alternatives Series](#)! There are some wonderful ideas there for alternatives dishes. Have a Happy Thanksgiving!

## 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!

