



January 2016

**NOTE FROM THE DIRECTOR**

Happy 2016! We hope you enjoyed the holiday season; 2015 was a busy year for Diakonia. We continue to see a high demand for the services we provide. Here are the statistics from 2015:

**11,010** nights of shelter | **55,050** meals served to guests | **24,941** bags of food distributed to the community | **74** veterans households served | **81** families in Worcester and Wicomico counties kept in housing through Emergency Solutions program | over **13,000** hours of volunteer service

From the bottom of our hearts, *thank you so very much for supporting our mission.* When you help Diakonia, you help your neighbors feed their family and stay in safe housing. You give local people hope for a brighter tomorrow. You are the reason we can continue to serve this community.

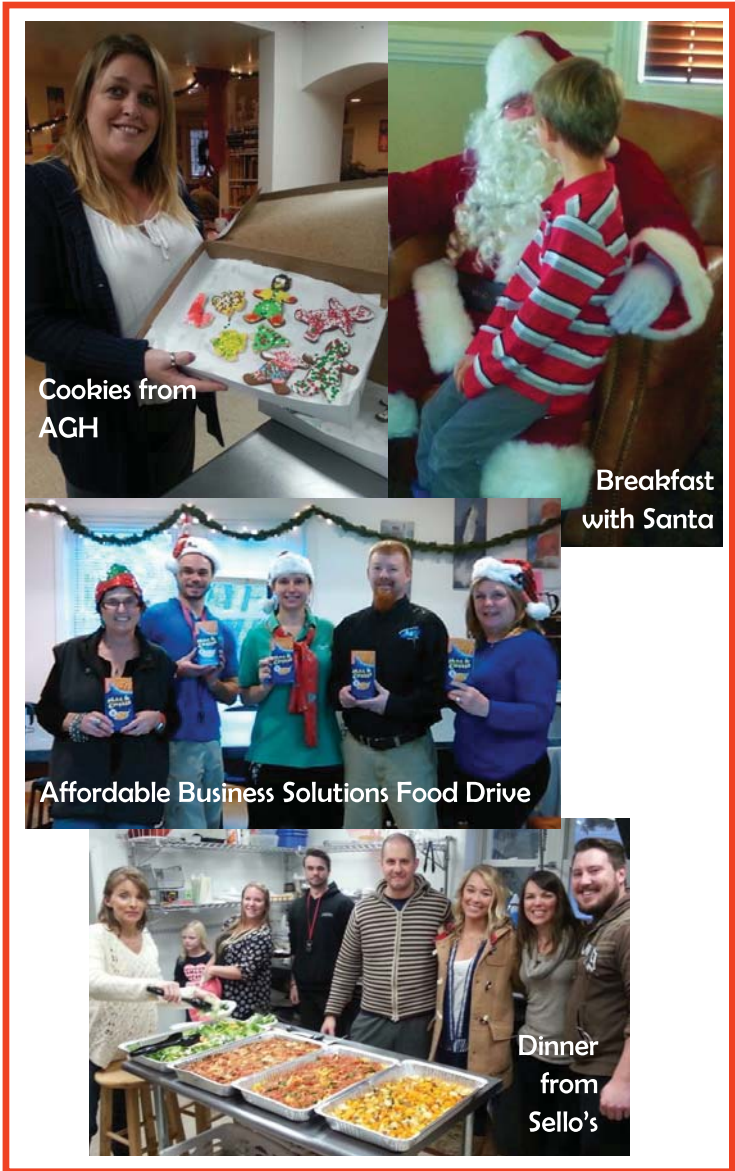
Thank you for making us your priority at the holidays and throughout the year.

Sincerely,  
*Claudia Nagle*  
 Executive Director

food drives | clothes | toys  
 inviting us to dinner | cookies  
 financial contributions  
 gifts for our guests  
 handmade scarves & quilts  
 homemade dinners  
 cheer | kind words  
 volunteering your time  
 making us part of your holidays

for  
 supporting  
 us in  
 2015

**THANK YOU**



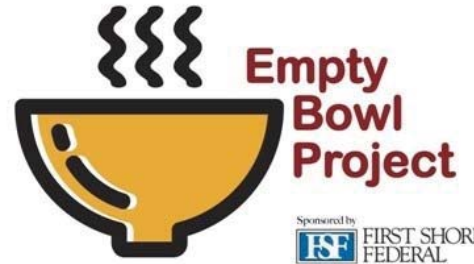
# Thank You!

to Reese Cropper for  
sponsoring

a generous  
fund match on Giving Tuesday



# JOIN US!



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## EATING CLEAN IN 2016

If your resolution this New Year is to eat healthy, good for you! Nourishing your body with a healthy diet is one of the most effective ways to avoid illness and feel great. Most people find that time, convenience and cost are significant factors in eating well.

As a household of up to forty people, Diakonia has developed some effective ways to meal plan on a budget. The food we eat comes from many different sources to our pantry – food drives, surplus from farms and gardens, items on their last day of freshness, dinners from local churches and more. With the help of dedicated staff and volunteers, we label and store items so they can be used in the most effective and economical manner, which helps eliminate food waste. Once a week our guests meet to discuss what food items are available, write a menu and sign up to cook dinner.



Here are some tips to make eating healthy friendly to your budget—

1. Pack your own convenience foods. Small containers of nuts, yogurt, cheese or apple slices can be prepared at home in reusable containers. This is eco-friendly and wallet friendly!
2. Shop farmers' markets at the end of the day when vendors are more likely to lower prices versus packing up their produce.
3. Use the freezer to your advantage! Many items can be frozen and stored for up to 6 months, which enables you to buy larger quantities or save leftovers for a later date. You can even freeze veggie scraps and bones to make homemade stocks and soups.
4. Be creative with meals and leftovers and use the internet for new recipe ideas. There are plenty of blogs which offer budget friendly recipes, such as [delish.com](http://delish.com) & [thekitchn.com](http://thekitchn.com)



**Main House**

Food Pantry and donation drop off

12747 Old Bridge Rd, Ocean City, MD 21842  
(410) 213-0923



**"USED TO BE MINE" THRIFT STORE**

on the corner of Rt 611 &

Sunset Ave West Ocean City

HOURS : Wed - Sat

10 am—4 pm



**Veterans and Emergency**

**Solutions Office**

Unit 100 9748 Stephen Decatur

Highway Ocean City, MD 21842