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## October Food Pantry Sched-

Monday, October 7th	5:00 PM — 8:00 PM
Tuesday, October 8th	10:00 AM — 1:00 PM
Wednesday, October 16th	5:00 PM — 8:00 PM
Thursday, October 17th	10:00 AM — 1:00 PM

## Where to Find Free School Supplies

If you need free school supplies, here are some possible sources of help:

### 1) Search the NJ 2-1-1 Database

Using the search bar at the top, type in "school supplies" and see if there are any programs we list that serve your area. If you don't get any results when you put in your zip code, try expanding the search area, or searching by county.

### 2) Ask your school, school district, and teacher

Some school districts are required to provide school supplies to students who can't afford them. Some schools are given donated supplies for students who need them. Some teachers are connected to retailers or non-profit agencies and can request free supplies for their students. In any case, help may be available to those who ask.

### 3) Try the Internet

- There are a number of internet communities that allow users to request, trade, and give away items for free.



## Holiday Calendar Office Closing In September

- September 2nd — Office is Closed
- September 29th — Office is Closed
- September 30th — Office is Closed

## 2-1-1: United Way

- 2-1-1 can be accessed by *phone or computer*.
- United Way has been supporting 2-1-1 since its inception in 1997
- Service is 24 hours a day, seven days a week
- Turn to 2-1-1 for information and *support financial, domestic, health or disaster-related*.
- A free, confidential referral and information helpline
- Call 2-1-1 or search <http://www.211.org/>



# What's Cooking in Will's Kitchen?

## Easy Beef Supper

This is a favorite southwestern dish. Serve with vegetables for lunch or dinner. The foods in bold type are USDA Foods. Adapted from a recipe by Phyllis Blackbear, Cheyenne & Arapaho Tribes FDP.

### Ingredients

- 1 pound ground beef
- 1 small onion, chopped
- 1 bell pepper, chopped
- 2 cans (about 30 ounces) low-sodium diced tomatoes, drained
- 1 cup macaroni, uncooked
- 2½ cups low-sodium tomato juice
- ¼ teaspoon black pepper
- ½ teaspoon chili powder
- 1 teaspoon oregano (if you have it)
- 1 can (about 15 ounces) low-sodium kidney beans, drained

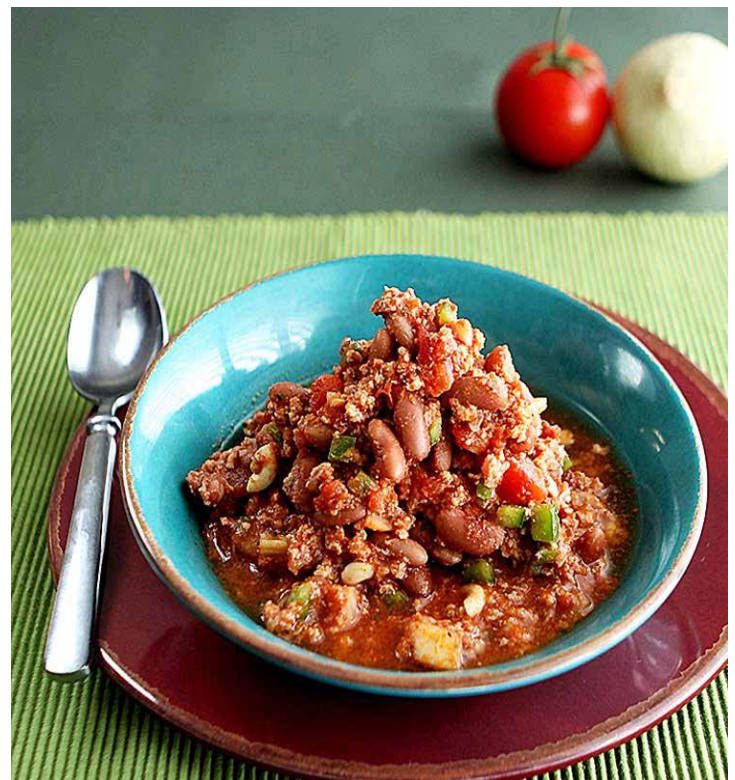
### Instructions

1. In a large pan, cook ground beef over medium heat for 8 to 10 minutes. Drain fat.
2. Add onion, green pepper, and tomatoes to ground beef and cook until onion turns light brown.
3. Turn down the heat to a simmer. Add macaroni, tomato juice, spices, and beans to the pan. Stir well.
4. Cover the pan and simmer for about 20 minutes.
5. Remove pan from heat, stir, and serve hot.

### Serving Size 1¼ cups Calories 390

Total fat 12g	Saturated fat 4.5g	Cholesterol
51mg Sodium	394mg Carbohydrate	
46g Dietary Fiber	9g Sugars	10g Protein
25g Vitamin A	54% DV Vitamin C	
110% DV Calcium	10% DV Iron	
36% DV		

Percent Daily Values are based on a 2,000 calorie diet.





Healthy For Good™

# HOW TO CONTROL CHOLESTEROL



## CONTROL CHOLESTEROL

### 1 UNDERSTAND CHOLESTEROL

Cholesterol is a fat-like substance that comes from two sources: **food** and **body**. It is found in foods from animal sources only. It travels in the body by lipoproteins (LDL and HDL).



