**WELCOME:** The SCHSC meeting started on Thursday, January 23, 2014. The following 21 people introduced themselves. Siplele Quezada (Ames Community School District), Marion Kresse (Boost Together for Children), Arti Sanghi (Central Iowa RSVP), Kaitlyn Hofeldt (Story County Decatorization/ CPPC), Shari Atwood (CyRide/Ames Area MPO), Sarah Constable (HIRTA), Katy Johnson (ISU Extension & Outreach), Laura Dhyne (Life Connections), Laura Bender (Lutheran Services in Iowa), Elise Murchinson (People Place), Melissa Burnett-Larkins (MICA), Rebekah Clark-Byner (MICA), Melissa MacDonald (MICA), Amy Robak (MICA – 1st Five), Nikki Lullman (Story County Community Services), Cari McPartland (The Salvation Army), Hannah Dankbar (Volunteer Center of Story County), Laura Bell (Youth & Shelter Services), Jill Hill (Youth & Shelter Services), Geri Derner (YSS), Hope Metheny (YSS).

**PROGRAM:** Siplele Quezada with Ames Community School District provided a program on her role as the Homeless Liaison for the Ames Schools. Her position is grant funded. Siplele shared that many think of homeless as the old man living underneath a bridge. This is not always the case as children are also homeless. Typically we think of Ames as an affluent community but we do have homeless kids living in Ames.

Siplele stated that she is the District Homeless Liaison and works with all K-12 students that are defined as homeless under the McKinney-Vento Act. This requires that all school districts have a homeless liaison. The primary focus of the McKinney-Vento Act is to provide school stability, school access, support for academic success, and child/youth centered-best interest decision making. McKinney-Vento allows immediate enrollment even if there are not records present, to remain enrolled at a school of origin if it will be in their best interest, to receive transportation to the school, support student for academic success and provide free school lunches.

Siplele explained exactly what she does in her position as Homeless Liaison for the Ames Schools. She identifies unaccompanied children/youth (including those not attending school), helps students enroll in school, helps with their success at school, helps connect them to community resources and raises awareness for them within the community. Siplele indicated that the Ames School District will indentify/serve approximately 200 homeless students this year.

Homeless is defined as individuals to lack a fixed, regular and adequate nighttime residence. Examples of homelessness include:
- Shared housing (known as doubled up) due to loss of home or economic hardship
- Motels/Hotels, trailer parks (mobile), or camp grounds
- Emergency/transitional shelters (i.e. ELP, Access, Lighthouse)
• Public or private place not designated for sleeping accommodations (cars, parks, public spaces, abandoned buildings, etc.
• Awaiting Foster care placement

Sipele also commented that once a student is defined as “homeless” they will receive the benefits of the McKinney-Ventro act that entire school year even though they may attain permanent/adequate nighttime shelter during the year. Therefore, they’ll still receive free lunches and transportation to school.

Sipele noted that with each move, youth fall behind academically an estimated 4-6 months per move. Some students have moved 4-5 times in one year this year.

Signs that students are homeless include:
• Consistent lack of preparation for school (no books, supplies, homework completed, papers signed)
• Extreme behavior withdraw, aggression, anger, shyness
• Chronic hunger & fatigue
• Erratic attendance and tardiness
• Grooming and personal hygiene/tattered clothing
• Resistant to parting with personal possessions

Sipele shared many of the barriers to homeless youth include:

• Housing
• Transportation
• Clothing
• Food (with the reduction to SNAP, food banks are not enough to supply families for a month)
• Hygiene items (deodorant, body wash, razors)
• Household items (toilet paper, laundry detergent)
• Phone service (no phone means no contact)

Sipele shared the following stories below:

• Sipele told a story of a 7-year-old boy that she picked up for school that took everything with him to school in his backpack (clothes, toys, food, etc.) Apparantly, his mother was previously evicted from her home and had 20 minutes to pack up items and therefore she had to leave his items before. So taking his items with him is his way to ensure this won’t happen in the future.
• Sipele told a story of a young woman that couldn’t afford a bra and was bullied during PE class. She was wearing 3-4 shirts as a result yet still teased. AS a result she acted out. After two months, they discovered that the lack of bra was the reason.
• Sipele shared yet another story of girls that attended school but only came to High School 3 days a week. They were consistently absent the other two days. Come to find out that the girls didn’t have “different” clothes to wear the other two days and couldn’t wear the same clothes in the same week to High School. Therefore, they just didn’t attend.

