

Fuel Bank Classes Thru Interfaith Human Services

Since July, 2012 the Centre County Fuel Bank has been preparing for the 2013 season. Anticipating financial challenges, the fuel bank committee implemented an educational component to eligibility. The class is a one-hour presentation on home heating and energy conservation and was created to help consumers identify ways to lower heating bills, minimize heat loss, and encourage informed heating and energy product purchases. These classes are a collaboration between Interfaith Human Services and [Pennsylvania Interfaith Power & Light](#). Contact Interfaith Human Services for additional information at 814-234-7731.

Attendees must stay for the entire program and will be asked to complete attendance forms with household information at the end of the presentation. To be eligible for Fuel Bank assistance a household must first be eligible for LIHEAP (Low Income Home Energy Assistance Program.) LIHEAP applications are available through the County Assistance Office.) LIHEAP eligibility is not a guarantee that the household will be eligible for Fuel Bank assistance.

Read more here: <http://ihs-centrecounty.org/>

We will be adding additional classes at a rate of one class per week.

Locations will be throughout Centre County.

Current Class Schedule

- February 4 - 11:30 am at Catholic Charities, 213 East Bishop St., Bellefonte
- Thursday, February 7 - 5:30 pm at Trinity Lutheran Church, 2221 North Oak Ln., State College
- Tuesday, February 12 - 5:30 pm at location to be determined

We extend our sincere thanks to the following organizations and communities of faith that have hosted classes during our 2012 preparation months:

- Trinity Lutheran Church (State College)
- St. Andrew's Episcopal Church (State College)
- Howard United Methodist Church (Howard)
- Grace Lutheran Church (State College)
- State College Presbyterian Church (State College)
- University Baptist & Brethren Church (State College)
- St. Mark's Lutheran Church (Pleasant Gap)
- CenClear Childcare Services (Philipsburg)
- St. Paul's United Methodist Church (State College)
- Catholic Charities (Bellefonte)



Serving Centre County residents with food needs.

The Salvation Army Daily Emergency Assistance

Daily Emergency Assistance is at the very core of the services that The Salvation Army has been providing since its conception in 1865. Here's what it means in Centre County, PA. Families and individuals are provided with basic human services in crisis situations, such as housing and utility payments, lodging, occasional prescriptions, and emergency vouchers for food and gasoline. Each request is considered on a first come and individual needs basis. An interview is conducted and includes a detailed assessment, budget analysis, followed by client help recommendations. The clients are helped by referring to appropriate utility programs, and often, in collaboration with other non-profit benevolent organizations and churches. This is the heart of what The Salvation Army does everyday for those in need in Centre County. Contact information—861-1785.

Food Pantries of Centre County



Newsletter—Winter 2013

Hamburger Vegetable Soup

INGREDIENTS:

- 1 lb ground beef
- 1 onion, chopped
- 2 stalks celery, chopped
- 3 cups crushed tomato's, tomato sauce or V8 vegetable juice
- 1 can beef broth
- 1 can sliced potatoes (drain)
- 1 can sliced carrots (drain)
- 1 can pinto, navy or garbanzo beans (optional)

DIRECTIONS:

1. In a large sauce pan, brown beef with onion and celery, drain fat.
2. Stir in juice, broth, potatoes, carrots and beans.
3. Bring to a boil, reduce heat, simmer for 15 minutes .

Think creatively! Add or substitute a can of peas, green beans or mixed vegetables for a healthier more colorful soup or add some dried herbs for more flavor.

Give Kids A Smile! & "Vision for the Future"

Who: Any Centre County child (age 3-18 without dental or vision insurance)

What: FREE dental care thanks to Pediatric Dental Care (including exam, x-rays, cleaning, education and sealant placement)
FREE vision exam thanks to Nittany Eye Associates

When: Friday, March 8, 2013 (by appointment only)

Where: Pediatric Dental Care / Nittany Eye Associates
428 Windmere Drive, State College

How: Call Centre Volunteers in Medicine at 231-4043 by Wednesday, February 27 to register

Cost: FREE (proof of income is required)
Participants will be provided with a free goodie bag containing:
1 hearing exam voucher for Albrecht Audiology, toothbrush, toothpaste, an Educational information.

