



Available Food

- **1st or 2nd Friday** of the Month - 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- **1st, 2nd, 3rd, & 4th Tuesdays** of the Month - 4:00-6:00 Food Pantry @ Peace Church, 414 Maple St, Bennett
- **2nd Saturday** of the Month - 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- **2nd & 4th Wednesdays** of the Month - 3:30-5:30 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- **2nd & 4th Saturdays** of the Month - 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- **2nd & 4th Thursdays** of the Month - 6:00-7:00 Bring Photo ID, UMC, 307 E First St, Mechanicsville
- **3rd Tuesday** of the Month - 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- **3rd Saturday** of the Month - 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- **Every Wednesday** - 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Ave, Clarence

Updated 11/03/2022



HANDLING HOLIDAY STRESS

Monday, Dec, 12th 12-1pm. Pre-Registration required.

<https://www.extension.iastate.edu/webster/join-project-recovery-iowa-staff-short-program-handling-holiday-stress>



Join Project Recovery Iowa for a short virtual program on handling holiday stress. The holiday season can be hard on many people. For some it's a season of extra spending, activities, time with extended family. For others, it's a season of grief following the loss of a loved one. No matter what is making this holiday season hard, there are tools and techniques that can help keep you feeling good while setting boundaries and expectations that work for you. During this presentation we will discuss common holiday stressors and coping strategies. Participants will leave with an action plan of ways to make their holiday season more enjoyable.



"Shared Blessings" is a Cedar County area community meal program offering a free, nutritious meal and fellowship at no obligation. Meals are served on the 2nd and 4th Saturdays of every month. Lunch is served from 11-11:45am. Carry out meals are available. **Location:** Tipton First United Methodist Church - 607 Lynn Street Tipton, IA

Iowa Family Support Network (IFSN) is a statewide system that provides information and resources to expecting families or families with young children, and professionals that serve them. You will find information that includes; family support services; group-based parent education programs; and prenatal services. Additional information on early intervention for infants and toddlers in Iowa is available. Visit: <https://www.iafamilysupportnetwork.org/>



Caregivers Support Group
Location: First United UCC Tipton
Thursday, Dec 1st @ 10am. This group meets the first and third Thursday every month at 10am in the Fireside Room. This group provides a safe space for those who are providing care for others.



Cedar County Resource Guide ISU Extension Office

<https://www.extension.iastate.edu/cedar/cedar-county-resource-guide>

Cedar County ISU Extension Office's Lending Library

<https://www.extension.iastate.edu/cedar/lending-library>



Happy Holidays!



FREE OR LOW-COST DECEMBER COMMUNITY ACTIVITIES

Friday, Dec 2nd: Clarence Christmas Walk

- Vendor Fair: 4pm-7pm on Main Street
- Santa Claus: 5pm-7pm @ Clarence Public Library. Meet Santa, get your holiday photo taken, & grab a goodie bag.
- NC Post Prom Committee Bake Sale, Chili Supper and Choirs: 5pm-7pm @ Highpoint Event Center.

Saturday, Dec 3rd: Holiday Bazaar

- Stanwood Union Church 10am-12:30pm
- Holiday Bazaar, Silent Auction, Candy Sales, Cookie Train, \$10 Ham Ball Dinner. Come enjoy our famous ham ball dinner and do some holiday shopping at the bazaar.

Saturday, Dec 3rd: Crafting For Conservation Holiday Edition FREE Program

- 10am at the Wapsi River EE Center Dixon, IA
- Learn how to repurpose and up-cycle common household items into new wrapping. Crafts will include calendar gift bags, magazine bows, and pinecone crafts. Homemade tea will also be available to sample while you craft. The tea was sourced from the Wapsi River Center's own wild ingredients. Space is limited, registration is required by calling 563-328-3286.