Sipele is working with the youth homeless to build relationships and connect them to resources and support systems. She is working to provide sustainable solutions to these youth and families.
Partnership Programs created include:

- Teen CONNECTion – unaccompanied youth cell phone program. Part of the problem is being able to reach youth that are homeless and have them reach out.
- Support the Girls – provides bras for female students
- Keep It Clean – provide youth hygiene drives
- Student Exchange – similar to a foreign exchange program, this would provide housing/help for unaccompanied youth until they graduate school.

Sipele stated that she is wanting to partner with any/all agencies to ensure that homeless youth and families are served in Ames. If you know of homeless youth in Ames, please contact Sipele.

Sipele Quezada; Ames District Homeless Liaison
Cell: 515-520-4042; High School Office: 515-817-0600; Middle School Office: 515-268-2400
Sipele.Quezada@ames.k12.ia.us

A member shared that The Loft often donates clothing and this may be a resource for Sipele in the future.

Powerpoint shared:

- **Homeless Youth in Ames?**

**BUSINESS MEETING:** Sipele Quezada called the business meeting to order at 12:05pm

**Approval of October 26, 2013 Minutes:** There were no changes from the council membership on the October minutes. Marion Kresse 1st, Cari McPartland 2nd, motion carried.

**REPORTS:**

**TREASURER:** Treasurer, Arti Sanghi, reported a balance of $1,233.76 in the account with only 26 membership agencies. Shari Atwood asked whether this balance included payment for the December holiday luncheon. Arti indicated it did. For a Membership Registration form, go to [http://storycountyhumanservices.org/wp-content/uploads/2013/08/Membership-Registration.2013.pdf](http://storycountyhumanservices.org/wp-content/uploads/2013/08/Membership-Registration.2013.pdf)

**ASSET PANEL:** No ASSET representatives were in attendance for an ASSET update.

**RESOURCE GUIDE:** Sipele explained that she was working with Arti towards attaining a volunteer to update the resource guide and determine the best course of action for continuing the guide including obtaining information. She indicated that an e-mail was distributed out to the RG Committee on these efforts. Once that was completed, then the guide will be updated. Cari McPartland asked whether the guide will then be brought back to the committee for further discussion. Sipele thought this would be a good idea.
OLD BUSINESS:

WEBSITE & CALENDAR: Shari Atwood relayed that there were instructions on how to post your SCHSC member events to the calendar (http://storycountyhumanservices.org/?page_id=14) were on the back side of the agenda. This calendar is to promote your organization’s events to the public. The calendar was also initially felt to be important to see whether your organizations’ event is on another day where another SCHSC member is having an event. The g-mail account and password is shared among members therefore shouldn’t be shared online. If you are a SCHSC paid member and need a copy of these directions, please e-mail Shari Atwood at satwood@cyride.com. The SCHSC officers will be promoting the use of this calendar at each meeting throughout the year for members to utilize.

STORY COUNTY TRANSPORTATION BROCHURE: Shari Atwood relayed that there were changes to the transportation brochure for RSVP and passed around copies of the brochure to those that may need additional copies. The brochure may be viewed online at www.ridehirta.com/sct.pdf.

NEW BUSINESS:

Thank you Letters for grants: This item was tabled until the February 2014 meeting.

Bylaw Changes: Shari Atwood relayed new bylaw changes were attached in the October 2013 meeting minutes. The revisions included adding a Resource Guide committee and duties to the Human Service Council for acquiring these committee members. Shari Atwood asked whether there should be additional changes since the Resource Guide is now just a paper copy and not going to be provided online. Arti indicated that the guide would be provide as a link on the www.storycountyhumanservices.org website. Discussion continued and members chose to keep the bylaws as suggested from October. Cari McPartland made a motion to approve the bylaw changes as suggested in the October 2013 meeting. Nikki Lullman seconded the motion. The motion carried.

Passenger Transportation Plan —: Shari Atwood relayed that she brought the request for any new projects, strategies to the Human Service Council back in October along with an e-mail of the status of previously funded projects. She stated that since the passage of the MAP-21 transportation bill, Job Access and Reverse Commute funding as well as New Freedom funding has been eliminated. JARC is what provided 50% funding for the #10 Pink Route, #4A Gray Route to Kate Mitchell, #6B Brown weeknights and #6B Brown summer services. CyRide has chosen to adopt those services into its general operating budget.

