



# Stretching Your Dollars! How to get more for less.

This issue is solely dedicated to helping you conserve your resources. Energy, money, calories - you name it and we've got it!

From our family to yours, we have tips inside to help you save your money on everything from energy bills to food.

We've also put together a list of Fun Things - To- Do for you and your family.

Do you suffer from the winter blues? If so, we've got what

you need to get through the fall and winter with flying colors.

A little information can go a long way, and this issue is packed with good advice and useful information. This issue comes to you from some of the caring employees of MPHA's Section 8 department.

A special Thanks goes out to: Tamicka Clark for her great info on the GAP and EAP programs (Pg 2);

Kelly Davis for his info on Conserving Energy (Pg.2); LaShaun Hilliard with her fun tips on Holiday Crafts (Pg.4); Shaneka Kelly and info on the VEAP program (Pg.3); Terry Kieffer and the ever useful Fare for All program (Pgs 1 & 3) and Cynthia Yuen's Things-To- Do!



## Fare For All-Save 40% on Groceries!

Shared by Quality Control Specialist Terry Kieffer.

Fare For All is a program designed to help you save 40% on your groceries. this program has two options; Pre-Order and Pre-Pay and Cash and Carry.

The packages contain fresh produce and frozen meats, there is a vegetarian package available also. The prices range from \$10.00 (Vegetarian) to

\$25.00 (Mega Meat Pack).

The full list of sites and contact info are listed on page 3

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### Special points of interest:

- *More for your money –check out these tips and save!*
- *Home Weatherization –keep energy bills low.*
- *Help with high gas bills. Check it out!*
- *Things to do for fun –get moving!*

## Home Weatherization for Renters!

Shared By Kelly Davis - Housing Choice Voucher Technician.

If you are responsible for paying your heating bills I do not have to tell you how expensive it is to heat your home and keep it comfy and warm during our harsh Minnesota winters! Fortunately, there is help for you in winterizing and weather proofing your home even for renters and best of all..it's done at no cost to you or the owner of the property you're renting! Community Action has a Home Energy Conservation Program you may qualify for that can help you keep your heating bills



low and manageable. There are income guidelines you'll have to meet, for a 3 month period the guidelines for a family of:

- 1 person - \$5,296.00
- 2 people -\$6,925.00

- 3 people-\$8,555.00
- 4 people -\$10,184.00
- 5 people -\$11,814.00
- 6 people-\$13,443.00.

You may have the full treatments done one time only, , but if you move you may have it performed again (if it hasn't been done on the new unit before). If you're at or below the guidelines, you are eligible for this assistance! Call for more information: 612-335-5911.

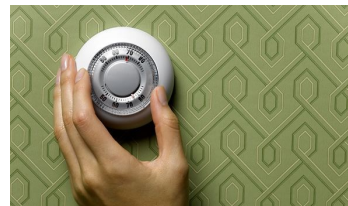
## Gas Affordability Program (GAP)

Shared by Tamicka Clark - Housing Choice Voucher Eligibility Technician

Do you need help paying your natural gas bill? The GAP program offers benefits to help you keep your home warm and to save money!

- Helps customers lower monthly gas payments and pay past due balances.

- Participants who continue to make their payments will not have their gas shut off.
- Flat, monthly payments help you manage your budget.



Gap will average out your gas usage and get on a payment, budget plan. You will not pay over 4% of your annual household income. Call for more details: 612-372-4727.

## Energy Assistance Program (EAP)

Shared by Tamicka Clark - Housing Choice Voucher Technician

The Energy Assistance Program (EAP) provides assistance for heating, oil and electric bills. You are eligible to benefit from this program if you are living in subsidized housing. You do not have to be threatened with a disconnection notice for this program and it's worth looking

into. The EAP program begins on October 1 and continues through May 31. You will need to provide your income information so be sure to call and find out all that is required.



Both the Home Weatherization Program and EAP or GAP will help you save money! Call:612.335.5837 for more details.

