



HOUSE OF MERCY

making God's love visible to those in need

**86¢ OF EACH DOLLAR
GOES TO PROGRAMS**

MARCH / APRIL 2016

Cooking Class Teaches Many Skills to Clients

In a series of four basic cooking classes, clients learn to use food items from the HOM (House of Mercy) food pantry in new, exciting ways. The classes also touch on beginning nutrition using My Plate™ resources from the USDA. It has proved to be a very fun and effective way of providing information to the poor served by HOM through your generous donations.

Many times, the cans of beans, or broth, or vegetables are frustrating to HOM clients. Many don't know how to cook (victims of "Home Ec" not being offered in schools anymore), and so a can of low sodium chicken broth or "mystery" beans (what *IS* a Roman Bean, and what to do with

it?) becomes an obstacle. The class covers how to make a delicious pot of soup using broth and canned vegetables, how to mitigate the sodium in canned foods, how to make truly interesting chicken or tuna open-face sandwiches. Also, how to make "garbage soup" (and to never *ever* call it that to the family), how to tell a perfect portion size without weighing or measuring, and garnishing foods to entice kids to eat the healthful food.

In addition to taste-testing the recipes, our adult students have also provided great information on pre-and-post tests, for outcomes measurements for HOM grant applications.

"Sometimes everything is scary and we panic"

Marty and Felicitas Banks are attendees of the Cooking Classes (see above) and started coming to HOM three months ago, when Marty was laid off from his Custodial/ Maintenance job. Felicitas works 30 hours weekly at Walmart, and so it became necessary to supplement their food, diverting money for rent and utilities. Another organization referred them to HOM.

Marty said, "It's been a very humbling experience, to have to come and ask for food. But people here at House of Mercy are so open and friendly, and they don't judge, you know?"

Felicitas added, "For me, this place is Number One. We can walk to Salvation Army, but the people are cold, and the prices are high. They don't give food. There is a very personal feeling here."

Marty said he really likes the cooking class. "Felicitas is pre-diabetic. I like that the class covers that in the nutrition parts, and it's so fun to learn easy things like using your hands to see your serving size. We can eat more things than we thought. Felicitas is a great cook, but this class has taught us good things about the cans we get here."

"We like that they stop and pray with us, too," said Felicitas. "We can all use prayers. Sometimes everything is scary and we panic. But then we remember "Jesus I trust in You", and it helps, you know?"



Clients participate in the Spring Cooking classes to learn the yummy meals they can prepare using food found in their twice-monthly food bags.

Save the Date -- Famous "Grace Before Meals" with Fr. Leo Sept 20. to Benefit HOM

Fr. Leo Patalinghug will be presenting his famous "Grace Before Meals" event as a fundraiser in support of House of Mercy (HOM) programs, in particular the Food Pantry and Education. Father Leo will speak about the importance of serving family meals, especially in low-income homes. It has been proven that the simple act of eating together as a family has an effect on the development of children. The event will be held on Tuesday, September 20, 2016 beginning at 10:00am at the Piedmont Country Club, 14675 Piedmont Vista Dr, Haymarket, VA 20169. The cost to attend is \$40 and includes light snacks and drinks.



Fr. Leo is the founder, host, and Director of Grace Before Meals, an international apostolate to help strengthen families and relationships through God's gift of the family meal.

This extraordinary chef has been featured on ABC, CBS, NBC, PBS, EWTN, and even the Food Network, where Fr. Leo defeated a world famous chef in a cooking competition called, "Throw Down! with Bobby Flay." Tickets must be pre-purchased at SignUpGenius or at House of Mercy.

How your donations have helped 1Q 2016:

- Bags of food provided to clients since 1/4/16 = 3,738
- Family members provided food since 1/4/16 = 2,054
Including children who have been provided food = 250
- Families served food twice monthly since 1/4/16 = 501
- Pcs of clothing (including shoes) provided at no charge = 2,835
- Bags of food provided to Senior Apts since 1/4/16 = 201
- Number of nights homeless provided shelter = 7
- Number of breakfasts provided for the homeless = 63



HOUSE OF MERCY

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