Therefore, the one remaining type of federal funding to coordinate with human service agencies is Enhanced Mobility for Seniors and Individuals with Disabilities funding or Section 5310. Shari explained that previous projects for this funding type included 1) Dial-A-Ride Service and 2) Transit Amenities/Bus Stop Improvements. These are the projects that CyRide would choose to continue being funded with 5310 funding as noted on the attached sheet.
However, we did include past projects that were recommended previously and these priorities/strategies remain basically the same. Shari noted that these specific projects listings were not required to be listed regarding the PTP as only 5310 funding needed to be coordinated. A listing of these projects is attached. Shari relayed that the General Operations category would include additional routes or additional frequencies to routes throughout Ames such as additional service on the #4 Gray route, or additional service to State Street/Mortensen area.

Shari Atwood requested that there be a recommendation by the Human Service Council to recommend these projects (5310 funded) and the priorities to the Ames Area MPO for approval. She stated that the IDOT would review the plan in February, providing comments back by the March 1, 2014. Mid-March the Ames Area MPO would review the plan and recommend it be forwarded to the AAMPO Policy Committee for their approval. Shari stated that the final plan is due to the Iowa DOT and Federal Transit Administration by May 1, 2014.

Marion made a motion to recommend the PTP projects to the AAMPO. Sarah Constable, with HIRTA, seconded the motion. The motion was passed.

AGENCY SPOTLIGHTS:

LIFE CONNECTIONS: Laura Dhyne, BHIS Provider and Supervisor with Life Connections, presented about their services they offer. Life Connections provides Skill Building Services and Therapy Services for families and children meeting in the home. Staff will work with families to improve child’s skills and learn more appropriate ways to manage their behavior. Laura stated that they provide services in Marshalltown and Jefferson and now Ames. Laura realizes that they are new to Ames but intends to help provide services to those that need it for the Ames community. She stated that as they build a caseload for Ames, they’ll have an office here as well. Laura stated that they’re similar in nature to YSS. Arti Sanghi asked whether they were a non-profit agency or for-profit. Laura stated they are Title 19 finded but are “for-profit” as they didn’t want to jump through all the hoops to attain grant funding. They also accept insurance for their services. Marion asked whether there will be stricter on Title 19 authorization due to the changes in Adult Mental Health regional services? Laura stated that she wasn’t aware of any changes. Amy Robak with 1st Five Coalition asked whether they have a referral form to share out to agencies?

Laura also mentioned that those in her office do motivational speaking as well. Agencies just need to tell them if they have a desired need and they can see if they can fulfill it. A member asked whether Life Connections could also manage medications for mental health patients. Laura indicated that they would outsource this need. YSS indicated that they could be once source for them.

Brochures shared:

Life Connections – Connecting Families to Life
ISU Extension and Outreach - FREE Nutritional Classes: Katy Johnson, with ISU Extension and Outreach, offers a FREE 8-week nutritional program for those families having a child under 10 years in their family. The program includes:

- FREE weekly meal
- Nutritional cooking lessons
- 100+ recipes (those in class + a cookbook)

Katy shared that families must have at least one child 10 years or younger or be pregnant. Katy shared that she is very flexible as to when the classes are provided – 9am – 8pm and on weekends. This program is for Story County only but 27 other counties in Iowa offer this program as well. The program benefits the low-income 185% of poverty.

Katy stated that the program helps in the following ways:

- Saves families money (shop and waste less food)
- Saves families time (at store and kitchen)
- Helps picky eaters (try new foods)
- Easy, low-cost meals learned
- New meal ideas
- Strengthen family relationships

Katy also explained that she can attend your events to recruit new clients. The majority of her clients come from word of mouth after others receive the benefits. She stated that she can do little mini-lessons in these recruiting events so potential clients could obtain an idea of the information they would receive in the 8-week program.

A member asked whether children can attend the classes. Katy said that including children is encouraged. Others asked whether entire agencies could be involved in this information. Katy shared that if the ½ of the agency is 185% of poverty, then she can work will all clients in the agency.

