



# October-December Food Insecuritites Committee Newsletter 2025

*You can't spell community without unity...  
Together we can!*

## In this Newsletter:

- Holiday meals
- Food Drive
- Resources galore



**TEFAP- the Emergency Food Assistance Program is there to help you and your family receive food in an emergency situation. This Federal Program gets American grown food through the USDA and partners with food banks and pantries for distribution. Right now Barbour, Berkeley, Greenbrier, Jefferson, Mineral, Morgan, Preston, Summers, Taylor, and Webster Counties are where ONLY TEFAP is available.**



# MEET YOUR TWO STATE LEVEL FOOD BANKS!



MOUNTAINEER FOOD BANK HAS A MOBILE FOOD PANTRY! FIND

THEIR LOCATIONS AND SCHEDULES AT

[WWW.MOUNTAINEERFOODBANK.ORG](http://WWW.MOUNTAINEERFOODBANK.ORG)



“The Facing Hunger Foodbank provides nutritious canned, boxed, fresh, frozen, and prepared food to nearly 130,000 individuals annually. This food is recovered and secured from restaurants, supermarkets, food distributors, the USDA, farmers, wholesalers, sportsmen, and through food and fund drives.” for more information, visit their website at [facinghunger.org](http://facinghunger.org)

# **Meet the Food Insecurities Committee!**

*We cover half of the state, so let us help you!*

**In Braxton, Fayette, Greenbrier, McDowell, Mercer,  
Monroe, Nicholas, Pocahontas, Raleigh, Summers,  
Webster, and Wyoming Counties,**

we've got:

- Andi McDaniel amcdaniel@mhthtwv.org 304-647-3800
- Mary Jones mjones@mhthtwv.org 304-253-7654
- Linda Prutsok lprutsok@mhthtwv.org 304-872-9200
- Kara Ramsey kramsey@mhthtwv.org 304-872-9200
- Jennifer Stewart jstewart@mhthtwv.org 304-253-7654
- Codi Martin cmartin@mhthtwv.org 304-682-8271

**For Barbour, Berkeley, Grant, Hampshire, Hardy,  
Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston,  
Randolph, Taylor, Tucker, and Upshur Counties,**

we've got:

- April Waybright awaybright@mhthtwv.org 304-637-2844
- Libby Keplinger mkeplinger@mhthtwv.org 304-257-9375
- Jessie Lambert jlambert@mhthtwv.org 304-637-2840



# TOGETHER WE CAN... GET A WARM, NUTRITIOUS HOLIDAY MEAL!

Contact or visit your local churches and soup operas for availability.

[click here](#) or scan the QR code



## SCAN ME



HOVER YOUR CAMERA OVER THE QR CODE UNTIL A YELLOW BAR POPS UP. CLICK ON THE YELLOW BAR AND IT WILL OPEN UP OUR RESOURCE LIST BY COUNTY. FIND YOUR COUNTY AND ALL YOUR RESOURCES!

Keeping you and your family safe  
and healthy



FOOD  
SAFETY



USDA

<https://www.fsis.usda.gov/recalls>

the USDA updates regularly the foods  
that have been recalled and why.

Check it out before heading to the  
grocery store or placing your pick-up  
order! Also, subscribe to their email  
list for recalls!



# The complete thanksgiving meal. myPlate version!



Eating all the colors can be fun, as  
pictured. Getting all the nutrients into  
your body is essential!

<https://extension.wvu.edu/>

Hunger and Homelessness awareness week is  
November 16th-22nd,  
so... LETS TAKE ACTION

How? Donate to one of your local  
MountainHeart offices as we're doing a Food  
Drive September 23rd-November 6th.



