

HUB



HOPE UNIVERSITY BULLETIN

July 2016 Volume 4 Issue 7

Serving Roslyn, Ellensburg, Cle Elum & Kittitas

Who We Are

At HopeSource, our Mission is to move people to self-sufficiency by providing access to education, employment, economic development and vital services. Hope University offers classes and referrals for people who want to change the direction of their lives but lack the resources to do so.

Did You Know?

HOPE UNIVERSITY OFFERS A HEALTHY LIVING WORKSHOP

Hope University is excited to share tips on living a healthy lifestyle through eating well on a budget, getting proper exercise and making the most out of your night's sleep. Learn how to cook those food bank staples in a fresh new way! Please join us as Hope U's newest instructor, Marika, hosts this free workshop at the Ellensburg Public Library on Thursday, July 28th @ 6:30 PM.

July Events!

FREE LUNCH IN THE PARK

The Summer Meals Program is back! FISH Food Bank is providing lunches for kids Monday through Friday in Ellensburg and Kittitas. Daily schedule is as follows: Mountain View Park (Ellensburg) 11:30 AM, Mt Stuart Elementary School (Ellensburg) 12:00 PM, Gazebo Park (Kittitas) 12:00 PM & Kiwanis Park (Ellensburg) 12:00 PM. Any questions, call (509) 965-5990.

FREE SUMMER AEROSPACE CAMP JULY 31st—AUG 5th

Campers will learn about planetary geology, space flight, robots, and rockets through hands on activities. The camp is looking for 14 & 15 year olds with a strong interest in science, engineering & math. Camp is FREE but space is limited, with priority given to low-income families. Sign up today at www.cwunesspcamp.com.

THE KITTITAS COUNTY FARMERS MARKET IS HERE!

Every Saturday from 9-1pm on 4th street in Ellensburg, come enjoy farm fresh local produce, baked goods and fine hand-crafted products. Bring the family and your EBT card! Anyone coming to the market with EBT will receive DOUBLE their money to shop local fresh produce—if a person uses their EBT card for \$10, they will leave with \$20 in market tokens to buy fresh fruit or vegetables! Visit the market information booth to receive your tokens.



We're Here To Help

- 1:1 Coaching
- Job Search & Job Retention
- Life & Family Skills
- Money Management
- Vocational or Continuing Ed Preparation

HOPE FOR YOU



Inspiring Words of Hope & Encouragement

Put Your Best Foot Forward

Walking through the farmer’s market, we are flooded with the vibrant colors, tastes and smells of our region’s local bounty. Each week something not seen before catches our eye, and as the season progresses the market changes, grows and reflects the diverse harvest of each farm and valley. WHAT BETTER WAY TO **CELEBRATE SUMMER**, than to look and feel our best. All of the beautiful foods at the farmer’s market are a great way to get started on a healthier and more nutritious diet. Filling our plates with fruits and vegetables connects us to the land we are from, as well as fills our body with many of the vitamins and minerals we can’t get from other places, so we can put our best foot forward. Farmer’s Market also accepts EBT/SNAP! **EATING HEALTHY ON A BUDGET** is easier than you think! Here are a few recipes utilizing food bank staples and seasonal produce to get you started:

PASTA WITH SALMON , VEGGIES & CREAM SAUCE.....

Ingredients

- 2 tablespoons olive oil (or oil of your choice)
- 2 tablespoons white flour
- 2 cups milk (low-fat milk will work too)
- 1 pound bag of dry egg noodles
- 1 can of salmon (make sure you pick out the bones!)
- 1 onion chopped
- 2 garlic chopped
- Any seasonal veggies & herbs you have on hand; for instance, fresh greens, asparagus, beans or fresh parsley and basil

Directions

Boil water in large pot for pasta. Heat oil in large nonstick pan, add chopped onions & garlic and cook until onions are translucent. Add in flour until pasty. Gradually whisk in milk while stirring constantly until slightly thickened. Season with salt & pepper to taste. Add pasta to boiling water and set timer as directions advise. If pasta is done before the sauce, toss with a bit of olive oil so it doesn't stick. Stir in salmon and veggies just before serving and heat through. Add pasta to salmon mixture and gently toss. Sprinkle parsley on completed dish. Serves 6. **Other suggestions:** Cook egg noodles (and/ or sauce) ahead of time to reduce cook time during the busy work week.

PEACH SALSA.....

Ingredients

- 1 cup of fresh or 1 can of cut peaches, drained of syrup
- 1/3 diced red onion
- 1 teaspoon white or apple cider vinegar
- 1 tablespoon freshly squeezed lime juice
- 1/2 teaspoon diced jalapeno
- 1/3 chopped bell pepper (of any color)
- 1 1/2 tablespoons fresh chopped cilantro
- Salt & pepper to taste

Directions

Combine all ingredients in the order given. Let stand at room temperature for at least 30 minutes before serving. **Other suggestions:** Put on top of your canned beans with some brown rice on the side for a healthy dinner. Make brown rice, canned/dried beans, or quinoa ahead of time and add peach salsa to your staple grain for a delicious on-the-go lunch.

WE ARE AMIDST THE MOST ABUNDANT TIME OF THE YEAR.