Brochures shared:
FREE Nutrition Classes
FREE Cooking + Learning

End of Meeting 1:00 pm
AGENCY SHARE TIME:

- **Community Partnerships for Protecting Children (CPPC)/ Decategorization:** Kaitlyn Hofeldt with Community Partnerships for Protecting Children (CPPC)/Decat shared the date for the 2nd Annual Family Fest which is Saturday, April 26, 2014 in the Ames High School Gymnasium. This event promotes family interactions between families. Kaitlyn passed sign up flyers for agencies, organization or business to register to have a booth at Family Fest 2014 as well as donation basket registration. Kaitlyn also passed out flyers to promote the event to the Ames community. (See Agency Sharing for flyer)

- **MICA:** Melissa McDonald announced MICA is helping low-income (150% poverty level) families pay their winter heating costs through Low-Income Home Energy Assistance Program (LIHEAP). If families don’t qualify for LIHEAP, they may qualify for weatherization services. (See Agency Sharing for flyer)

- **MICA:** Rebecca announced that she’s doing outreach for those living with HIV.

- **The Salvation Army:** Cari McPartland announced that Project Iowa is going to be at The Salvation Army for six-days in February from 9-Noon to help those attain job opportunities. Project Iowa provides skill set training to get individuals back to work. (See Agency Sharing for flyer)

- **YSS:** Geri Durner with YSS stated that she’s working with those in Story/Boone counties with high-risk kids. She explained her services keeps the spoks of a tire in line to keep everything moving in the right directions. She’s being proactive and providing outreach to kids that may need her services.

- **YSS:** One stop shopping

- **1st Five Coalition:** Amy Robak announced that they have a meeting 1/29/14 at the UWSC from 12:00 – 1:30pm. This coalition strives to provide early support to children in their first five years of life. (See Agency Sharing for flyer)

- **YSS:** Laura Bell announced that they have an opening in their Transitional Living program (male 17-21) More info: http://www.yss.ames.ia.us/en/programs/transitional_living_services/

- **Boost Together for Children:** Marion Kresse announce that they have short-term transportation assistance available to get children to childcare. Contact Marion at mkresse@boonecounty.iowa.gov for more information. Marion also shared the Anne Lundvall, the former director Story County Decategorization and most recently YSS employee, passed away yesterday. Marion stated that it hasn’t been announced in the paper it’s so recent.

- **CyRide:** Shari Atwood announced the following:
  - CyRide’s ridership has increased by 12.9% for the first six-months of this fiscal year. Shari stated they had 5.89 million rides for FY2013. This fiscal year, they are on target to attain between 6.5 – 6.8 million rides.
  - Wednesday morning, CyRide’s board approved services for the following due to capacity/schedule issues.
    - Sunday Blue – 1 additional bus 11am – 5pm between Friley and S. Duff
    - Weekday Brown – 2 additional buses 11:30am – 6pm (will meet up at transfers)
    - Weekday Green – 1 additional bus 11:30am – 6pm
- Staffing – 2 additional mechanics, 2 additional laneworkers, 1 summer trainer (Since 2006, CyRide has grown by 2 million rides (i.e. additional buses and drivers) with the same staff to repair/fuel those buses and that existed in 2006).

Shari also relayed that the proposed #4 Gray Route frequency enhancement was not adopted under this year’s budget. The above improvements (bulleted) which CyRide considered essential to provide services for the existing growth increased the GSB’s budget by nearly 12%. Adding the Gray would have increased their budget by 14.9%. Shari added that this route travels down the S. 16th corridor and past the future Primary Health/Eyerly Ball clinic. The BioLife Plasma center is also located off of the S. 16th corridor and requested additional frequency of service. A member asked when the next opportunity to add this service was. Shari responded that the board would start to consider new services to begin mid-August 2015 next October 2014.
Homeless Youth in Ames?

FACT.
The average homeless American is a
Youth.

Who are you?

McKinney-Vento Rights

District Homeless Liaison
McKinney-Vento Act
Contact Information:
Email: [Contact Information]
Phone: [Contact Information]

Supervisor of Academic
and School Support
What do you do?
- Identify struggling children and youth (including those not attending school)
- Help them enroll in and attend school
- Help them be successful in school
- Help connect them to community resources
- Advocate for them in the community and raise awareness for homeless youth issues

FACT
- Ames School District will identify and serve approximately 60 homeless students this year.

What Does Homeless Mean?
- Individuals who lack a fixed, regular, and adequate nighttime residence

Ask yourself: Does the student go to the SAME PLACE (fixed) EVERY NIGHT (regular) to sleep in a SAFE, SUFFICIENT SPACE (adequate)?
FACT:
- With each move, youth fall an estimated 1-2 months behind academically.