### We're accepting:

- Canned vegetables
- fruits
- soups
- manual can openers
- pasta
- rice
- instant potatoes
- cereal
- instant oatmeal
- breakfast bars
- peanut butter
- canned meats
- juice
- can coffee,
- hygiene items



### LOCATIONS





## **MOUNTAINHEART OFFICE LOCATIONS:**

**33 MountainHeart Lane Matheny, WV 24860**

**304-682-8271**

**228 Ragland Rd. Beckley, WV 25801**

**304-253-7654**

**1200 Harrison Ave. Elkins, WV 26241**

**304-637-2840**

**956 Yates Ave. Grafton, WV 26354**

**304-265-0142**

**248 Red Oaks Shopping Center Ronceverte, WV 24970**

**304-647-3800**

**321A Lutz Ave Martinsburg, WV 25404**

**304-262-8919**

**836 Lunice Creek HWY Petersburg, WV 26847**

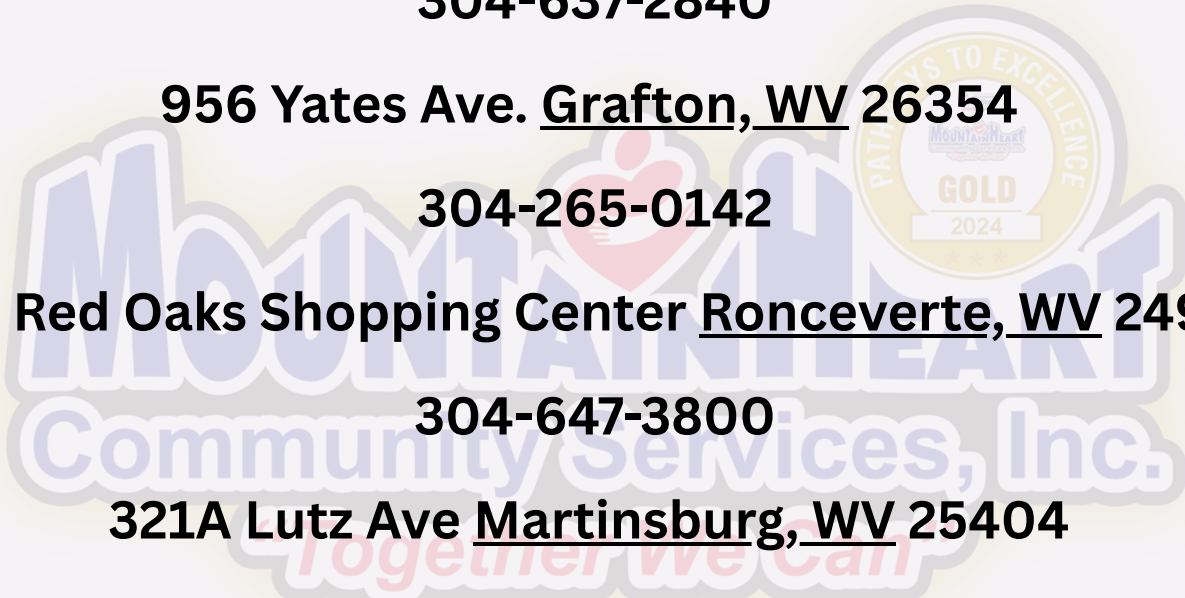
**304-257-9375**


**1411 N. Walker St. Princeton, WV 24740**

**304-425-3669**

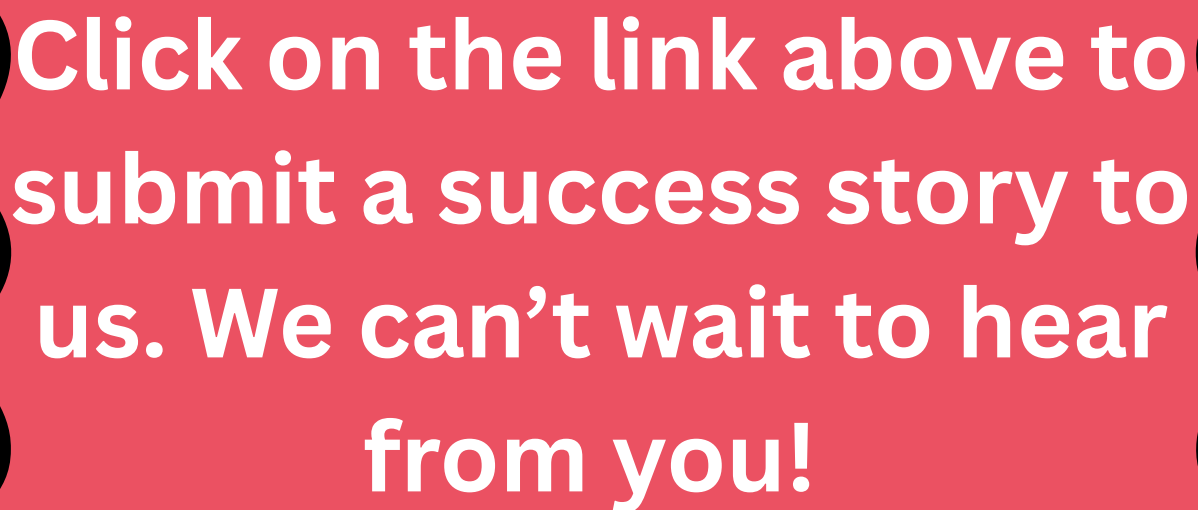
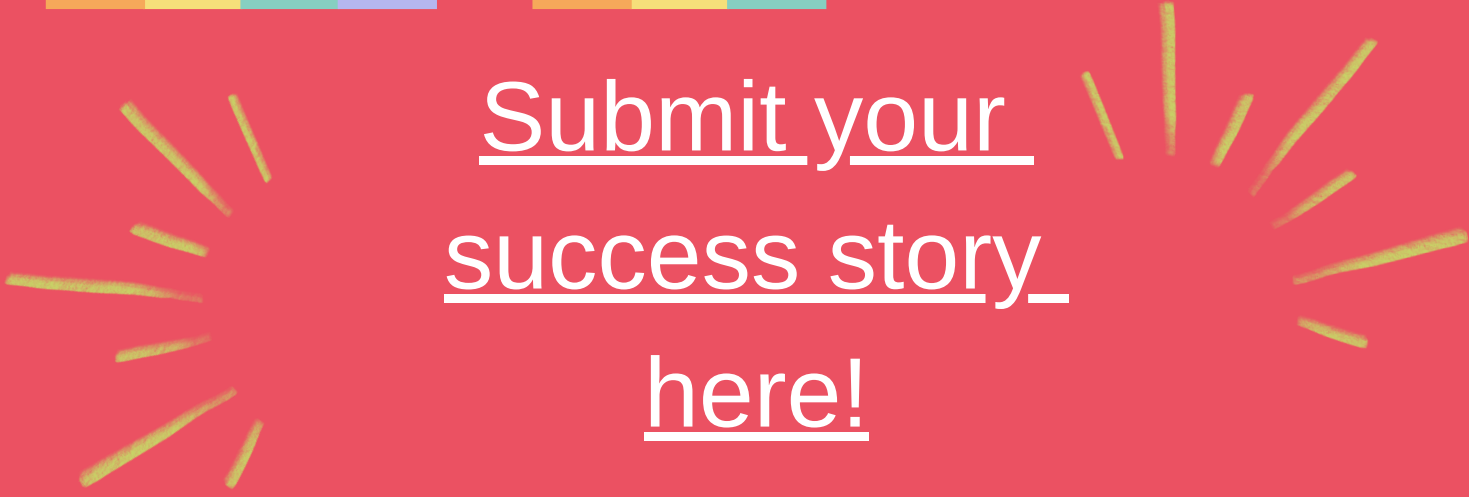
**1020 Broad St. Summersville, WV 26651**

**304-872-9200**





Submit your  
success story  
here!



Click on the link above to  
submit a success story to  
us. We can't wait to hear  
from you!

