



Nourishing News: E-Edition September 2025

You can help feed neighbors experiencing hunger in Berks and Schuylkill counties. Please support our mission today.

[Donate Now](#)



Fighting Hunger During Hunger Action Month

September is always a busy month in the food banking world, as it's Hunger Action Month. HAM 2025 was no exception here at Helping Harvest.

September 9 was Hunger Action Day, and staff **donned orange shirts** (the color for hunger action) and we **welcomed volunteers from The Giant Company** at the warehouse, who brought with them a \$35K check and a truckload of mac and cheese courtesy of Land O' Lakes.

We adopted the Greater Reading Chamber Alliance's mascot, Lucky Penny, for a week as part of #HAM (pun intended)! Her **first day with us** was Hunger Action Day, and you can check out pictures from her **Wednesday, Thursday, and Friday** adventures.

We also offered a match for HAM gifts, which has brought in over \$40K!

[Learn More](#)



Chef's Corner: Chicken Fajitas

Join Chef Melanie for this month's Chef's Corner as she shares a simple and delicious way to prepare a bulk ingredient we commonly receive, repack, and distribute to neighbors: frozen mixed vegetables.

She takes these mixed veggies, which include peppers, onions, black beans, and corn, and pairs them with precooked chicken and seasoning to turn them into mouthwatering chicken fajitas!

Add in some tortillas and toppings of your choice, and dinner is ready! This meal is a great example of how a few simple ingredients can be turned into something delicious and nutritious.

[Watch Now](#)



Volunteer of the Month: Debby

For the last 6 years, Ms. Deborah has been volunteering with Helping Harvest. In fact, we recently celebrated her accumulation of 700 lifetime hours!

Since retiring, she felt the need to be among people, and thought, “why not help others while making new friends?” Debby is a versatile volunteer who not only works in the warehouse, but also the Community Kitchen and at Mobile Markets. When asked, she admits her favorite activity is working at the kitchen. She’s a real triple threat!

“I love having the chance to help others in need and make a difference. I’m a team player, and there is no “I” in team. If we all work together, we can get it done,” she said.

[Learn More](#)



Volunteer Appreciation Dinner

On September 4, we were pleased to be able to honor some of our most dedicated volunteers at our Volunteer Appreciation Dinner, which recognized some of the amazing folks who gave 25+ hours of time to Helping Harvest from June 2024-June 2025.

Held at the Goggleworks Center for the Arts, the celebration included a meal donated by Redner's Warehouse Markets and prepared by Redner's own Chef Tim and our chefs, dessert donated by Sweet Ride Ice Cream, favors donated by The Bee Bandits, and baskets donated by generous members of our community, as well as volunteer superlative awards, volunteer bingo, a **video imagining a world without volunteers**, and more.

[Learn More](#)

Support Helping Harvest: Boscov's 29th Annual Friends Helping Friends Fundraising Event

Helping Harvest will again be participating in Boscov's largest annual fundraising event, **Friends Helping Friends**.

During this one-day event on October 22, Boscov's offers its biggest sale of the year, 25% off its lowest sale prices. To access this exclusive event, customers receive a shopping pass after donating \$5 to a partnering non-profit organization like Helping Harvest.

The best part? We get to keep 100% of the shopping pass donation proceeds and use them to support our mission of feeding the hungry in Berks & Schuylkill counties!

How it works: Click the button below to purchase your \$5 shopping pass between now and the sale. You can pick it up from us or we'll mail it to you. You can then take the pass to a Boscov's store on October 22 and shop their sale, as well as enter to win a \$100 Boscov's gift card.

[Get Your Ticket](#)



[Our Company](#) | [Contact Us](#) | [FAQs](#) | [Privacy Policy](#)

[Helping Harvest](#) | [117 Morgan Drive](#) | [Reading, PA 19608 US](#)

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



Try email marketing for free today!