Identifying Homelessness...
- Parental alienation
- Separation of children
- Financial barriers
- Mental health issues
- Substance abuse
- Educational challenges
- Lack of community support
- Employment instability
- Personal safety concerns
- Lack of affordable housing
- Emotional well-being

What were they thinking?

Barriers for Families
- Emotional abuse
- Physical abuse
- Sexual abuse
- Neglect
- Domestic violence
- Substance abuse
- Mental health issues
- Economic instability
- Lack of family support
- Lack of access to resources
- Legal issues
- Health challenges
- Education barriers
- Employment difficulties
- Social isolation
- Lack of community support

In the minds of our homeless youth and families, the barriers and struggles they face.
Our Mission Statement

Our mission at Life Connections is to connect families and form trusting relationships that enhance individual strengths and increase positive community involvement.

Our staff is dedicated to making sure that the whole family is included and actively participates in services. We strive to make all of our services family friendly, family focused, and family centered. Our collaborations with other providers and agencies in Iowa allow us to make sure that all services are the best and most appropriate to ensure positive outcomes for everyone.

All of our services are 100% voluntary, so individuals and families can feel confident that they are in control of their services. We believe that families know their needs and are able to join with us to increase success in their lives.

If you are ready to make your family its best, we’re there to help. Call us today at (319) 364-1953 to get started.

Visit any of our offices:

Marshalltown
307 West Main Street
Marshalltown, IA 50158
(641) 352-7000

Cedar Rapids
2515 18th Street, SW
Cedar Rapids, IA 52404
(319) 364-1953

Davenport
3515 Spring Street
Davenport, IA 52803
(563) 359-6750

Jefferson
115 West Lincolnway
Jefferson, IA 50129
(515) 327-5195

Mason City
202 1st Street SE, Suite 108
Mason City, IA 50401
(641) 903-7759

Humboldt
19 South 6th Street
Humboldt, IA 50548
(319) 338-7629

Life Connections Headquarters
PO Box 937
Marshalltown, IA 50158
contacts@lifeconnections4u.net
lifeconnections4u.net
At Life Connections our goal is to connect to families and form trusting relationships. Our services are designed to assist your family in achieving your goals. Through our family focused services we want to help you and your family build healthy relationships.

Skill Building Services
When you enroll in our skill building program you will be able to enjoy the benefits of the BHIS program. These benefits include a trained and professional specialist who will meet with you or your child in your home. This staff member will work with you and your family to improve your child's skills and learn appropriate ways to manage and improve their behavior, such as:

- Anger Management
- Communication Skills
- Conflict Resolution
- Coping Skills
- Problem Solving
- Relationship Building
- Self-Esteem Enhancement
- Social Skills

If you or someone you know is struggling in any of these areas, our staff is ready to help you and/or your family.

Our skill building services are also offered in a group setting where we discuss common issues facing children and adolescents. If you believe your child may benefit from a skill building group call us today.

Therapy Services
Our therapy services are available to you and your family as well. Our therapists are licensed professionals who will be able to assist you in various areas. All of our therapeutic services are offered in a safe and comfortable office environment. We offer several therapy options to assist you and/or your family.

- Individual Therapy
- Family Therapy
- Group Therapy
- Marriage and Couples Therapy

Our therapists will assist you and your family in learning ways to manage behavior, regain self control, and/or alleviate symptoms of a mental health diagnosis.

Get Started Today!
In order to begin our skill building or therapy services, you can start by calling to schedule an appointment for a behavioral health assessment. This mental health evaluation is completed by one of our on-staff licensed therapists, and will help determine what services will be beneficial to you and/or your family. Our therapists will explain and discuss the results of the assessment as well as recommend appropriate services.

We strive to make all of our services family friendly, family focuses and family centered which helps your family connect to life.

Our Services Include
- LPHA Assessments
- Skill Building and Therapy Groups
- Skill Building Programs for Children and Adolescents
- Therapy Services for Individuals and Families

Payment Options
If you qualify for Title XIX you are eligible for this service at no cost to you. Private insurance and private pay are accepted for certain services. Please call for more information on payment options.

Contact Us
For more information or to schedule an assessment or visit, please call, fax, email or visit us online.

Phone: (319) 364-1953
Fax: (866) 496-4073
Email: contactus@lifeconnections4u.net
Website: lifeconnections4u.net
Find us on Facebook

Every day I get to create hope from hopelessness, inspiration from degradation and empowerment from inertia. These are the chief exports of Life Connections.