#### HDL = good

High-density lipoprotein is known as "good" cholesterol.<sup>1</sup>



#### LDL = bad

Low-density lipoprotein is known as "bad" cholesterol.<sup>2</sup>



*HDL helps keep LDL from sticking to artery walls and reduces plaque build up. This process can lower the risk of heart disease and stroke.*

[heart.org/Atherosclerosis](http://heart.org/Atherosclerosis)

#### Triglycerides

The most common type of fat in the body.<sup>3</sup>

#### Total Cholesterol

$HDL + LDL + 1/5th \text{ of triglyceride level} = \text{total cholesterol level.}^4$

### 2 TRACK LEVELS



A medical provider can measure blood cholesterol.



Track cholesterol levels with a personal at-home chart.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](http://HEART.ORG/MYLIFECHECK) AND [HEART.ORG/CHOLESTEROL](http://HEART.ORG/CHOLESTEROL)

### 3 TIPS FOR SUCCESS



#### EAT BETTER

Eat a diet rich in fruits, vegetables, whole grains, low-fat dairy products, poultry, fish and nuts. Limit sugary foods and drinks, fatty or processed meats, and salt.



#### GET ACTIVE

Physical activity not only helps control cholesterol but also weight, blood pressure and stress levels.<sup>5</sup>



#### KNOW YOUR FATS

The fats you eat can affect your cholesterol levels. Replace saturated and trans fats with healthier monounsaturated and polyunsaturated fats.<sup>6</sup>



#### TAKE MEDICATION AS DIRECTED

The best way to reach treatment goals and enjoy the benefits of better health is to follow a medical provider's advice.<sup>7</sup>



#### QUIT SMOKING

If an individual smokes, high cholesterol is another good reason to quit. And everyone should avoid exposure to secondhand smoke.

1. [http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia\\_UCM\\_445094\\_Encyclopedia.jsp?topicId=ahf1e-hdl](http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445094_Encyclopedia.jsp?topicId=ahf1e-hdl)  
2. [http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia\\_UCM\\_445094\\_Encyclopedia.jsp?topicId=ahf1e-ldl](http://www.heart.org/HEARTORG/Encyclopedia/Heart-Encyclopedia_UCM_445094_Encyclopedia.jsp?topicId=ahf1e-ldl)  
3. [http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean\\_UCM\\_305562\\_Article.jsp#l=0](http://www.heart.org/HEARTORG/Conditions/Cholesterol/AboutCholesterol/What-Your-Cholesterol-Levels-Mean_UCM_305562_Article.jsp#l=0)  
4. Third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel II) final report. *Circulation*. 2002;106(25):2893-2911.  
5. Wentworth D, Nagin CW, Braden SS. Health benefits of physical activity: The evidence. *CMAJ*. 2006;174(8):868.  
6. Third report of the national cholesterol education program (NCEP) expert panel on detection, evaluation, and treatment of high blood cholesterol in adults (adult treatment panel II) final report. *Circulation*. 2002;106(25):2893-2911.

# A Checklist to Help You Get Your NJ SNAP Benefits



Check off the information that applies to you and bring **original documents** to your local County Welfare Agency (CWA).  
For a list of CWA's go to [www.nj.gov/humanservices/dfd/programs/njsnap/cwa/](http://www.nj.gov/humanservices/dfd/programs/njsnap/cwa/)  
or call the NJ SNAP Hotline 1-800-687-9512

■ **You must prove who you say you are. List everyone in your household, even if you are not applying for them. For the household Members included in this application, one of the following must be provided:**

- Birth Certificate
- Driver's License
- Old Food Stamp ID
- School Photo ID
- Work Photo ID

■ **You must provide a Social Security Number for all household members included in this application.**

■ **You must prove where you live (unless you are homeless). For example, you must bring:**

- Current rent receipt (with landlord's name and phone number, your mailing address, and amount of rent)
- Current rental assistance (HUD) agreement
- Current mortgage statement and/or tax bill
- Current lease

■ **If you are not able to work, for medical reasons, you must provide a doctor's note.**

■ **If you are not a U.S. citizen, you must provide a current I-94 or current I-551 (green card).**

■ **Resources: In most cases, we do not count resources unless you receive income from them. You must provide records, statements or proof of their current value:**

- Bank account (savings/checking)
- Recreational vehicle(s) such as a boat or motor home
- Savings bond
- Trust fund
- Money in a credit union
- Christmas Club

■ **Income: You must verify the source, amount and how often you receive it.**

- Earned Income:** your pay stubs for the prior month, showing gross wages and deductions. If you are self-employed, use last year's tax records.

**Unearned Income:**

- Copy of award letter for pension or VA
- Copy of interest statement from bank savings account
- Letter from employer stating amount of private disability
- Child Support - copy of court order or letter from absent parent
- Signed/dated letter from provider of any money you receive on a regular basis

■ **Expenses: What you pay each month.**

- Rent receipt
- Mortgage statement
- Property Taxes
- Home Owner's Insurance (if not included in your mortgage)
- Gas/Electric bill
- Phone bill
- Water/Sewer bill
- Coal/Wood/Oil bills

■ **Medical Bills (those you pay on a regular basis):**

- This information is needed only for those people over age 60 or people who are disabled.

■ **Child Care:** If you are paying for child care so you can work, go to job training or look for a job, you need a signed and dated letter from your child care provider with the following information:

- Name of child care provider
- Hourly fee
- Number of hours per week they provide child care

■ **Child Support:** If you are under a court order to pay child support and you are paying it, you need proof of the following:

- Who you pay
- Child(ren)'s name(s)
- Court order number

## USDA Nondiscrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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