



Food Pantries of Centre County

Newsletter—Fall 2017
Holiday Edition



Serving Centre County residents with food needs.

Nutritional Profile of One Whole Egg

Calories: 77

Protein: 6 grams

Healthy Fats: 5 grams

Vitamin A: 6% of the RDA

Folate: 5% of the RDA

Vitamin B5: 7% of the RDA

Vitamin B12: 9% of the RDA

Vitamin B2: 15% of the RDA

Phosphorus: 9% of the RDA

Selenium: 22% of the RDA

In addition, eggs contain significant amounts of Vitamin D, Vitamin E, Vitamin K, Vitamin B6, Calcium, and Zinc.

- Protect Eyesight
- Protect Bone Health
- Fight Off Iron Deficiency
- Maintain a Healthy Weight
- Healthy Brain Development

(<http://theheartysoul.com/>)

Put all your eggs in one basket, or at least 3...

Whole eggs deserve a special place on your plate not only because of their taste and versatility but because of their amazingly dense nutritional profile too. People too often succumb to the myths surrounding whole eggs, especially the egg yolk, and actually believe that eggs can endanger their dieting goals. So it's kind of our mission to bring out the fact sheet about eggs and neutralize the rumors once and for all!

The truth is that eggs are among the most nutritious foods on the planet. But the best part is that all of this nutritive goodness can be also used to complete your healthy diet with a variety of precious vitamins and minerals. And let's not forget to mention the most famous feature of eggs – they are one of the best sources of high-quality protein on the planet – and the cheapest one, as well!

They provide your body with the whole package of amino acids required for building muscle mass and repairing tissues. Nutrition experts even recommend eating three whole eggs per day for a well-balanced diet.

[Worried About Your Cholesterol Levels? There's No Need For That](#)

While it's true that the egg yolk contains a high amount of cholesterol, things are a bit more complex than that.

Studies have never found a connection between normal egg consumption and coronary artery disease. And do you even know what cholesterol really is?

It's actually a structural molecule that is an essential part of the cell membrane – of every single cell in the body. It's responsible for the production of testosterone, estrogen, and cortisol, all of which are very important for the normal functioning of the body. Besides getting it from food, our body produces its own cholesterol in the liver. And when we eat foods that are rich in cholesterol the liver simply starts producing less of it, so the total amount of cholesterol in the body changes very little, depending on our diet.

On top of that, there is the “good” (HDL) and “bad” (LDL) kind of cholesterol – according to the American Heart Association, the first one contributes to the production of thick, hard deposits that can clog arteries and make them less flexible, increasing the risk of heart attacks and other cardiovascular diseases. On the other hand, the “good” cholesterol

actually helps remove the LDL cholesterol from the arteries by carrying it back to the liver, where it gets broken down and passed away from the body, therefore protecting the heart's health.

Eggs actually contain high amounts of HDL cholesterol, while trans fats found in overly processed and deep fried foods contribute to rising levels of LDL cholesterol. So consuming whole eggs will not only bring vital benefits to your health – it can also reverse the negative effects of your junk food choices.

In Conclusion

Eggs have long been considered as the perfect food and as you can see, there are plenty of good reasons for that. Making eggs a staple food in your diet is not only safe – it's actually more than beneficial for your overall health. Everyone can benefit from increasing the consumption of this super food, including bodybuilders, pregnant women, kids and older adults. And don't just reach for the whites – the yolk is equally important. Three eggs a day can keep the doctor away!

2017 Food Pantries Toys for Tots Distribution Dates

Holiday food and/or toys will be distributed through the Food Pantries according to the following distribution schedules. **Toy registration is required at your local pantry prior to November 30th.**

Food Bank of the State College Area, Inc., - Toy Distribution Site is:

Hills Plaza, 2137 & 2139 South Atherton Street, State College, PA (Behind McDonald's)

Distribution Day: Saturday, December 16, 8 a.m.— 11 a.m.

Howard Area Food Pantry

Vesper Street, Beech Creek, PA

Distribution Day: Monday, December 18, 2 p.m.— 4 p.m.

Penns Valley Community Action Food Pantry

337 East Aaron Square, Aaronsburg, PA

Distribution Day: Tuesday, December 19, 10 a.m.— 2 p.m.

Bellefonte FaithCentre Food Pantry

131 South Allegheny Street, Bellefonte, PA

Distribution Days: December 20 & 21

Wednesday, December 20, A—L (last names) 10 a.m.— 2 p.m.

Thursday, December 21, M—Z (last names) 1 p.m.— 5 p.m.



Philipsburg Community Action Food Pantry

14 South Front Street, Philipsburg, PA

Distribution Day: Wednesday, December 20, 9 a.m.— 4 p.m. (by appointment)

Snow Shoe / Mountaintop Food Pantry

Snow Shoe United Methodist Church, 501 South Moshannon Avenue, Snow Shoe, PA

Distribution Day: Thursday, December 21, 4 p.m.— 6 p.m.

Centre Hall / Potter Township Food Pantry

Grace United Methodist Church, 127 South Pennsylvania Avenue, Centre Hall, PA

Distribution Day (toys only): Friday, December 22, 2 p.m.— 4 p.m.

2017 INCOME ELIGIBILITY GUIDELINES

Household Size	Annual Income	Monthly Income	Weekly Income
1	\$18,090	\$1,508	\$348
2	\$24,360	\$2,030	\$468
3	\$30,630	\$2,553	\$589
4	\$36,900	\$3,075	\$710

For each additional person, add \$6,270 to Annual, \$523 Monthly, \$121 Weekly Income