

THE DISH

The Community Meals Newsletter--
connecting community to issues big & small

THIS WEEK'S MEAL INSIGHT:

This past week and this week
, we feature
Spinach

According to BBC health,
spinach offer us many
benefits!

1. May help maintain good vision
2. May support energy levels
3. May support heart health
4. May support healthy bones
5. May be protective

THE CHALLENGE: HAVING A HOME OF YOUR OWN

Affordable housing is a
major issue for families
experiencing food
insecurity



Rising costs of purchasing a home is just one indicator that finding affordable housing is difficult for everyone.

But, why is it that since the film *It's A Wonderful Life* was produced, our society still is unable to make it so that every family would have a decent home?

According to the National Low-Income Housing Coalition:

+ "Nationally, there is a shortage of more than 7 million affordable homes for our nation's 10.8 million plus extremely low-income families.

+ There is no state or county where a renter working full-time at minimum wage can afford a two-bedroom apartment.

+ Seventy percent of all extremely low-income families are severely cost-burdened, paying more than half their income on rent."

The dream of having a place of one's own shouldn't be so hard to come by. Let's continue to advocate for our neighbors when we can.

SPOTLIGHT ON STAFF:



Amy Caruso is the Program Director of the Community Meals program, but.... you probably already know that! What you don't know? Some of the influences that inspire this relational outreach program.

Check out two nonprofits that have shaped her approach:

The Simple Way

An organization in Northeast Philadelphia that is rooted in *neighbors working together making the neighborhood a better place.* Those of us who are most invested in this place live, work, play, shop, and go to school here!

Helpers to Good/Ansaar-Ul-Birr

This College Park-based non-profit is tied to the Al Huda School in North College Park. *Their dedication to serving ALL neighbors has inspired me to have us do the same.*

FOR OUR MENTAL HEALTH

One more insight about our food for this week. Did you know that a Mediterranean diet is considered excellent for your physical and mental health!

Core foods are whole grains, fruits, vegetables, beans, herbs, spices, nuts, and olive oil.

Check out our meal this week to get started on the right foot!



Thanks to everyone who has expressed interest in our community garden project. We are getting ready to build raised beds. If you would like to help, please connect!