## Things-To-Do! Let's Have Fun!

Shared by Cynthia Yuen –Mobility Voucher Coordinator

You don't have to stay home and be bored! The Minneapolis Park and Recreation Board has some fun things to do with your family all year long! From Halloween fun straight through December you can get out there and have fun. Do you like spooky movies? On October 31 you can check out Central Park from 5 –7pm for spooky kids movies with treats to take home (free); or check out the Bottineau Halloween Party from 6-8pm for trick or treating and games (all ages-free). November 11 Linden

Hills is hosting Dinner and a Movie at 6:15-8:45 (\$8); Family Movie Night - Dr. M.L. King Jr. from 6-8 with a 'G' or 'PG'rated movie, pizza and popcorn (\$3); how about a Thanksgiving Dinner at Fairview from 12-3 (\$7) or a Vikings Pizza Party at Windom South from 11:30am-1pm to watch the Vikings Vs. the Raiders game while having pizza? (\$5). Please be sure

to call the parks before you go, then go and have fun! There's so much to do in Minnesota! Visit [www.minneapolisparcs.org](http://www.minneapolisparcs.org)



for more info and many more things to do and places to go.

Get out and have some fun!

## Volunteers Enlisted to Assist People (VEAP)

Shared by Shaneka Kelly - Inspections and Wait List

VEAP is a volunteer organization that can provide financial assistance for housing, utilities and transportation issues (gas and bus vouchers, car repairs).

VEAP also provides groceries and certificates to give families the opportunity to maintain their

traditional holiday celebrations.

VEAP has a great program for the elderly and disabled who are not able to cook for themselves and may would be alone on the holidays; VEAP will deliver fresh holiday hot meals along with fellowship. This is a great

chance for you to help someone in need, refer them to VEAP!



## Fare For All Site List (continued from Pg. 1)

The Fare for All Pre-Pay and Pre-Order sites in Minneapolis are open Saturday mornings and are located at: Augustana Lutheran Church – 704 11th Ave S. (9:30-11:00); Elim Church 685 13th Ave NE. (10:00-11); North Minneapolis Christian Fellowship 1823 Emerson Ave N. (9:30-10:30);Luxton Park

112 Williams St. (9:00-10:30);Bethel Lutheran Church 1115 30th Ave N (9:30-11:00); Pillsbury House 3501 Chicago Ave S. (10:00-11:00) and Shingle Creek Commons 4600 Humboldt Ave N. (10:00-11:00). The cash and carry sites are: Holy Trinity Lutheran Church 2730 31st S. E (Wed:5:00-

7:00) YMCA 1711 W. Broadway (Mon:5:00-7:00). Call to preorder and for date info: JoAnne Death: 763-450-3880.





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**We're Online!**  
**WWW.MPLSPHA.ORG**

*The mission of Minneapolis Public Housing Authority (MPHA) is to promote and deliver quality, well managed homes to a diverse low income population and, as valued partner, contribute to the well-being of the individuals, families and Community we serve.*

## Beating the Holiday Blues! What to do and how to do it.

Shared by LaShaun Hilliard - Housing Choice Voucher Eligibility Technician

The holiday season is not always cheerful for everyone. In these economic times, it is easy to feel overwhelmed if you can't afford to buy as much as you're used to buying or would like to buy.

This holiday season, why not make the gifts you'd like to give? It's fun, easy and a great way to spend quality time with your loved ones!

I have two recipes to share with you and a website that you can go to and find even more great ideas to try.

**Bath Salts:** Everyone loves them, they're a great way to relax, nothing beats soaking away tired muscles or a stressful day.

**Getting Started:** First, gather together a decorative bottle or jar; Epsom salts; food coloring and perfume or essential oils. Next, mix the desired amount of Epsom salts (enough to fit in the jar or bottle) with food coloring, mix well so the color is even, add the perfume or essential oils and mix again. Spread the mixture out on a sheet of waxed paper and dry for a couple of hours. Tie a ribbon around the lid of the jar or bottom and you have a beautiful bottle or jar of homemade bath salts! You can personalize the bottle with your own labels. Everyone will love them!

If you have food lovers in your family; what better gift than cookies? You can bake your own cookies, pack them in a large jar or a festive, holiday tin (Dollar stores usually carry these, and they are beautiful), print out the recipe to include with the cookies and you're done. It's fun and creative and will mean so much more to the lucky recipient.

