



# Food4Thought

People Helping People's Monthly Newsletter

August 2022

## Making Weekends a Blessing

For many of us, the weekends are a blessing....relaxing with family and friends, perhaps a cook out, or even going out to a special restaurant.

But for school age children who may be (thankfully) receiving free breakfasts and lunches through their schools, the weekends may be times of little or no food.

According to the "hunger facts" on the No Kid Hungry website, [www.nokidhungry.org](http://www.nokidhungry.org), there are as many as 12 million school age children living in what are called "food insecure" homes - households that don't have enough food for all members to lead a healthy life.

In response, PHP offers a unique program, Weekend Blessings, designed to feed Hernando's preschool through high school students whose families are deemed food insecure based on criteria in place at the school level. Better test scores, improved reading skills, positive behavior, improved health, and increased attendance have all been attributed to the very successful program.

Every Friday, students in schools that participate in the program receive bags filled with food for the weekend. On Monday, students return to school ready to learn, and the cycle continues each week of the school year. The bags include kid-friendly and easy to prepare items such as granola bars, individual cereal boxes, peanut butter, tuna, pasta, juice boxes, and fruit cups.

Weekend Blessings is administered, operated, and funded by People Helping People in Hernando County through individual donations, grants (namely through No Kids Hungry, Suncoast Credit Union, and United Way partnerships) and food drive items. Groups from local civic organizations, churches, and religious groups partner with PHP by providing the logistical support needed to operate the program-packing and delivering the bags to the school. Food is purchased

mainly through the Citrus County Food Bank so that PHP is able to keep costs low. This program currently serves over 650 children each week.

For only \$150, you can sponsor a child for the entire school year. Your donation will allow PHP to fill a bag with



Some of our Weekend Blessings volunteers

nutritious food from August until June for food insecure students that attend school in Hernando County.

We're always looking for additional schools to add, as well as volunteers. Simply give us a call - 352-686-4466.

Weekend Blessings is supported by grants from the following:



PEOPLE HELPING PEOPLE

in Hernando County

[www.phphernando.org](http://www.phphernando.org)  
352-686-4466

# ***Some Folks We Couldn't Do It Without***

## **That would be YOU!**

**Join us for a Giddy-Up Good Time at  
HOEDOWN for the HUNGRY!**

**Tickets are \$75/person and are now available.**

**Call 352 686 4466 or stop by 1396 Kass Circle to purchase your tickets now!**

People Helping People in Hernando County, Inc.  
**presents**

# **HOEDOWN** For the **HUNGRY**

**SAVE  
THE DATE**

**Saturday  
October 29, 2022**

Silverthorn Golf & Country Club  
4550 Golf Club Lane Brooksville, FL 34609

Saloon opens at 6PM • Dinner at 7PM • Western Attire Suggested  
Line Dance Lessons • Door Prizes • Cash & Gifts Drawings

**Call (352) 686-4466  
for tickets & information**



“No one is useless in this world who lightens the burdens of another.”

There are so many ways you can make a difference at People Helping People in Hernando County.

- In kind donations are items such as food, toiletries, tents and other camping needs. Individuals, groups, social clubs, or businesses may hold a food drive.
- Cash donations enable us to buy food items that we do not receive as an in kind. If you prefer, you may designate which program you would like to see your donation go toward.
- We have an ongoing need for Sunday Blessings meal sponsors - individuals, organizations, or restaurants who wish to provide a "hot meal" for those experiencing hunger and food insecurity.
- Our volunteers are what keeps us going! We have a variety of opportunities for those who want to help those in need (while feeling good about yourself, too).

