

VOLUME 7 • SEPTEMBER 2021

# THE SCOOP

FAMILY PROMISE OF WAKE COUNTY'S NEWSLETTER

## TAKE A PEEK!

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### DIRECTOR'S CORNER

SCOTT FERRIS

#### GRANDPARENTS DAY!

COVID-19 continues to reshape our lives in many unthinkable ways including helping us to cherish our connections more. It has also enabled us to have a renewed appreciation for our grandparents, whether we went months without seeing our grandparents in person, or we lost a grandparent during the pandemic or for those grandparents who are raising their grandchildren when they thought their child rearing years were over. The additional challenges brought on by this pandemic have made it more important than ever that we appreciate our grandparents.

This September 12th we celebrate National Grandparents Day, a time to show our grandparents how important they are in our lives year-round, not just on this one day. There are more multigenerational households and grand-families than ever before. These are families where young and old are experiencing the pandemic together.

Many grandparent led families like this are finding themselves outpaced by rising housing and rental costs. They have never had to seek assistance from the community safety net. We at Family Promise provide emergency shelter services to all families, regardless of their composition. We value maintaining the family unit in one place and work with our community safety net to wrap services around all families experiencing temporary homelessness. We know that our community's children grow best in stable, loving environments. This continues to be our goal for all families, big and small, young and old.

This September 12th, please join us in celebrating all grandparents as thriving members of their families and communities.

## PARTNERSHIP HIGHLIGHTS

### GREEN CHAIR PROJECT

The Green Chair Project is a nonprofit organization that reuses donated furnishings for people facing the challenges of homelessness, crisis or disaster. Since founding in 2010, The Green Chair Project has helped over 12,000 individuals to begin anew.

The Green Chair Project has partnered with Family Promise to provide essential furnishings and services to our families directly, as well as working with NC Realtor Foundation to furnish all of the THP apartments.

For more information visit <https://thegreenchair.org>



THE  
**GREEN CHAIR**  
PROJECT

## AFFORDABLE RECIPE OF THE MONTH

# NACHOS

### Ingredients for Nachos:

- 1 teaspoon vegetable oil
- 1 pound ground beef
- 16 ounces (2 cups) refried beans
- 1/4 cup water
- 1 large bag of tortilla chips
- 2 Cups Cheddar cheese, grated
- 2 Cups Colby Jack cheese, grated
- 1 cup pico de gallo
- 1/4 cup chopped cilantro
- 1 jalapeño (pickled or fresh), sliced

### Ingredients for Spice Mix:

- 2 tablespoons chili powder
- 1 1/2 teaspoons kosher salt
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1 teaspoon ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon black pepper
- Pinch of cayenne pepper (optional)



### Instructions:

- Preheat the oven to 350°F & Combine all of the spices (chili powder through cayenne) together in a small bowl.
- Heat the vegetable oil on medium high heat until it begins to shimmer. Add the ground beef to the pan and season it with all of the taco spice blend. As the meat cooks, use a spoon to break the meat up into crumbles. Cook for about 8 minutes until the meat has browned and drain in colander.
- Return the meat to the pan and add the refried beans and the water. Heat the mixture until the beans are smooth and warmed through. Reduce the heat to low and keep the beef-bean mixture warm while you prepare the chips.
- Toast the chips: On a 13x18-inch oven-safe platter or sheet pan, arrange the tortilla chips in a single layer, overlapping them slightly. Toast the chips in the preheated oven for 5 minutes
- Assemble and bake the nachos: Carefully remove the pan from the oven and top with one half of the shredded cheeses. Allow the heat from the chips to melt the cheese slightly before topping the chips with the beef and bean mixture. Sprinkle the remaining cheese over the beef and return the pan to the oven for 5 minutes, or until the cheese has fully melted.

# PROGRAM UPDATES & SHOUTOUTS

## SPECIAL GUEST:

On September 1st FPWC was visited by CNN Hero and National Anti-bullying advocate, 8 year old, Cavanaugh Bell!

**WHO IS Cavanaugh Bell?**

"After experiencing bullying himself at the age of five, Bell launched an anti-bullying campaign in Jan. 2019. He founded a nonprofit called "Cool and Dope" — an acronym for "considering others' obstacles in life and dish out positive energy." Its mission is to end bullying worldwide by 2030"



To learn more about Cavanaugh's Charity visit <https://coolanddope.com>

## EMERGENCY SHELTER REMINDER:

Return to rotational host model has been moved to November 7, 2021.

2020 Host Church Requests are due on 9/8/22.

## ANNOUNCEMENTS:

Family Promises Gala has been postponed. More information to follow soon.