



## Nourishing News: E-Edition *July 2025*



### A Day of Service for Pennsylvania Day and America250PA

In recognition of Pennsylvania Day, we had a number of new faces join our regular volunteers at the July 18 Pottsville Mobile Market.

Those in attendance included Cassandra Coleman - Executive Director of America250PA, Terese Casey - Director of Development of America250PA, and Tim Twardzik - PA State Representative of the 123rd District, among others.

Thanks to Feeding Pennsylvania & America250PA (which recognizes PA's role in the upcoming 250th anniversary of America) for organizing these volunteer efforts and to everyone who joined us to uplift our community through service!

[Learn More](#)



### Chef's Corner: Perfect Scrambled Eggs

Join Chef Melanie Galarza in the Community Kitchen for this month's Chef's Corner as she shares the secret to perfect, fluffy scrambled eggs every time! (Hint: It's all about temperature control and taking the eggs off the heat at just the right time!)

Chef Melanie joined the team to assist in the kitchen and was recently named Director of Culinary Operations at Helping Harvest.

So, follow Chef Melanie's tips for amazing eggs, then pop some bread in the toaster, fry up some bacon, and pour some OJ because it's breakfast time!

[Watch Now](#)



### **Volunteer of the Month: LUCAS**

For over 8 years we have had the pleasure to get to know Lucas. Lucas has joined us at the warehouse (and more recently the kitchen) consistently 2-3 times per week - totaling well over 1,000 hours of volunteering!

Lucas' favorite activity is packing Senior Boxes, but if he is helping those in need, he's happy! Lucas is an avid traveler. When he's not volunteering, he enjoys puzzles, listening to music, talk walks, and Diamond Art.

When asked what keeps him coming back, Lucas said, "The staff and volunteers are very friendly to me, so I sign up to volunteer a lot."

[Learn More](#)



### **Summer Fun at Wacky Water Wednesdays**

We are so pleased to partner with Reading Recreation Commission (and many other amazing community organizations) again this summer for Wacky Water Wednesdays.

For the uninitiated, WWW (in its 6th season) happens every Wednesday in the summer and includes the opening of fire hydrants throughout the city to create mini spray-parks for neighborhood kids to enjoy!

Some locations we've visited include **3rd & Spruce Recreation Center**, **Keffer Park Playground**, **10th & Green Elementary**, and more.

We always love seeing lots of smiling faces while we hand out snacks (and enjoy the mist from the hydrant)!

[Learn More](#)

**SAVE the DATE**

**Thursday, Oct. 9, 2025**

**A Celebration of Community & Hope**



**Festivities start at 5pm**

**DoubleTree by Hilton Hotel Reading**  
701 Penn St, Reading, PA 19601

## Celebration of Community & Hope Sponsorship Info Now Available

Our next Celebration of Community & Hope – Berks County will be held on October 9, 2025.

Festivities start at 5pm at the DoubleTree by Hilton Hotel Reading (701 Penn Street Reading, PA).

**Information on Sponsorship Opportunities is now available on our [News & Events page](#).**

Questions about the event may be directed to Jen Bauman, Development and Stewardship Manager, at [jbauman@helpingharvest.org](mailto:jbauman@helpingharvest.org) or 610-926-5802 x228.

We hope you can join us for this special evening, helping to *cultivate kindness, one meal at a time!*

## In the News: HH and Partner Agencies Featured Amid SNAP Cuts

Earlier this month, we, along with two of our Schuylkill County agency partners, were featured in an article in the [Pottsville Republican Herald](#).

The story came on the heels of the passing of the federal budget reconciliation bill and addressed how federal cuts to critical programs may make families that are already struggling even more dependent on the charitable food network.

[Read the Article](#)



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