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July 2018

## R4CH

Join us September 3rd for the 15th annual Run for a Child's Hunger. There are many ways to get involved. You can participate in an event, volunteer, or even be a Spirit Runner. There is a way for everyone to be a part and help us in our effort to eliminate childhood hunger in Northwest Arkansas.

For more information, go to our webpage or send us an email.

- [R4CH@carecc.org](mailto:R4CH@carecc.org)
- [R4CH Web Site](#)
- [R4CH Volunteer Sign Up](#)
- [R4CH Race Registration](#)

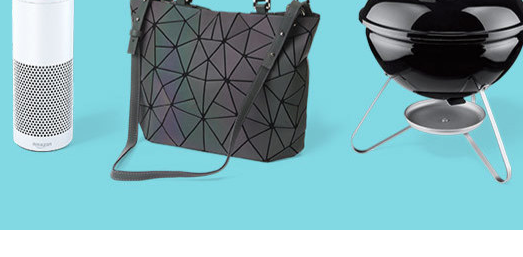
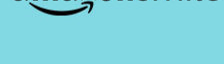


## We CARE about you.....

It doesn't matter who you are or where you are from. At CARE Community Center, you are not just a number or a statistic. You are our neighbors, our friends, and our community. We are here to help those in need in our community. CARE is not bound by geographic restrictions that limit us to helping only those in Rogers or Bentonville. We will do all we can for anyone who walks in our door. It is about neighbor helping neighbor. We are inspired by the efforts of neighbors who once needed our help as they return as mentors and motivators to others. The power of neighbor helping neighbor is never more evident than through the giving of time as a volunteer or donating something extra they thought a neighbor could use in the pantry. We are all part of this community and have a responsibility to do what we can to make our community stronger. When one neighbor is struggling, it falls to us to give that hand up or listening ear. There is a lot of strife in this world; we need to be part of the solution. Stronger neighbors, local unity, and community engagement will lead us into a sustainable future.

## Make your Prime Day shopping count

Prime Day is July 17. Shop deals at [smile.amazon.com](https://www.amazon.com) and Amazon donates.



## Help Us While Shopping

There is a way to support CARE while you shop at Amazon. The Amazon Smile program will donate a portion of the purchase price to CARE Community Center when you shop at Amazon.

Don't forget the fourth annual Prime Day on Tuesday, July 17th. Prime members can use the [Help CARE with Amazon Smile](#) link to get the great deals and donate to our cause.

Even if you aren't a Prime member use the [Help CARE with Amazon Smile](#) link anytime you shop at Amazon. Just make sure you select CARE Community Center Rogers Arkansas as the charity you want to benefit from Amazon Smile. Thank you for supporting our work as we help our neighbors in need.

- [Help CARE with Amazon Smile](#)
- [About Amazon Smile](#)



## Frozen Food Safety

Information from our friends at the [USDA](#)

The temperatures are rising and it becomes likely that food will become unintentionally defrosted for simple reasons, such as a freezer door left being open. Keeping foods frozen will keep them safe to eat indefinitely. Here are guidelines from the USDA for safe food storage.

**Bacteria can form when items such as meat and ice cream are above freezing.**

- Freezers should be at 0 degrees Fahrenheit
- Freeze foods as fast as possible
- Carry an insulated carrier for cold items from the store.

**Here is a guideline for what is safe to refreeze and what should be used or thrown away.**

- If the item is in temperatures over 40 degrees Fahrenheit for more than 2 hours (hotter the temperature the less time it is safe) - **DISCARD**
- If ice crystals remain - **Safe to refreeze**
- Up to 2 days in closed freezer - **Safe to eat**, not safe to refreeze unless ice crystals remain
- Temp of item under 40 F - **Safe to refreeze**
- Ice Cream soft or melted - **DISCARD**
- Do not freeze eggs in shells

### Safe Thawing

These methods can leave your foods unsafe to eat. Never thaw foods:

- In a garage
- Basement
- Car
- Dishwasher
- Plastic garbage bag
- Out on the kitchen counter
- Outdoors

Three Safe ways to thaw food:

- In the refrigerator
- In cold water
- In the microwave

For faster thawing, place food in a leak proof plastic bag and immerse in cold water. (if the bag leaks, bacteria can be introduced into the food) Change water every 30 minutes.



## Volunteer Spotlight

At CARE Community Center, our volunteers are vital. With many new projects on the horizon, the support shown by our community and volunteer groups keeps us motivated and moving forward. The Young Men's Service League Ozark Chapter (YMSL) is one of the largest groups that volunteer at CARE. The YMSL is a new program in the Northwest Arkansas community that has high school boys, along with their mothers, volunteering for local nonprofits. In the two short years they have been active, the YMSL have been a helpful partner in our food pantry by organizing and stocking product for our neighbors. A huge thanks to all the boys, their mothers, and mentors for dedicating their time and effort into being a good neighbor. Thank you for being the solution for the Northwest Arkansas community.

