

# NEWSFLASH



## UPCOMING NEED

Heart+Hand Outreach Ministries makes 50 Weekend Meal Bags for South Charleston Middle School Weekly. Each Bag Contains Breakfast, Lunch, and Dinner for 2 Days. If you would like to sponsor a week of food or pack the bags, please call us at 304-989-7609. We need you.

## COMMUNITY ROOM

Community Room Gardening Classes will begin in January and continue through the Spring! Watch our Facebook Page @heartandhandthrift store for details on Upcoming Events!

### FREE SEEDS FOR THE COMMUNITY



**FEB 25**

#### What will you grow?

Learn from Master Gardeners, Caryle Snyder and Dan Brammer about starting your garden and take home FREE seeds to get started!

**Open Forum Q&A-No Registration Required**  
Saturday from 10am-12pm in the Heart+Hand Community Room.

**More Info :**

304-989-7609



### CHRISTMAS

Christmas is a special time of year for Heart+Hand! This year we were able to serve over 700 children with Toys for Christmas. Thank you to Keshia, our social services manager, all of our staff, volunteers, sponsors and bellringers for making Christmas merry!



### SENIOR FOOD

Heart+Hand distributes 456 Senior Food boxes throughout the year. We also make sure our senior neighbors have fresh fruit and veggies in the summer. This year we delivered Christmas Food boxes to Dunbar Towers and Unity Apartments.



### GIVING

Throughout the year, Heart+Hand is blessed to help our neighbors in need. In 2022 we saw that need increase substantially. Thanks to your generosity we were able to meet the basic needs of over 6,500 people in our community. Thank you!

