



HELPING HARVEST MONTHLY NEWSLETTER

February 2025



Reading Royals



Helping Harvest is the nonprofit of the game for the Reading Royals on Saturday, March 29th. Every ticket purchased through our link will provide a \$5 donation to Helping Harvest! If you'd like to join us at the game, [Click Here](#) to purchase a qualifying ticket!

Healthy Pantry Initiative



Helping Harvest is proud to be participating in the PA Healthy Pantry Initiative. This program encourages increased amounts of healthy foods to be distributed at pantries and other distribution sites. The Healthy Pantry Initiative also utilizes nutrition educators to provide recipes, food tastings, and preparation demonstrations to encourage healthy eating and nutrition. To learn more about this exciting initiative, [Click Here!](#)

Community Kitchen Update



Great progress is being made on our new Helping Harvest Community Kitchen! We are looking forward to it opening in the coming months as finishing touches are being added. You can stay up to date with our kitchen updates on our website!

March Evening Volunteer Opportunities!

Looking to volunteer outside of our regular hours?
Check out the evening shifts we are offering for March!

Monday, March 10, 4-6:30

- Packing Weekender Bags

Monday, March 24, 4-6:30

- Packing Weekender Bags

To sign up for a volunteer shift, [Click Here!](#)



Community Garden

The Community Garden is continuing to grow! This group is made up of members that give a monthly gift to support Helping Harvest and our mission to feed the hungry in Berks and Schuylkill counties. If you are interested in joining the



community garden and making a continued difference in our community, [Click Here!](#)

Volunteer Spotlight

Our volunteer spotlight this month is on Jim and Charlotte! Since 2018, they have spent every Wednesday and Friday morning picking up retail donations for us and racking up over 1,600 volunteer hours! After retirement, Jim and Charlotte felt the need to spend their time giving back to their community and helping others, so they began volunteering with Helping Harvest. When they are not helping out at the food banks, Charlotte enjoys reading and knitting while Jim enjoys making wooden toys and puzzles. Thank you to Jim and Charlotte for all you do!



Save the Date!

A promotional graphic for the 2nd Annual Celebration of Community & Hope. The left side features a photograph of a diverse family (a man, a woman, and two children) smiling and holding a plate of food. Below the photo is the text 'cultivating kindness' in a stylized font, with 'one meal at a time' and a fork and spoon icon underneath. The right side is a dark grey/black area with the Helping Harvest logo at the top, followed by 'BERKS SCHUYLKILL', '2ND ANNUAL Celebration of Community & Hope', 'SCHUYLKILL COUNTY', and 'Light Fare Dinner Menu & Dessert Reception'. At the bottom, in a red banner, it says 'THURSDAY, APRIL 24, 2025 • 5:30 pm - 8:00 pm' and 'Mountain Valley Golf Course, Barnesville, PA'. A small 'a member of FEEDING AMERICA' logo is also present.

Helping Harvest Goes Red for Heart Health



The Helping Harvest team celebrated Go Red Day to support women's heart health on Friday, February 7th. We are proud to support heart health through a nutritious diet provided to our community through our distributions.

Chefs Corner

This month, join Chef Amanda in the Chef's Corner to learn how to prepare and roast Brussels Sprouts. This simple recipe is delicious on its own or when paired with other dishes! Be sure to check out the recipe below to try it in your own kitchen!



Roasted Brussels Sprouts

INGREDIENTS:

- Brussels Sprouts (About 1 pound)
- Olive Oil (2 tbsp)
- Salt and Pepper to taste
- Lemon Zest , Red Pepper Flakes, Balsamic Vinegar (optional for added flavor)

DIRECTIONS:

- **Prep the brussels sprouts:** Trim the ends of the Brussels Sprouts and remove any outer leaves that look damaged or wilted. Slice them in half lengthwise so they cook evenly.
- **Heat the pan:** Place a large skillet (preferably cast iron) over medium heat and add olive oil.
- **Sear the Brussels Sprouts:** Place the sprouts in the skillet, cut side down. Arrange them in a single layer for even cooking. Let them cook without stirring for 5-7 minutes, or until the cut side is deeply browned and crispy.
- **Cook the Other Side:** Flip the Brussels and cook for another 3-4 minutes until the other side is browned
- **Add Flavor (Optional):** If you like, add minced garlic, cooking 1-2 minutes. For added depth, you can drizzle on some balsamic vinegar or sprinkle with red pepper flakes for heat. Lemon zest can also brighten the dish.
- **Season and Serve:** Season with salt and pepper to taste, then remove from the heat. Serve immediately and enjoy crispy, caramelized goodness!

Recipe Feature



This dish can be served as a side dish to meats or grains, or can be served with a dipping sauce on its own!

Advocacy Corner

You can take action to help ensure that Feeding America Foodbanks like Helping Harvest continue to have the resources to feed the hungry in our community. [Click Here](#) to see the ways you can act now and make a difference.



Helping Harvest | 117 Morgan Drive | Reading, PA 19608 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!