Saturday, Dec 10th: FREE Live Nativity & Beef Sundae Drive Thru @ First UCC Church in Tipton, IA 5pm-7pm

Watch live nativity stages from the comfort of your car as you wait in line for your meal. A roast beef sundae includes: roast beef, corn, gravy, on top of mashed potatoes in a bowl, served with a slice of pie on the side. Then, follow the lighted trail between First UCC and Hope Church from 5:30pm-7:30pm. Enjoy your meal while you listen to holiday music from various community groups, from the comfort of your car. FREE hot chocolate at Hope Church.

Clarence Public Library: Stop in anytime in December to decorate a wooden house to add to our Clarence Public Library Holiday Village. Dec 6th-10th drop in to decorate and enjoy a holiday cookie.

Mechanicsville Public Library:

"After School Fun at the Library" for kids in K-5th Grade (children under 6 years old must have a parent or caregiver present at the library).

- Thursday, Dec 8th @ 4-5pm: Join Ms. Fuller at the library for some light reading and fun.
- Thursday, Dec 15th @ 4-5pm: Join Miss Sarah at the library to learn about nature and have fun.
- Sunday, Dec 11th @ 6-7:30pm TAG (Teen Activity Group) Ages 5th grade - 12th grade. Hang out with friends at the library. This is an informal get together with snacks, crafts, and games.

Low Cost Winter Meal Ideas

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[Get Help Buying Healthy Foods](#)

Our Favorite Chicken Noodle Soup

Serves: 6 Cost/Serving: \$0.60 Serving Size: 1 1/3 cups

INGREDIENTS

- 2 chicken leg quarters
- 6 cups water
- 1/2 cup chopped celery (about 1 rib)
- 1/2 cup chopped onion (about 1/2 onion)
- 2 cups sliced carrots (about 4 carrots)
- 1 tablespoon dried parsley
- 1 tablespoon Italian seasoning
- 1 teaspoon ground black pepper
- 1/2 teaspoon salt
- 2 cups (2.5 ounces) whole grain wide egg noodles

INSTRUCTIONS

- Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165°F (10-15 minutes).
- Clean and chop vegetables while chicken is cooking.
- Take chicken out of water with tongs or fork. Cool in refrigerator about 5 to 10 minutes.
- Add vegetables and parsley, Italian seasoning, pepper, and salt to the pot of hot water.
- Remove bones and skin from chicken and discard when it is cool enough to handle. Cut meat into bite sized pieces and add to the pot of hot water. Bring to a boil.
- Add noodles when water is boiling. Cook according to package directions or about 5 minutes.

Nutrition Facts

6 Servings Per Recipe	
Serving Size: 1 1/3 cups	
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 350mg	15%
Total Carbohydrates 32g	12%
Dietary Fiber 5g	18%
Total Sugars 3g	
Added Sugars	NA*
Protein 27g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 2.5mg	14%
Potassium 516mg	11%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

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Vegetarian Chili

Serves: 7 Cost/Serving: \$0.57 Serving Size: 1 1/2 cups

INGREDIENTS

- 2 cans (14.5 ounces) diced tomatoes
- 1 can (15 ounces) garbanzo or kidney beans (drained and rinsed)
- 1 can (15 ounces) black beans (drained and rinsed)
- 1 can (15 ounces) water
- 2 cups frozen corn
- 1 large onion, chopped (about 1 1/2 cups)
- 3-4 teaspoons chili powder
- Ground black pepper to taste
- Shredded cheese, optional

INSTRUCTIONS

- Put all ingredients except cheese in a large pot. Heat to boiling over high heat.
- Reduce heat. Simmer about 20 minutes or until hot (stirring occasionally). Top each serving with a tablespoon of shredded cheese if desired.

TIPS

Use Mexican style tomatoes for added spice.

Nutrition Facts

7 Servings Per Container	
Serving Size: 1 1/2 cups	
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 440mg	19%
Total Carbohydrates 39g	14%
Dietary Fiber 11g	39%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 583mg	10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.