## Root Cellar Recipes

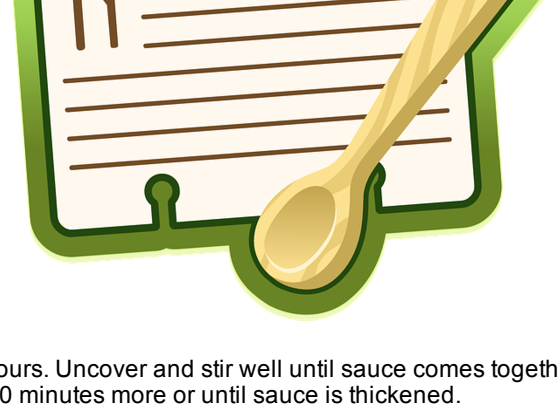
*Would you like to cook and keep your kitchen cool this Summer? Try this crockpot recipe.*

From our Friends at [Gonna Want Seconds](#)

### Creamed Corn

- Ingredients:
- 1 16 Ounce Bag Frozen Corn
  - Thawed and Drained
  - 1 Cup Whole Milk
  - 1 Tablespoon Sugar
  - 1/4 Teaspoon Salt
  - 1/4 Teaspoon Black Pepper
  - 8 Ounces Cream Cheese Cubed
  - 1/2 Cup Unsalted Butter Cubed

Instructions:  
Add the first 5 ingredient to a Crock Pot and stir. Add the cream cheese and butter. Cover and cook on high heat for 40-60 minutes. Uncover and stir well until sauce comes together and is smooth. Cover and cook on high for 40-60 minutes more or until sauce is thickened.



## Your Money, It Matters!

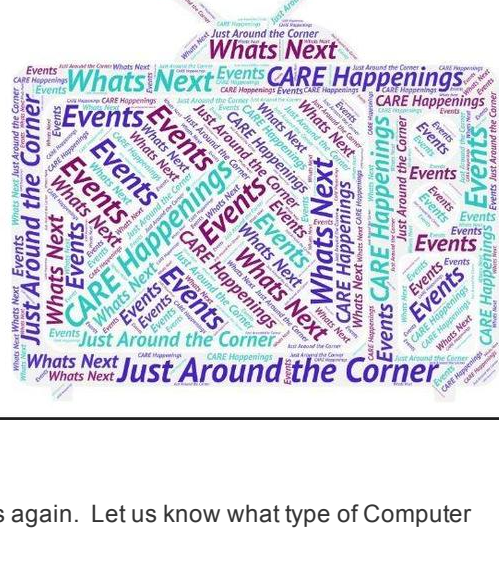
Do you still need to do your taxes? Maybe you are more than a year behind in filing taxes? CARE Community Tax Center is taking appointments to do FREE tax preparation throughout the year. Check out the helpful links for how to protect yourself from scammers and if you receive a letter from the IRS.

- Here are some things to know to protect yourself from IRS Scammers [Protect yourself from scammers](#)
- Did you just get a letter from the IRS? Don't panic. Here are some things you need to know. [Received a letter from the IRS](#)
- Call our office at 479-246-0104 Monday - Thursdays 9:00 am - 4:00 pm to schedule a tax appointment.

## Just Around the Corner

Events and opportunities to engage with CARE

- CARE offers ASPIRE case management. A question and answer session to let you know how CARE's ASPIRE program can benefit you. Refreshments will be served. ASPIRE Workshops are free of charge. Please no children present for workshops.
  - July 24, 2018 10:00 am - 11:00 am
  - July 24, 2018 5:30 pm - 6:30 pm
  - RSVP: Diana @ 479-246-0104
  - [info@carecc.org](mailto:info@carecc.org)
- CARE Community Center is pleased to offer our Summer Cooking Series. This series is a two class offering for participants 16 and up. Join us for tips and tricks to make summer cooking a snap. Space is limited and sign ups close July 16, 2018
  - July 17, 2018 10:00 am - 12:00 noon
  - July 17, 2018 5:30 pm - 7:30 pm
  - RSVP: Diana @ 479-246-0104
  - [info@carecc.org](mailto:info@carecc.org)
- We will be offering our Computer Workshops again. Let us know what type of Computer Workshop would benefit you.
  - 479-246-0104
  - [nwhisenant@carecc.org](mailto:nwhisenant@carecc.org)
- Root Cellar Pantry is in need of volunteers to help stock shelves and work in the warehouse. Please contact us if you or your group would like to volunteer.
  - 479-246-0104
  - [supplyexchange@carecc.org](mailto:supplyexchange@carecc.org)
  - [Volunteer](#)
- CARE Supply is in need of volunteers to assist with processing items to be distributed to partners and neighbors. Please contact us if you or your group would like to volunteer.
  - 479-246-0104
  - [supplyexchange@carecc.org](mailto:supplyexchange@carecc.org)
  - [Volunteer](#)



## Mission

Empowering our neighbors with resources and education leading to personal and family sustainability.

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