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## NEWS FROM MAY 2018

May was a rewarding month! Glades Initiative began a "Cooking Matters Class" with us to teach a group of our patrons how to cook healthy on a budget. We were very excited to have 12 people attend this class on Thursdays! Focused around a particular recipe, each class started by providing education on the nutrition of the meal and shopping tips to utilize when planning to cook the meal. Then, the instructors, Sister Laura and Sandi, led a cooking demonstration of the recipe; which was followed by the class having the opportunity to cook and eat their own meal. On June 7th, the class attendees celebrated their graduation of this wonderful six-week course!

On May 12th was the "Postal Food Pick-up". We were so grateful that once again, they shared food with the Light House Cafe. We also were very thankful to have received 2-pallets of FEMA boxed meals to distribute to our patrons. These boxed meals are so helpful and a huge blessing to the many people in need. In addition, we were blessed by Roberto and two other students from Pahokee High School who delivered canned goods that they had been collecting!

Lastly, on May the 28th, the LHC was closed in reverence of Memorial Day to honor our men and women who have made ultimate sacrifices for our freedom. It is because of their fights that we are able to worship our God and to serve Him here every day! As always, please keep the LHC volunteers, staff, and the people we serve in your prayers.

Thank you for your ongoing generosity and support of the LHC!

God Bless,

Martha Lynn Weeks

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