



Food Pantries of Centre County



Newsletter—Spring 2016

Serving Centre County residents with food needs.

Sweet Potato Brownies

Ingredients

- 1 cup mashed sweet potato
 - ½ cup smooth nut butter of choice (peanut, almond or cashew butter)
 - 2 tbsp maple syrup
 - ¼ cup cocoa powder
- Handful of carob chips (optional)

Method

1. Preheat the oven to 350 degrees and grease a small cake/loaf pan
2. On the stove, melt nut butter with maple syrup
3. In a large bowl add the mashed sweet potato, melted nut butter and maple syrup, and cocoa powder and mix well
4. Fold in chocolate chips
5. Pour mixture into greased pan and bake for 20 minutes or until cooked through

Remove from the oven and allow to cool completely before slicing and refrigerating
 These brownies are best when cooled completely. Store in fridge or freezer and ENJOY!

They are moist, paleo, vegan, gluten-free, and deeeee-licious! This recipe uses natural sweeteners that are WAY better for you than artificial ones. What else makes it so healthy?

Sweet potato:
 Naturally sweet AND improves regulation of blood sugar.
 If you're trying to cut down on sugar, the sweetness of sweet potato may fool you into believing it's bad for your pancreas; however,

sweet potatoes improve blood sugar in people with type 2 diabetes, regardless of their seemingly high Glycemic Index (GI).

Anti-inflammatory benefit:
 Anthocyanin (what makes a sweet potato orange) is full of anti-inflammatory health benefits. These benefits are found in brain and nerve tissue throughout the body.

Vitamins and Minerals:
 Sweet potatoes are FULL of vitamins A and C (which

makes them great for your immune system). They also have vitamin B6, B2, and B3. Sweet potatoes are also full of manganese, copper, phosphorus, potassium, and fiber; all of which work together to keep your blood, digestion, and whole body healthy.

Maple syrup contains 54 antioxidants that help prevent diseases caused by free radicals such as DIABETES and CANCER. Amazing!

Farmers' Market Vouchers - Age 60+

Eligible seniors may receive \$20 (4 checks/\$5 each) to use at local farmers' markets and distributed on a first come, first served basis.

Distribution of vouchers will begin Wednesday, June 1 until the supply is gone.

- Income guidelines are:
- 1 person \$21,987
 - 2 people \$29,632

Eligible married couples may each receive one set of checks.

All consumers must bring documented proof of age and residency when picking up checks.

Anyone picking up vouchers for another senior (including their spouse) must have a Proxy Form completed by the participant.

- Distribution locations:
- Office of Aging (814) 355-6716 Mon-Fri 8:30 am to 5 pm
 - Bellefonte Senior Center (814) 355-6720 May 31, 10 am to 11:30am

- Centre Hall Center (814) 364-9511 May 31, 12 pm to 1:30 pm
- Centre Region Center (814) 231-3076 June 3, 9 am to 11 am
- Penns Valley Center (814) 349-8188 June 8, 8 am to 9:30 am
- Philipsburg Center (814) 342-6549 June 3, 12:30 pm to 3 pm
- Snow Shoe Center (814) 387-4086 May 31, 8 am to 9:30 am

Centre Volunteers in Medicine (CVIM)

2520 Green Tech Dr., Suite D, State College, PA (814) 231-4043

CVIM provides medical and dental care, case management and necessary medications at no cost to qualified uninsured and under-insured residents of Centre County. Physicians, nurses, dentists, pharmacists, social workers and other licensed clinicians volunteer their time to provide care to our patients.

Uninsured? Need a Doctor? CVIM can help YOU!!

You may qualify for our services if...

- Your income is below \$29,425 yearly for an individual
- Your income is below \$60,625 yearly for a family of four
- AND you do not have health insurance

CVIM is currently accepting new medical patients call CVIM TODAY at (814) 231-4043!

Medical Services:

CVIM is the “medical home” for our patients. We are like a family practice, providing primary care and chronic disease management services. While we provide physical exams and respond to acute illnesses such as the flu or sinus infections, most of our patients visit us to treat and manage chronic illnesses, such as:

- Diabetes
- Depression
- High Blood Pressure
- Anxiety
- High Cholesterol

Dental Clinic Services:

Dental care is hard to come by in Centre County, even if you have insurance. Currently, 1600 people are waiting for dental appointments at CVIM. Many of the patients in our dental clinic have not been able to obtain or afford dental care for years, and several visits are needed to regain good oral health. The services most provided at CVIM are:

- Emergency evaluations for patients experiencing pain or swelling
- Extractions
- Restorative care
- Basic dental hygiene cleanings
- Specialty and diagnostic referrals

CVIM does not provide:

Surgery, prenatal care, emergency treatment, cosmetic dentistry, dentures (CVIM may be able to help obtain funding for dentures), bridges or crowns.

Case Management:

At CVIM, we understand that basic needs such as housing, heat and food are important to your health. We offer case management services to anyone in the county to help them access other services and enroll in benefit programs.

Medication Assistance:

Managing a chronic illness or treating an acute condition often requires medications. CVIM is able to provide most medicines to our patients at no cost. We obtain medications for them by:

- Processing patient applications to “Indigent Drug Programs” offered by pharmaceutical companies
- Purchasing bulk quantities at discounted prices, thanks to the generosity of Mount Nittany Health
- Paying for patient scripts at partner pharmacies when the medicine is one not usually available

