

FACTS Food Assistance Coming Together for Seniors

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Food Assistance is excited to be participating in the Human Race in 2008! The Human Race is a wonderful opportunity for us to raise money for our senior food program. To make this fundraiser a successful one, we need your help. There are several easy options to pick from in order to be involved. We hope you will help make our community stronger by joining us in this charitable cause!

Date: Saturday, March 15, 2008

Location: Grimsley High School - Jamison Stadium

Time: 9:00A.M. – noon

Bring your family, your dog, your friends to walk/run for Food Assistance ~ Groceries on Wheels. This will be our fundraiser focus for this year. Our goal is \$3,000 or more. You will need a registration form and a contribution form available on our website at <http://www.foodassistancenc.com>. Your registration form with donations should be turned into Food Assistance.

How can you help? Donate, fundraise, and participate.

Dear Friends...

In the last newsletter you were asked to pray and consider stepping up to help support the low income seniors we serve. Wow! You were there when we needed you and you made a difference!

Our special Christmas family had a really special Christmas with all the help received. Bills were paid, Christmas presents were given, lots of food, and new hope. Thank you for making it special.

God is doing mighty things through His people... update in the spring issue...

The King will say "Come, you who are blessed by my Father, take your inheritance, the kingdom prepared for you since the creation of the world. For I was hungry and you gave me something to eat,... whatever you do for one of the least of these brothers and sisters of mine, you do it for me." (Matt. 25:31-46) "He who is gracious to a poor man lends to the Lord. And He will repay him for his good deed." (Prov. 19:17)

People/Groups Gave

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

Grace United Methodist Church Youth- 30+ youth gave 50 hours of service

401 Village Greensboro College gave service during Martin Luther King Day

Volunteers Needed ... Utilize Your Life Skills...Tired of wasting time and life? Find out how you can be involved and make some life long friends. Call 336-988-8899

INSIDE THIS ISSUE

- 1 The Human Race – walk/run for hunger
- 1 Dear Friends
- 1 People/Groups Gave Service
- 2 Donations, Mission Statement
- 2 Get Healthy Guilford Challenge – eat right/ move more

Food Assistance Board of Directors

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Barbara Demarest, Strategic Planning **Resource Board:** Donna Pless- Website and Lisa Koury Johnson, Corporate

If is a fun day to walk or run for your favorite cause.

Questions? Contact Rachel **336-337-6085**

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.

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!

Get Healthy Guilford Challenge

Instructions for Participation

GOALS: "Eat Smart & Move More" every day!

Eat Smart—Moderate portions, and 5-9 fruits & vegetables daily **Move More**—Adults: 30+ minutes, 4+ days/wk;

Kids: 1 hour/day

RULES: Residents of Guilford County age 18 or older who meet these goals for 10 consecutive weeks will be entered into a drawing for a grand prize! Entries must be

submitted to www.GetHealthyGuilford.org or mailed and postmarked by April 20, 2008 to Get Healthy Guilford, c/o YMCA, 501 W. Market St.,

Greensboro, NC 27401. One entry per person.

Additional Weight Loss Challenge: For adults who need to lose weight, take our 10-pound additional challenge to lose one pound per week (cut out 250 food calories and expend 250 more exercise calories

daily.) You do not have to take the optional weight loss challenge to enter in the grand prize drawing.

Moderate Portions: General rules of thumb—Eat breakfast, and don't "starve" yourself. Stick to 1/2-cup servings of most foods. A serving of meat is the size of your palm. Limit snacks to a handful. Water is the best drink. Avoid sweetened drinks and alcohol, extra fat, sugar, and salt. See www.GetHealthyGuilford.org for more tips.

Moderate Motion: For adults, 30+ minutes of exercise most days of the week. For children, 1+ hour each day. All exercise counts—see www.GetHealthyGuilford.org for details. Walking may be the best exercise. Exercise is best in a 30-minute block, but three 10-minute blocks/day also count!

Mail submissions postmarked by April 20, 2008 to: Get Healthy Guilford c/o YMCA, 501 W. Market Street, Greensboro, NC 27401

Or submit online by April 20, 2008: www.GetHealthyGuilford.org

Grand Prize drawing to be held in May.

Distribution Schedule 2008

January 18, 19

February 15, 16

March 14, 15

April 18, 19

May 16, 17

June 20, 21

July 18, 19

August 22, 23

September 19, 20

October 17, 18

November 21, 22

December 19, 20

"Groceries on Wheels"