Julie Johnson, Vice President, Life Connections
Introduces:

Chrissa Auestad, BS
HR Director

- BS in Child, Adult and Family Services from Iowa State University
- Worked with Life Connections as BHIS Provider since August 2012.
- Completed Internship with MICA’s Head Start Program in Story County
- Worked at MICA as a Substitute with Head Start Program
- Worked previously as an Assistant Teacher at a childcare center

About Chrissa:
Enjoys being outside, spending time with her family, friends and dog, and supporting the ISU Cyclones!

Favorite Quote:
“It’s never too late to be what you might have been”- George Eliot

Cell: 515-450-9457
Fax: 1-866-496-4073
Email: c.auestad@lifeconnections4u.net
PO Box 937, Marshalltown, IA 50158

Announces:

Laura Dhyne
BHIS Provider and Supervisor

- Graduated from Buena Vista University with a BA
- Double majored in Psychology and Human Services
- Currently attending Walden University for her Master’s in Mental Health Counseling

About Laura:
Mother of four to boys ages 3-14, Laura loves to cook, garden, and play video games with the boys. Laura is always seeking new knowledge and is known for the phrase, “let's Google it!”

Favorite Quote:
"The elevator to success is out of order. You'll have to use the stairs... one step at a time." - Joe Girard, I'll Cry Tomorrow,
Scarlet O'Hare

Laura Dhyne
641-351-9285
l.dhyne@lifeconnections4u.net
Life Connections Headquarters
PO Box 937, Marshalltown, IA 50158
Contact your local ISU Extension office to learn more about EFNEP and FNP, our FREE nutrition programs.

Katy Johnson
302.382.5342
or
kaj@iastate.edu

IOWA STATE UNIVERSITY
Extension and Outreach

Extension to Families, serves to promote healthy people, healthy economies, and healthy environments. We provide research-based information and education to help families make decisions that improve and transform their lives.

www.extension.iastate.edu/families/nutrition-education

Mexican Chicken Soup

Serves: 8 • Serving size: 1 cup • Cost per serving: $.82

Ingredients
- 2 (15-ounce) cans diced tomatoes (Mexican-style)
- 1 (15-ounce) can black beans, drained and rinsed
- 2 cups frozen corn or 1 15-ounce can corn, drained and rinsed
- 1 (14.5-ounce) can sodium-reduced chicken broth or 2 cups Homemade Chicken Broth
- 2 cloves garlic, minced or 1/3 teaspoon garlic powder
- 1 teaspoon chili powder
- 1 teaspoon ground cumin (optional)
- 1/4 teaspoon pepper
- 1 pound skinless, boneless chicken breast

Instructions
- Add tomatoes, beans, corn, broth, garlic, chili powder, cumin (if desired), and pepper in large saucepan.
- Remove and discard any visible fat from chicken. Cut chicken into large chunks and add to the saucepan. Heat to boiling, reduce heat and simmer, covered, for 20 minutes, or until chicken is tender.
- Remove the chicken and place on a plate; use forks to shred the chicken. Return the shredded chicken to soup.
- Serve with choice of garnishes, such as baked tortilla chips.

Menu Ideas: Mexican Chicken Soup, Baked Tortilla Chips, Orange Slices, Nonfat Milk

The 8 lessons are free and can be done in your home. Recipes and cooking are included.

Sign-up Today!
PARENTS, PLEASE COME JOIN US FOR
FREE
Nutrition Classes

WE CAN HELP YOU:
• Save money - shop and waste less food
• Save time - at the store and in the kitchen
• Help picky eaters - try new foods
• Learn how to make easy and low-cost meals
• Try new meal ideas
• Strengthen family relationships

A total of 8 lessons are provided to assist you and your family with the above topics. Each class is about 1 hour.

Families must have at least one child 10 years old or younger or be pregnant.

Our Program Assistants can work with you in your home or we can set up group visits with family, neighbors or friends. Please let us know if you are interested. We look forward to hearing from you!

SIGN UP NOW!
To register and for more information on our program please contact:

Katy Johnson
Text/Call/Email: 302.382.5342
kaj@fstate.edu

This material was funded by USDA’s Supplemental Nutrition Assistance Program—SNAP-ED, Expanded Food and Nutrition Education Program, and Iowa State University Extension and Outreach. The Supplemental Nutrition Assistance Program, known in Iowa as Food Assistance, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your local Department of Human Services or go to www.dhs.state.ia.us.

... and justice for all.

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