

Our mission is to be a vital resource by nourishing our community in body, mind and spirit.

## Thank Yous & What's Coming Up

Don't forget to share this email with your friends!



We are so grateful for the Johnstown Hospital Foundation's continued generosity. This is just the latest of several gifts from the Foundation. Recognizing the direct relationship between good nutrition and good health, the Johnstown Hospital Foundation has contributed over \$200,000 to help us establish a home for a Food Is Medicine program that is coming to One Church Street!



## Beer, Wine and Chocolate Tasting Friday, November 1, 2024 7:00 - 9:00 pm at The Eccentric Club



Tickets \$50

Please consider donating a theme basket Call 518-762-9210

Proceeds benefit the NOAH Free Community Meal and the Johnstown Food Pantry.

Our famous Beer, Wine and Chocolate Tasting is coming November 1st. Notice that we are including craft beers in the tasting event! Join us and learn about special wines and microbrewery beers as well as luxurious chocolate and other sweets.

Tickets are \$50 each. Look for them at various places around town soon or stop by the One Church Street office. All proceeds support the NOAH Free Community Meal program and the Johnstown Food Pantry.

We also need volunteers to create theme baskets to raffle. Deliver completed baskets to the church office by October 15th. Be sure to include your name and a list of the contents. We will wrap them up! Questions? Call the church office at (518) 762-9210.



October is Blood Sugar Balancing Month!

Check in every Monday next month for our "Food is Medicine Mondays" posts on our Facebook, Instagram and website. You'll find steps you can take to balance your blood sugar. Helpful for the month of Halloween candy!

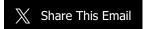
You can find previous Food is Medicine tips and information on our website at <a href="https://onechurchstreet.org/food-is-">https://onechurchstreet.org/food-is-</a>

medicine/.

## **Donate Today!**

## Please share this email.









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