***Thank you to those listed below who contributed financially during July!***

Alcoholic Anonymous  
 Anonymous (you know who you are!)  
 Anthony & April Artemisio  
 Carol J Badillo  
 Linda Bixby  
 Blooms 4 Good (Winn Dixie)  
 Kelly Brown  
 Catherine Buonemani  
 Murilene A Cronk  
 Donation jar at the HELP Center  
 Frontstream/TRUIST  
 Syed Waqar Hasan, MD  
 Robert W. Kwarren  
 Melonhead Enterprises, LLC  
 PayPal Giving Fund  
 James M & Debra J Peary  
 Carla Rossiter-Smith  
 Richard Sweade

***Please mail your check donation to:***  
**People Helping People**  
**PO Box 6182**  
**Spring Hill, FL 34611**

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**Sunday Blessings**  
**August**  
**Meal Sponsors**

**THANK YOU!**



***Thank you to all who provided in-kind donations during July!***

Anonymous (you know who you are!)  
 Bill  
 Dami Transportation  
 Elks Lodge  
 Gifts From Home (Barb Henshaw, Helen Sos, Jackie Jackson, Joe & Stacey Horan, Steve & Dottie DiMarco, Gary Lariviere)  
 Holy Trinity Church  
 Jennifer and Maggie  
 Joyce Morra  
 Liberty Health  
 Parrothead Club  
 Quilters of the Nature Coast  
 Rob Macchione  
 Springstead High School  
 Ultimate Health Plans

***In-kind donations may be dropped off M-F, 9am - 2pm at:***

**People Helping People**  
**1396 Kass Circle**  
**Spring Hill FL 34606**



**PEOPLE HELPING PEOPLE**  
 in Hernando County

**[www.phphernando.org](http://www.phphernando.org)**  
**352-686-4466**

***“Collaboration is the best way to work. It’s the only way to work, really. Everyone’s there because they have a set of skills to offer across the board.”***

We are so pleased to have two new members, Tresa Watson and Sandra Marrero, on our board of directors. Both bring experience and skillsets that can only add to all the things People Helping People does to help those in need in Hernando County.

Tresa is the Executive Director of Hernando Community Coalition. In that role since 2010, Tresa remains dedicated to supporting Hernando County in the prevention of substance misuse and the promotion of mental health wellness. As a community leader, she believes in a supportive community willing to listen and help one another by taking on the responsibility individually and collectively. Actions, big and small, make an impact.

Tresa holds a BS in Economics and an MBA, with a concentration in Finance. She’s been married to her husband Bill for 33 years and has two sons, Charlie and Jack.

Sandra is the Clinical Manager of BayCare Behavioral Health in Hernando County. Originally from Massachusetts where she directed an AIDS Service organization, she’s been a resident now of Florida for 19 years. A proud mom of 4 sons and a daughter, she enjoys traveling and being with her family in her “spare” time.

Sandra said she joined the board because she believes in its mission. “If there is anything I can add from my experience, I am glad to do so.”

Keep watching for even greater things to be coming from People Helping People!

## **HELP Center Calendar**

Our Calendar is online - view it here:  
<https://phphernando.org/calendar>

Nature Coast Art League  
10am Mondays

AA Meeting  
8pm Mondays/Thursdays  
7pm Tuesdays/Wednesdays

Showers available  
10am - 1:30pm Tuesdays/Fridays

Free Health Clinic  
10am Tuesdays

Lunch offered  
11:30am - 12:30pm Tuesdays/  
Fridays

GED Classes  
1:30-4:30 Tuesdays/Thursdays

Sunday Blessings  
3:30 pm Sundays  
A hot meal dining experience  
for those in need



### **Mobile Food Distribution**

**Wednesday, Aug 31**

**We need Volunteers to help pack  
and distribute the bags of food!**

**To volunteer, call 352-686-4466**

For those in need of food, please  
line up in your car at **10:30 am**

Location: HELP Center  
1396 Kass Circle, Spring Hill

*(Please be aware that we never know  
what or how much we’ll get on the truck.)*



Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope.

AA Meetings at the HELP Center,  
1396 Kass Circle

- **Mondays 8pm** (The Step In The Right Direction)
- **Tuesdays 7pm** (Aripeka Speaker Mtg)
- **Wednesdays 7pm** (Spiritual Axiom)
- **Thursdays 8pm** (Aripeka Big Book)

AA Hotline for Hernando County:

352-683-4597

*Find more information &  
photos on our Facebook and  
Instagram pages*



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HELPING  
PEOPLE**  
in Hernando County

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352-686-4466**