



JOSEPH DREAMHOUSE CDC



NEWSLETTER OCTOBER 2022 ISSUE



STATS AT A GLANCE

11,481 CHILDREN
SERVED IN SEPTEMBER

119,612 CHILDREN
SERVED SO FAR IN 2022

28,732 INDIVIDUALS
SERVED IN SEPTEMBER

286,377 INDIVIDUALS
SERVED SO FAR IN 2022

WHY WE DO WHAT WE DO

Here at Joseph Dreamhouse we love to help and give back when we can. While we don't have a bunch for our community, we feel the need to connect with our South Florida brothers and sisters who need our help.

We do what we do here because hunger has no race, gender, age, zip code, etc. Anyone can be impacted by hunger at any moment. Whether that be increasing food prices, natural disasters or an unforeseen health issue, hunger can hit at any time. We chose to fight hunger with hearts and give back to those we need help.

We need your help to assist with food donations in South Florida. You can help us continue to do so by donating to us. You can donate through our website at jdhdcd.org, [Go Fund Me](#), or [Amazon Smiles](#). We also have an [eBay](#) where all proceeds go towards JDH. You can purchase Chef Fran's cookbook *A Twist on Boring Salads* on Amazon which also assists JDH. Hunger can impact anyone, so let's fight with our hearts and help!



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, 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*



INFLATION AND IMPACTS

Inflation hasn't been kind to many, and it's making life even harder for those who have been struggling. Prices have made the biggest increase in a single year since the 1980s. It's a real issue impacting almost everyone.

What is causing this? Supply chain halts have been a big reason for this increase, an example has been meat which has had a 11.4% increase since last year. Another reason are shortages, whether that be food or labor shortages. Because of these shortages, the price increases due to a higher demand of these items. Places everywhere have increased prices; including the dollar store which has added a 25% increase to the price.

How is this impacting people? For starters, 42 million Americans are already food insecure. With these increasing prices, that number is expected to go up to 45 million. Families and individuals who have been struggling are taking more hits because of this, and now more people are falling into food insecurity due to inflation. Food budgets are cut first during financial hardships to make room for utilities, medical needs, and housing. If you're being impacted by rising prices, our YouTube channel *Ma Chef'n* has videos of recipes you can make using ingredients from the dollar (and a quarter) store.

Many are hurting because of rising prices, and not just in America, across the globe as well. You can learn more about food insecurity by visiting our website at jdchdc.org and following our socials. You can also donate through our website, Go Fund Me, and Amazon Smiles.

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



EASY, HEALTHY, AND CHEAP FALL SNACK RECIPES

Fall is such a beloved season with many tasty seasonal items. There are plenty of delicious treats to try this Autumn season. Here we have some that are easy and healthy (and cheap too):

Besides pumpkin, apples are everywhere this time of year. You can make Baked Cinnamon Apple Chips super easily. Thinly slice your apples of choice and place them on baking sheet. Sprinkle on cinnamon (and if you want some sweetness a little sprinkle of sugar won't hurt) and bake on 200 for 2 ½ hours. Make sure to flip them through halfway and once they're done you can turn off the oven and leave them in for an hour for an extra crunch. Be sure to let them cool before serving!

Back to pumpkins, another easy recipe is Roasted Pumpkin Seeds! If you get your seeds out of a pumpkin you used for carving, make sure to wash them to get rid of any pumpkin bits and dry them. Put the seeds in a bowl and toss them in anything you want to season them with. Spread them on a baking sheet and bake on 350 for 12-15 minutes and toss them around every 5 minutes. Let cool and then serve!

One last recipe for those who are in a warmer climate for Fall is Frozen Banana Pops! Cut the banana into thirds and stick a popsicle stick through them. Place on a baking sheet and freeze them for at least an hour. To make it more fall theme you can dip them in peanut butter. Enjoy these yummy treats this fall!



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!

