



MLK Holiday DC Virtual Good
Hope Cafe presents the ...

Annual MLK Prayer Breakfast

January 15, 2022

Live Stream platforms: www.mlkholidaydc.org
Facebook, You Tube @mlkholidaydc115 and
Twitter

Anniversary Message:

Rev. Tyrell Holcomb, Evangelist
Divine Connection Praise Ministry
Chair ANC7F

Welcome to the MLK DC Virtual Good Hope Cafe

Today in the Cafe we are serving a spiritual message. We pray you will be filled spiritually and partake of our specials below. Although we 're not meeting in person we hope you enjoy a healthy breakfast while viewing today's program. We look forward to being with you in person again in the future to fellowship together in Honor or Dr. King's Legacy. We have also included some Healthy Eating Tips and Resources.... Sincerely MLK DC Holiday Committee



Hosted by Co-Emcees:

Rev. Dr. Nicole A. Johnson-Douglas

Pastor, Deliverance Temple AME Zion Church

Ms. Kadajah Nixon

Alumni, Marion Barry Youth Leadership Institute
Grad Student, Cedar Crest College



MENU



STARTERS

Invocation

Pastor Patricia Saunders
Interfaith Fellowship Praise Ministries

Welcome

Rev. Anika Wilson-Brown
Pastor, Union Temple Baptist Church

Greetings

Councilmember Trayon White
Councilmember, Ward 8

Mr. Antwanye Ford
President/CEO Enlightened, Inc.

Mr. Marcus Coleman, Jr.
Director, DHS Center for Faith-Based & Neighborhood Partnerships

Ms. Carlene Reid
Ward 8 Representative DC State Board of Education (SBOE)

DREAM SPECIAL

Praise Dance

Saints Praising in Rhythm & in Testimony, S.P.I.R.I.T.,
Covenant Baptist United Church of Christ

The Occasion

Ms. Addison Rose
Ms. Lourdes Robinson
DC Co-Youth Mayors: Marion Barry Youth Leadership Institute

Vocal Presentations (Project Create)

"Fly Zyah" Brown Anthony Powell
Ahmad Woodard

GOOD HOPE SPECIAL

Prayers

Imam Talib Shareef
President Masjid Muhammad, The Nation's Mosque

Rabbi David Shnever
Founder & Director, Am Kolel

Pastor Tom Brown
His Church Global
Founder, Training Grounds Inc.



MLK SPECIAL

In Memoriam (Video Presentation)

Intro of Keynote

Mr. Kemry Hughes

Marion Barry Youth Leadership

Selection

Music Ministry, Emmanuel Baptist Church

Anniversary Message

Rev. Tyrell Holcomb Evangelist

Divine Connection Praise Ministry

Chair, ANC 7F

THANKS

Remarks

Stuart Anderson

Co-Chair, MLK Jr. Holiday DC Committee

Denise Rolark- Barnes

Co-Chair, MLK Jr. Holiday DC Committee

Closing Remarks/Benediction

Rev. Thomas Bowen

Director, Mayor's Office on Religious Affairs

*Mayor's Office African-American Affairs

*African-American Strategic Engagement

HEALTHY EATING TIPS

The benefits of a healthy breakfast

WAKE UP YOUR BODY
Your brain needs glucose to perform.
Breakfast foods are sources of glucose and without it, you'll have trouble concentrating and have low energy.

BEST BREAKFAST
The ideal breakfast contains a good balance of carbohydrates, lean protein, and healthy fats. This provides the energy and nutrients your body needs and can help prevent overeating later.

breakfast EATERS:
Tend to eat healthier throughout the day
Are more physically active
Consume more vitamins and minerals
Have better concentration and problem solving skills
Maintain a healthy weight

What Makes A Great Breakfast?
While any breakfast is better than no breakfast, the best food choices are those that will give you long-lasting energy. Choosing carbohydrates, lean protein and healthy fats will give you energy and the feeling of fullness to make it to lunch!

CARBOHYDRATES
Provide fuel for our brains and muscles. Fiber rich carbohydrates provide a feeling of fullness that discourages overeating. Fruits and vegetables deliver health-promoting vitamins, minerals, fiber and phytonutrients.
• Whole grain bread, waffles, muffins, bagels
• Whole grain cereals
• Oatmeal
• Granola bars
• Fresh, frozen, canned, or dried fruit
• Vegetables
Look for whole grains and fiber on food packages and labels.

LEAN PROTEIN
Provides a feeling of fullness and helps normalize blood sugars.
• Peanut butter or other nut butters
• Nuts or seeds
• Eggs
• Beans
• Low-fat milk
• Lean ham, turkey, or Canadian bacon
• Low-fat yogurt or cheese
Choose proteins that are low in fat.

HEALTHY FATS
Provide energy and essential fatty acids.
• Peanut butter or other nut butters
• Sunflower or pumpkin seeds
• Oils
• Nuts
• Avocado
Choose monounsaturated and polyunsaturated fats from plant-based foods and oils.

Source: Pinterest

Food Assistance Resources Washington DC

<https://dc.gov/page/food-assistance>

<https://www.capitalareafoodbank.org/pop-up-markets/>

<https://breadforthecity.org/blog/opening-our-doors-to-furloughed-federal-employees-and-contractors/>

Source: DC.gov

DC Health

<https://dchealth.dc.gov/service/nutrition-programs>

Local Nutrition Assistance Programs

- The [Produce Plus Program](#) provides DC residents with low-income up to \$20 per week to purchase local produce at Farmers Markets across the city.
- [Produce Prescription Program \(PRx\)](#) formerly known as Fruit and Vegetable Prescription (FVRx), supports medical professionals in the District to prescribe fresh fruit and vegetables to patients experiencing diet-related chronic illnesses (diabetes, pre-diabetes, and hypertension) and food insecurity.
- The [Healthy Corner Stores Partnership](#) empowers small businesses in underserved neighborhoods to stock and sell nutritious, affordable foods, in turn making it easier for residents to purchase healthy, fresh options.
- [Joyful Food Markets](#) are monthly free markets at 53 elementary schools in Ward 7 and 8. Students receive 23 pounds of produce and healthy pantry items in a supportive, education-focused environment.
- [Home Delivered Meals](#) provides medically-tailored meals to homebound DC residents and their caregivers. The service is available to patients with chronic diseases, including poorly managed diabetes upon recommendation of their health care provider.
- [Mobile Markets](#) bring fresh produce to all parts of the District with an emphasis on communities facing barriers to food access.

Source: DC.gov

Contact Links

MLK Holiday DC

<https://mlkholidaydc.org>

Marion Barry Youth Leadership Institute

https://mpdc.dc.gov/sites/default/files/dc/sites/does/service_content/attachments/MBYLI%20Factsheet.pdf

Union Temple Baptist Church

<https://www.uniontemplcdc.com>

Advisory Neighborhood Commissions

<https://anc.dc.gov>

Enlightened, Inc.

<https://www.enlightened.com>

DHS Center for Faith-Based and Neighborhood Partnerships

<https://www.dhs.gov/faith>

Links cont.

State Board of Education, District of Columbia

<https://sboe.dc.gov>

Covenant Baptist Church

<https://www.covenantdc.org/>

Project Create

<https://www.projectcreatedc.org>

Masjid Muhammad, The Nation's Mosque

<https://thenationsmosque.org>

Am Kolel

<https://www.amkolel.org>

Training Ground Inc.

<https://traininggroundsdmv.org/>

Mayor's Office of Religious Affairs

<https://communityaffairs.dc.gov/mora>