



Food Pantries of Centre County



Newsletter—Winter 2015

Serving Centre County residents with food needs.

Chicken Spaghetti Recipe

Ingredients

- 3 skinless, boneless chicken breasts (can substitute with canned chicken)
- 1 (8 ounce) package spaghetti
- 1 (10.75 ounce) can condensed cream of chicken soup
- 1 (10 ounce) can diced tomatoes with green chile peppers
- 1 pound processed cheese (eg. Velveeta) or any grated cheese to your liking
- salt and pepper to taste and 1 pinch of garlic powder

Directions

1. Boil chicken in a large pot of salted water. When chicken is done, remove from pot keeping water at a boil. Put spaghetti in boiling water and cook for 8 to 10 minutes, until al dente. When done, drain water.
2. Return pot with cooked spaghetti to stove, put over low heat, add shredded chicken, soup, diced tomatoes and cheese. Season with salt, pepper and garlic powder to taste. When cheese is melted, dinner is ready!

5 Reasons To Drink More Water

If you suffer from any of the following ailments, you may not be drinking enough water: fatigue, confusion, memory loss, dry eyes, dizziness, dry and wrinkled skin, brittle hair and nails, cold fingers and toes, constipation, eczema, headaches, urinary tract infections, and muscle pains. These are all signs of dehydration.

Your body is made up of around 70% water, which is involved in every bodily function. If you lack water, then your body will try to get moisture from any liquid source in your system. It will automatically tap your blood, cell fluid, intra-cellular fluid, and even your stools and urine. When you're literally draining yourself, you're impacting your physical and mental health and speeding up the aging process. Below are seven very good reasons to boost your water intake:

1. You'll digest your food better.

If you're spending a bit too much time and effort on the toilet, you could probably use a glass (or two!) of pure water. The body is very wise: it knows that the vital organs need essential nutrients more than the rest of your body.

If you're dehydrated, however, your body will take what's available. Hence constipation. Water-depleted stools are hard to pass—and they can be there for days! As a result, your stomach feels bloated with the overgrowth of fermenting bacteria and yeast. Not fun!

2. You'll stay sharp.

If you prefer being upbeat and focused, you need to drink water. If you're feeling confused and forgetful, try drinking more water before going to see the doctor. Dehydration can trigger brain fog.

3. You'll have youthful skin.

Dry and wrinkled skin occurs for two big reasons: (1) water retention and (2) a lack of subcutaneous fat. If you want to boost your natural fillers and look more youthful, with glowing skin, do three things:

- Splash cold water on your face several times every morning.
- Gently pat your skin dry.
- Drink a big glass of chilled water on an empty stomach.

Make sure that you drink more than two liters of water during the day, and eat fat everyday! By *fat*, I mean pure and unprocessed plant oils from foods like organic flax seeds, butter from grass-fed sources, and organic coconut oil! Fat binds the water to the dermis skin layer and functions as a natural filler. You don't ever need botox! The fat (mainly from the butter) will store in the fat layer that prevents that hollow look that often appears with age.

4. You'll curb your appetite.

Do you constantly feel hungry? Do you have cravings for sugar and wheat? Drink a glass of water. Pure water acts as an appetite suppressant. When feeling hungry, I suggest you drink a big glass of water before you act upon that sensation. If you need some taste, you can add a bit of lemon juice, or a splash of acai or pomegranate juice (without any added sugar).

5. You'll help your body do its job.

There's a reason why they call water the source of life — our blood is 90% water. The bloodstream provides your cells and organs with oxygen and nutrients, and takes away any waste products. As you can see, blood is essential and important.

As I said before, the body will tap the water from cells and blood if needed to help counter dehydration. The blood will become thicker, increasing the risk for clotting, and making it harder to pump it through the system. This can have a serious impact on blood pressure and heart disease. Lack of water is also linked to headaches, pain and tension in muscles and joints. It even causes stomachaches and heartburn. Everything is connected throughout the body, and it's important not to neglect one of its fundamental tools.

PHARE Rental Assistance Program—MH/ID

What is PHARE? Pennsylvania Housing Affordability and Rehabilitation Enhancement Fund. This was a grant received through the Pennsylvania Housing Finance Agency, related to the impact from Marcellus Shale drilling. The goal of PHARE is to help individuals achieve stable/permanent housing. ***The grant referred to in this section is specific to people diagnosed with a Mental Health or Intellectual Disability (MH/ID). For more information contact the Centre County Mental Health / Intellectual Disability Office at 814-355-6782 or the Base Service Unit at 814-355-6786***

Who is eligible? A person can be homeless (in shelter, on streets, etc.) or at risk of becoming homeless (couch-hopping, being evicted, home condemned, etc.). The person must be able to verify an MH or ID diagnosis (either through verification of disability completed by professional or disability awards letter through Social Security). The person must meet low income guidelines (50% of Centre County Area Median Income or below 200% federal poverty...numbers are below.) The person must have some form of income in order to show that the housing obtained can be supported when the program support is discontinued.

Where can people live? Eligible participants can be moving from a host or contiguous region due to a homeless/risk situation to another area of the county; or, they may be moving to host/contiguous regions from another area.

When can people be supported? This program is available now. A person can use the one-time contingency fund. Example: need to pay back rent to avoid eviction and have funds to sustain thereafter. Or a person can be enrolled in the rental assistance program for a maximum of 6 months or max utilization of \$5000. PHARE can pay 100% of month one (security deposit & 1st month rent) the following months PHARE pays 70% rent with participant paying 30%.

PHARE Rental Assistance Program—CPCA

Another PHARE Rental Assistance Program is available through Central PA Community Action (CPCA) to assist the homeless or near homeless with security deposit, rent and mortgage payments. The assistance is capped at \$2,000 for individuals and \$2,500 for families. Consumers meet monthly with case managers to develop a sustainable housing service to prevent homelessness. Income must be at or below 200% of the Federal Poverty Guidelines or below 50% of the Centre County Area Median.

For more information contact CPCA at 800-822-2610, Bellefonte area 814-355-7501, Penns Valley area 814-349-5850 or Philipsburg area 814-342-0404.