

# FACTS Food Assistance Coming Together for Seniors

Volume 1, Issue 2

Summer, 2007

## "Picnic Under the Stars"

### A Stellar Night of Fun Delight!!

**You're Invited...** September 15, 2007 6:30P.M.

Location: All-a-Flutter Butterfly Farm, 7850-B Clinard Farm Road, High Point, NC 27265

A fun event for the whole family! Bring your kids, your wife, your significant other, blankets, or lawn chairs for a night of great entertainment under the stars.

Festivities: Looney Laney – children's comedian at 6:30 followed by the Butterfly Presentation (get to know a butterfly up close and personal)

Movie: *The Ultimate Gift* – a grandfather gives his grandson the "ultimate" gift. You will laugh, cry, and learn some valuable lessons of life. 8:00P.M.

Dinner catered by Country Barbecue!

Movie snacks are available for purchase for your enjoyment.

Tickets \$25 Adult and \$5 Children (over 6)

Rain date: September 22, 2007

## Volunteers Needed ... Utilize Your Life Skills

Tired to wasting time and life? Find out how you can be involved?

Utilize your life experiences and skills:

- help organize events
- learn new skills and develop new interest
- serve on resource board
- develop volunteers
- training
- website development
- fundraising
- brain storming
- delivery to meet, greet, share, learn
- warehouse organization

Need some challenge? Call 988-8899

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## People/Groups Gave

People give their time to make a difference!  
Special thanks go to these who gave:

Timco Corporation – 8 people volunteered a day of service. They did every thing from cleaning to repair!

Westminster Presbyterian Church – 15 people gave a day of their time during their "One Great Day of Service"

United Methodist Church Youth Group –11 youth from Denver, Colorado (greatest distance)

Elon Law School – 5 students

Greensboro College – Village 401 – 12 volunteers currently serving NC Acts student - Rachel R.

### Food Assistance Board of Directors

Jane Carlson, Executive Director

Tim Pless, Chairman

Dan Jones, Vice Chair

Lauren Haldeman, PhD., Nutrition Director

Thaddeus McEwen, Secretary/Treasurer

## Special Needs

Food Assistance welcomes funds to supply special needs to our participants.

Funds are used to purchase extra items for our participants such as household items, toiletries, meats and frozen and fresh vegetables. **If you would like to help, tag your donation (General).**

All donations are tax deductible under our 501(C) 3 non-profit status. Donations may be mailed to Food Assistance, Inc., 102 Kirk Road, Greensboro, NC 27455, or made online at [www.foodassistancenc.com](http://www.foodassistancenc.com).

Mission- Groceries on Wheels offers food, friendship, and hope to improve health and wellness to low income seniors and disabled in Guilford County.

Eat Right, Move More!

## Nutrition to Go

You can eat healthy even on the go!  
Remember Health = Nutrients/Calories.

Your health is predicated by your nutrient intake divided by your intake of calories.  $H=N/C$  your key formula it is your  $E=MC^2$

Eat nutrient dense food it has more nutrition and less calories. Fruits and vegetables are nutrient dense foods. Eat to Live by Joel Fuhrman, M.D. discusses this in great length. Eating large quantities of high-nutrient foods is the secret to optional health and permanent weight control.

McDonald, Wendy's, Subway , etc all offer a healthy substitute for the burger and fries so give it a try and feel your energy level surge and your weight fall.

Set that goal lose those 2 lbs in 2 weeks! You Can!

## Distribution Schedule

January 19, 20

February 16, 17

March 16, 17

April 20, 21

May 18, 19

June 15, 16

July 20, 21

August 17, 18

September 21, 22

October 19, 20

November 16, 17

December 14, 15

