



JOSEPH DREAMHOUSE CDC



NEWSLETTER SEPTEMBER 2022 ISSUE



STATS AT A GLANCE

25,026 CHILDREN
SERVED IN AUGUST

108,131 CHILDREN
SERVED SO FAR IN 2022

63,307 INDIVIDUALS
SERVED IN AUGUST

257,645 INDIVIDUALS
SERVED SO FAR IN 2022

HUNGER ACTION MONTH

September is Hunger Action Month! What exactly does this mean? During this month, people are encouraged to take action and raise awareness of hunger in the United States; as well as inspiring others to do the same. Food insecurity is a huge problem and with the raising prices, it's only increasing.

12% of Americans are food insecure which makes up about 42 million people. Out of this, 12% of senior citizens are food insecure. Another 16.7% of children have no idea where their next meal comes from. And to top it off, 3 million families were unable to provide nutritious and healthy meals for their families. This is a big issue in this country right now.

Helping those in need are very important. By helping, you are giving those in need the nutritious meals they need. Without the proper nutrition, health problems can develop which leads to people having to choose between food and medical care. No one should have to choose; no one should have to be hungry.

People may ask, "Well, how can I help?" Here's how! You can donate to Joseph Dreamhouse CDC through our website jdchdc.org, our Go Fund Me, and our Amazon Smiles. You can also share resources of where to donate to friends and family. And spreading the word is important; share the numbers of food insecurity to raise awareness of this issue. Take action this Hunger Action Month and help those in need!



[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*



IMPACTS OF FOOD INSECURITY

Since this month is Hunger Action Month, it's important to know how exactly food insecurity can impact people. People may think it's just feeling hungry, but food insecurity can cause numerous problems. Here is how food insecurity impact a person:

Food insecurity is often linked to mental health. Experiencing it can lead to a 257% higher risk of developing anxiety. Along with this comes a 253% higher risk of developing depression as well. It's also been reported that mothers, single or not, have developed PTSD while experiencing food insecurity. Being food insecure, especially as a child, has led to damages in behavioral issues and learning skills. In fact, food insecure children are more likely to repeat a grade.

Food insecurity can impact physical health as well. Those going through it are more likely to be in poor health. They are 53% more likely to develop a chronic illness as well. 58% of food insecure households have at least one member with high blood pressure. Overall, 45% of food insecure people tend to be in poor health.

Food insecurity is more than just feeling hungry, it affects people in many ways. You can help today by donating to Joseph Dreamhouse CDC through our website, Go Fund Me, or 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



A TWIST ON BORING SALADS OUT NOW

Chef Fran has a cook book out! *A Twist on Boring Salads: A Salad A Day* is out now on Amazon. The book is full of tasty and healthy salads to switch on the regular salads you have been eating. You can purchase the book on [Amazon.com](https://www.amazon.com).

By purchasing a copy, you are helping fight hunger. Many people struggle with hunger everyday. No one should have to face hunger. Purchase a copy today, or donate to JDHCDC to help fight hunger!



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!

