NAVIGATE & EDUCATE AUGUST 2022 MONTHLY NEWSLETTER

Do You Need?

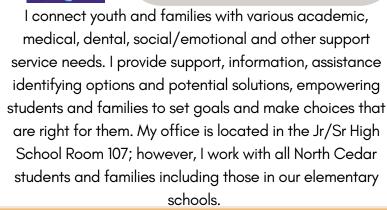
A doctor, dentist, glasses, healthcare, health insurance, therapist, transportation to appointments, food assistance, assistance with rent/utilities, schools supplies, clothing, hygiene products, period care products, help applying for services? Contact School Resource Navigator Ms. Emily



Hi, Im Ms. Emily!

The School Resource Navigator

I work with the Cedar County Public Health Department & North Cedar School District. My job is to help North Cedar students and families by assisting you to learn about and navigate the system of resources that exist in your community.



North Cedar Resource Closet

HYGINE PRODUCTS

FOR ALL NORTH CEDAR STUDENTS AND FAMILIES

THE "RESOURCE CLOSET" IS LOCATED IN THE JR/SR HIGH **SCHOOL IN THE RESOURCE NAVIGATOR'S OFFICE: ROOM 107**

Specific Donation Requests: Deodorant, fragrance free tampons, water bottles, ankle socks, sensory toys/fidgets

Community Action Eastern lowa: Diaper pantry available (has sizes 1-6), Can assist with Water & Sewer disconnections, Head Start Preschool, Office is open Tuesdays and Thursdays in Tipton, by appointment only

<u>Early Childhood Iowa:</u> Can get children under 5 set up with the Dolly Parton Imagination Library which mails free books to children. Preschool Scholarship program for qualifying families with 3-4-year old's, Car seats and pack n' plays available for qualifying families, Welcome kit/baskets available for new mothers.

Parent Partner Program: Parent partners are people who have been through the DHS system. They assist to mentor parents who have current cases open with DHS. They can go to court with parents, attend meetings with parents and provide support and mentorship.

Available Food

- . 1st Friday of the Month 3:30-4:30 Mobile Food Pantry Drive Thru at First United Methodist Church, 607 Lynn St, Tipton
- 1st, 2nd, 3rd, & 4th Tuesdays of the Month 4:00-6:00 Food Pantry @ Peace Church, 414 Maple St, Bennett
- 2nd Saturday of the Month 10:00-12:00 Food Pantry @ Zion UCC, 402 Main St, Lowden
- 2nd & 4th Wednesdays of the Month 3:30-6:00 Food Pantry @ First UCC, 600 Mulberry St, Tipton
- 2nd & 4th Saturdays of the Month 11:00-11:45 Shared Blessings Free Meal @ First United Methodist Church, 607 Lynn St, Tipton
- 2nd, 4th Thursdays of the Month 6:00-7:00 & 4th Saturday 9:00 -10:00, Bring Photo ID, UMC, 307 E First St, Mechanicsville
- 3rd Tuesday of the Month 3:30-4:30 Mobile Food Pantry @ West Branch Fire Dept, 105 S 2nd St, West Branch
- 3rd Saturday of the Month 9:00-10:00 Food Pantry Drive Thru at Foursquare Church, 1100 N Hwy 38, Tipton
- Every Wednesday 5:30-6:30 Food Pantry @ St. John's UCC, 320 9th Updated 04/15/2022

Back To School: Easy 1 Pan Meal SPEND SMART. EAT SMART.

Meat and Veggie Mac

Serves: 4 Cost/Serving: \$0.82 Serving Size: 1 1/2 cups

- 1 package (7.25 ounces) macaroni and cheese mix
- 1 package (16 ounces) mixed vegetables, frozen
- 1 1/2 cups cooked meat (beef, pork, or chicken) chopped 1/4 cup nonfat milk
- 1/8 teaspoon garlic or onion powder

INSTRUCTIONS

- 1 Cook macaroni in large saucepan as directed on package. Add the frozen vegetables after about 5 minutes. Cook until macaroni is tender and vegetables are cooked. Drain.
- 2 Return macaroni and vegetables to the pan. Add the meat.
- 3 Stir the cheese sauce mix, milk, and garlic or onion powder together. Stir into macaroni mixture.
- 4 Cook over low heat for 1-2 minutes or until heated through. Stir off and on.

Omit the butter or margarine recommended on the package to save calories and fat.

<u>United Way Cedar County Volunteer Center:</u>

New Location: 519 Cedar St. Tipton, in the south building of "The Gathering", Help put together Literacy kits (Every Thursday from 9-11am), Day of Service: Sep 9th @ Cedar County Courthouse. Help assemble disaster kits (registration required) contact Jennifer Comstock: jennifer.comstock@uweci.org / 319-398-5372 x823

4 Servings Per Container Serving Size: 1 1/2 cup Amount Per Serving 370 Calories % Daily Value Total Fat 4.5g Saturated Fat 2g 10% Trans Fat 0g Cholesterol 55mg 18% Sodium 510mg 22% Total Carbohydrates 53g 19% Dietary Fiber 3g Total Sugars 11g Added Sugars NA* Protein 26g Vitamin D 0.2mcg 1% Calcium 128mg

Nutrition Facts

Potassium 360mg * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Iron 2.4mg

10%

13%

general numeron acroves. NA* - We are currently in the process of integrating the new FDA Nutrition Standards Added Sugar information is not currently available for the recipe. We will be updating the information shortly.

Emily Smith Call/Text: (563-886-4711) Email: esmith@north-cedarstu.org