

# THE SPOONFUL

A MONTHLY NEWSLETTER FROM YOUR AGENCY RELATIONS TEAM

## What's Cooking

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## Introducing *The Spoonful*

### OUR NEW PARTNER AGENCY NEWSLETTER

We are excited to introduce our new agency newsletter! Designed to keep you connected with the latest updates, resources, and stories from within our network.



### WHAT TO EXPECT

#### Program & Training Announcements

Stay updated on new initiatives and educational opportunities.

#### Special Announcements

Important updates that impact your agency and the communities we serve.

#### Food & Nutrition Education

Helpful insights on healthy eating, along with recipes using pantry staples.

#### Agency Spotlights

Celebrating our partner agencies and their contribution to hunger relief.

#### Highlighting Specific Community Needs

A closer look at the unique challenges faced by different populations.

# Ring in the Calm

## GROUNDING GUIDES FOR THE NEW YEAR



As we start a new year, we want to make sure you, and the volunteers who keep your programs running, feel supported beyond the day-to-day logistics.

That's why we're launching **Grounding Guides**, a new resource created to help you pause, recenter, and protect your well-being.

Each guide is quick, practical, and designed with your challenges in mind.

You'll find simple grounding practices, stress-management tips, and short exercises that you can use yourself or share with your team. These guides are small moments of care, meant to help you stay steady and energized throughout the year.



**New Grounding Guides sent to your inbox each week in January and available on our website!**

# Your Hours Matter

## MAKE SURE THEY ARE RIGHT!

Keeping your agency's hours and details updated is one of the simplest ways to support our neighbors and it makes a BIG difference. When families use our Food Finder, they rely on that information to plan their visit. Even a small change in your schedule can impact someone's ability to access food.

Please take a moment to check your listing on the food finder by visiting [feedhopenow.org/find-help/food-finder](https://feedhopenow.org/find-help/food-finder)

Submit updates using the QR code or visiting [shfbpartneragencies.org/about-us/contact-us](https://shfbpartneragencies.org/about-us/contact-us)

Thank you for helping us keep our community informed and supported! Your accuracy keeps our network strong and our neighbors nourished.



# Agency Spotlight

ST. VINCENT DE PAUL, DIVINE MERCY



For over 20 years, St. Vincent de Paul, Divine Mercy has been serving Merritt Island and surrounding communities with food, support, and compassion. Guided by their mission, “No work of charity is foreign to the Society,” they deliver food three days a week and operate mobile food drops, helping over 1,200 neighbors each month.

Beyond food, they assist with rent, utilities, pharmacy requests, and seasonal drives, like collecting shirts to protect migrant workers from the sun and pesticides.





They have grown in both volunteers and in their programs. The addition of perishable mobile food drops has expanded access to healthy food for hundreds more neighbors.

Partnerships with Second Harvest, local businesses, and community organizations help make these programs possible.

Their impact is seen in neighbors finding housing, employment, and stability with the Society's support.



Volunteers are at the heart of this work, generously giving their time, transportation, and resources to ensure every neighbor is cared for. Community members can get involved by volunteering, donating, or spreading the word to support this vital mission.

Second Harvest is proud to partner with St. Vincent de Paul, Divine Mercy and grateful for their dedication to ensuring no neighbor goes hungry. Thank you for all that you do!





# WANT MORE OF THE SPOONFUL?

Visit our Partner Agency Website  
for more information, resources,  
and other helpful tools!

[shfbpartneragencies.org](https://shfbpartneragencies.org)

