



## SPRINGFIELD FAMILY CENTER SEPTEMBER 2024 NEWSLETTER

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### Hello, Friends!

The school year has begun and the leaves are starting to change... it's time to say goodbye to summer and hello to autumn! Here is a look at some goings on this month at the Springfield Family Center.

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### School Supply Drive:

Springfield Family Center would like to extend our sincerest gratitude to all those who helped compile school supplies! All supplies were donated to Springfield's elementary schools for distribution.

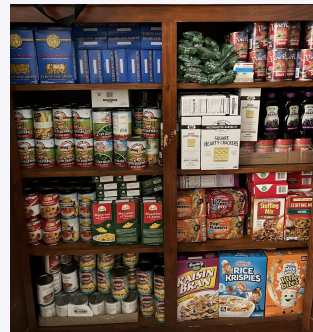
What a great way to start off the school year for some of our youngest community members! Our community rocks!

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### Elementary School Food Pantry:

With the new school year in session, we shift a little of our focus to make sure our youngest community members have access to the adequate nutrition that they need to learn and grow! Lack of healthy and nutritious food for children during their critical developmental years leads to negative results. According to Feed the Children, not only does food insecurity translate to lower math and reading scores, it can also lead to more absences and tardiness. In fact, food-insecure students are less likely to graduate from high school.



The Springfield Family Center works to combat childhood hunger by stocking a food pantry in a local elementary school. Please consider helping us keep this stocked throughout the year! Below please find a link to the items regularly stocked within the school pantry.

## School Pantry Items



## Volunteer Spotlight:

Volunteers are the lifeblood of most non-profit organizations. Without them, reaching and making connections with those in our community would be more much more difficult. SFC has proudly hosted a number of volunteers over the years, with many seeing the evolution of our organization from the

grassroots level.

This month, we would like to focus on one of our dedicated volunteers: Angel.

Angel has been involved with volunteer work for over 20 years, lending her hand to numerous organizations – whether it be for her church, at her children's schools, the warming shelter, or now here at SFC.

"It's very gratifying work, knowing that you're helping others. Plus, working with other volunteers is a fun way to meet people and make new friends." When asked what she feels is the most important part of giving back to the community and what advice she has for others considering volunteer work, Angel says, "Helping those in need, giving back and paying it forward are the most important things. Don't be afraid to inquire and jump in to help – you won't regret it! If you don't know where or how to start your volunteer work, ask your friends or community organizations where there may be a need that you can help fill."

Thank you so much for all that you do, Angel!

## Colder Weather:

The colder weather is starting to set in... Often,

this is a time of pleasure for many as they enjoy warm days, cool nights, and all the excitements fall has to offer! However, far too many others are beginning to worry as they are burdened with trying to figure out how to navigate the challenges the change of seasons brings. The changing of temperatures equals increased costs for individuals and families already struggling to make



ends meet. This doesn't even include the stress of also trying to prepare for the holiday season. In Springfield, over 30% of the households are cost -burdened - - which means that the occupants pay more than 30% of their income to housing. In such a case, there is often not enough money to pay for other basic needs, including healthy and nutritious food. With this in mind, Springfield Family Center is asking for your help as we prepare to meet the increased needs of our community.

[Donate Here](#)

## Here are ways you can help us help others!

- Host  
a  
food  
drive
- Donate  
Shelf  
stable-  
in  
date  
food
- Donate  
fresh  
fruits  
and  
vegetables
- Donate  
frozen  
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3  
people.

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## Recipe Of The Month:



## SFC's Cooking Guide: How to cook corn on the cob in the microwave

**This takes only three minutes to cook and is a simple way  
to enjoy a favorite summer delight!**



### Ingredients

- Corn on the cob in the husks
- Favorite Corn on the Cob toppings

### Items You'll Need:

- Microwave

### Directions:

1. Take your ear of corn, leaving the outside husk on (it is important NOT to remove husks). Place the ear of corn in the microwave. Cook on high for 3 minutes. If corn still feels a little hard you can microwave for an additional 30 seconds.
2. Once your corn has cooked, set the ears aside to cool. Once cooled, shuck the corn and add your favorite toppings.
3. Serve and enjoy!

Recipe Adapted From: <https://www.tasteofhome.com/article/how-to-cook-corn-on-the-cob-in-the-microwave/>

## New Space; New Name?

We are still collecting your feedback. Please take a moment and let us know your thoughts regarding the below:

The Springfield Family Center's mission has recently changed to being a community-based charitable food organization dedicated to providing resources to our food insecure neighbors in the communities of the greater Springfield area.

In conjunction with a new space and an updated mission, Springfield Family Center is considering a name change. As we consider this change, we are interested in hearing your input on whether you think this is a good idea?

Do you think the Springfield Family Center should change their name?

Click the link below to vote "yes" or "no" for the name change. If yes, please consider sharing your ideas for a new name.



## Name Change Survey



### Buy A Meal For A Neighbor:

Your small donation buys an entire meal for one of our food insecure neighbors. Five dollars covers the cost of ingredients from the food shelf to make a meal for one person and ten dollars covers the cost of the ingredients from the food shelf to make a meal for a household of 2-3 people.

### Buy A Meal For A Neighbor

See you in October,

Your Friends at the Springfield Family Center

802 885 3646



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