

# *Food Insecurities Committee Newsletter*



**January-March 2026**



## **In this newsletter:**

- **Soup season recipes**
- **Resources**
- **MountainHeart's Food Drive**
- **Success stories**



The Food Insecurities Committee at MountainHeart's goal is to foster partnerships with food distribution organizations and groups to teach healthy life skills.  
Here's how we're doing that



If you open your Walmart app and navigate to the Grocery and Essentials section, scroll down to Browse Recipes. Once you find a recipe that you like, you can scroll down to find the Add all to cart button and you're done! Check your pantry first, you might not even need to purchase everything that's required if you already have it on hand!



If the Walmart app isn't for you, then go to [supercook.com](https://www.supercook.com), click all the ingredient you have on hand and the website will generate recipes for you with everything you have at home- you'd be surprised!





**YOU GOT  
THIS!**

West Virginia's quickest and  
easiest resource is the 211!  
Go to their website [wv211.org](http://wv211.org)  
for your own browsing,  
simply call 211 or text your  
Zip Code to 898-211 and  
someone will help you find  
what you need closest to you!

**211**

**West Virginia**

IT'S OKAY  
to ASK  
For HELP

## **SNAP friendly crockpot chili:**

**1 lb. ground beef or turkey (browned and drained)**

**3 c dried beans (kidney, pinto, or black) rinsed and sorted**

**1 large onion, chopped**

**1 green bell pepper, chopped (optional)**

**2 cloves garlic, minced**

**1 28oz. can of crushed or diced tomatoes (undrained)**

**1 15oz. can of tomato sauce**

**4-5 c water or broth (enough to cover the beans)**

**2-3 tbsp. chili powder**

**1 tsp. cumin**

**salt and pepper to taste**

**Once your meat is browned and drained, put everything in the crockpot, stir well, and cook on low for 8-10 hours or high for 4-5 hours.**



## Simple Chicken Noodle Soup

1 tbsp olive oil

1 onion, chopped

2 cloves garlic, minced

2 carrots, sliced

2 celery stalks, sliced (for creamier soup, use a can of cream of celery soup)

6-8 c cooked chicken, shredded

2 c egg noodles (or whatever noodles you prefer or have on hand)

salt and pepper to taste

In a large pot, heat your olive oil, onion, garlic, carrots, and celery over medium heat until softened

pour in the water or broth  
stir in the chicken and bring to a boil, then add in your noodles and simmer until soft  
taste and add in herbs as desired

Small  
steps  
every  
day



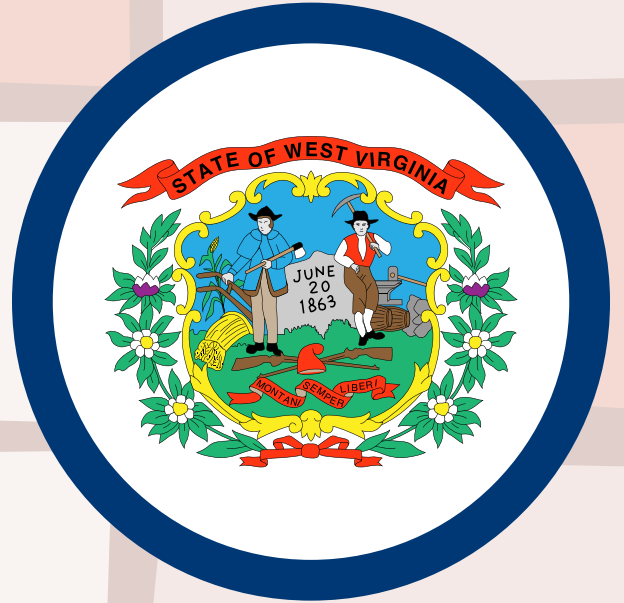
for more crockpot recipes/ideas, reach out to one of our team members or use the resources provided in this newsletter!



# Did you know MountainHeart did a Food Drive??? Here's how it went:



Our Committee members, across 22 counties, worked tirelessly and got 7,114 items donated in total that we donated to a local non-profit in each offices area! This might be something that MountainHeart does again so stay tuned and be sure to keep an eye on your local blessing boxes!



**If you have had a good experience with food resources in the state, we want to hear from you! Please submit your success story to one of our team members. Your story is someone else's inspiration!**





# **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@mthtwv.org 304-647-3800
- Mary Jones mjones@mthtwv.org 304-253-7654
- Linda Prutsok lprutsok@mthtwv.org 304-872-9200
- Kara Ramsey kramsey@mthtwv.org 304-872-9200
- Jennifer Stewart jstewart@mthtwv.org 304-253-7654
- Codi Martin cmartin@mthtwv.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@mthtwv.org 304-637-2844
- Libby Keplinger mkeplinger@mthtwv.org 304-257-9375
- Jessie Lambert jlambert@mthtwv.org 304-637-2840

HERE ARE YOUR RESOURCES. HOVER  
YOUR CAMERA OVER THE QR CODE AND  
CLICK THE YELLOW BUTTON THAT POPS  
UP



**Can't access the list? Contact  
one of our team members for  
assistance!**