

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.

I connect youth and families with various academic, medical, dental, social/emotional and other support service needs. I provide support, information, assistance identifying options and potential solutions, empowering students and families to set goals and make choices that are right for them. My office is located in the Jr/Sr High School Room 107; however, I work with all North Cedar students and families including those in our elementary schools.

North Cedar Resource Closet

CLOTHING AND
HYGINE PRODUCTS

**100%
FREE**

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 Resources

Community Action Eastern Iowa: 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

Early Childhood Iowa: 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 Ave, Clarence

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

INGREDIENTS

- 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.

TIPS

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

Nutrition Facts

4 Servings Per Container

Serving Size: 1 1/2 cup

Amount Per Serving

Calories 370

% Daily Value*

Total Fat 4.5g 6%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 55mg 18%

Sodium 510mg 22%

Total Carbohydrates 53g 19%

Dietary Fiber 3g 11%

Total Sugars 11g

Added Sugars NA*

Protein 26g

Vitamin D 0.2mcg 1%

Calcium 128mg 10%

Iron 2.4mg 13%

Potassium 360mg 8%

* 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.

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.

United Way Cedar County Volunteer Center:

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

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