Coats for Kids (and adults, if needed!)

FREE

A program of :

The Salvation Army of Centre County
in partnership with
WZWW Radio and Balfurd Cleaners

New and “gently used” newly-cleaned winter coats and hats are available from The Salvation Army at our distribution site:

Many coats available in most children’s and adult sizes.

“First Come-First Served”

2929 Stewart Drive, State College

(formerly *Extreme Custom Cycles*: Take Decibel Rd. from E. College Ave. across from BonTon. Turn left at Stewart, 2nd left into lot, last building on left)

Please call 861-1785 for more information.

Seven Healthy Eating Goals

Small changes can make a big difference to your health. Try incorporating at least five of the seven goals below into your diet.

Make half your plate fruits and vegetables: Choose red, orange and dark-green vegetables. Add fruit to meals as part of main or side dishes or as dessert. The more colorful you make your plate, the more likely you are to get the vitamins, minerals and fiber your body needs to be healthy.

Make half the grains you eat whole grains: An easy way to eat more whole grains is to switch from a refined grain food to a whole grain food. Look for things like: “whole wheat,” “brown rice,” “bulgur,” “buckwheat,” “oatmeal,” “rolled oats,” “quinoa” or “wild rice.”

Switch to fat-free or low-fat (1%) milk: Both have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



Choose a variety of lean protein foods: Meat, poultry, dry beans or peas, eggs and nuts are considered part of the protein foods group. Select leaner cuts of ground beef (where the label says 90% lean), turkey or chicken breast.

Compare sodium in foods: Use the Nutrition Facts label to choose lower sodium version of foods which state “low or reduced sodium,” or “no salt added.”

Drink water instead of sugary drinks: Cut calories and your budget by drinking water or unsweetened beverages. Try adding a splash of 100% juice to your glass of water if you want some flavor.

Cut back on solid fats: Eat fewer foods that contain solid fats such as cakes, cookies and other desserts made with butter, margarine or shortening: pizza; processed fatty meats (e.g., sausages, hotdogs, bacon, ribs); and ice cream.

Free Tax Assistance

The Volunteer Income Tax Assistance (VITA) Program offers free tax help for low-to-moderate income individuals/families (generally, \$51,000 and below). IRS certified preparers are available at various locations throughout **Centre County** to prepare/electronically file basic tax returns.

<u>Church of the Good Shepherd</u> 402 Willowbank St. Bellefonte, PA 16823 Opens Feb. 2 /Closes Apr. 13	Tuesdays and Thursdays 3 pm - 9 pm Saturdays 9 am - 5 pm BY APPOINTMENT ONLY Call 355-6816
<u>Millheim Outreach Center</u> 103 Mill Street Millheim, PA 16854 Opens Feb. 7 / Closes Apr. 4	Thursdays 10 am - 3 pm BY APPOINTMENT ONLY Call 349-5850
<u>Holt Library</u> 17 North Front Street Philipsburg, PA 16866 Opens Feb. 12 / Closes Apr. 9	Tuesdays 10 am - 2 pm BY APPOINTMENT ONLY Call 355-6816
<u>Schlow Centre Region Library</u> 211 South Allen Street State College, PA 16801 Opens Feb. 4 / Closes Apr. 12	Mondays and Wednesdays Noon - 4 pm Fridays 10 am -2 pm BY APPOINTMENT ONLY Call 355-6816
<u>Penn State University</u> Ferguson Bldg, Rm 10 (basement) Located at corner of Shortlidge and Curtin Rds. (From Park Ave. turn onto Shortlidge Rd.) Closed March 2 - 9 (Spring Break) Opens Feb. 5 / Closes Apr. 13	Tuesdays/Wednesdays/Thursdays 5 pm - 8 pm Saturdays 9 am - 2 pm BY APPOINTMENT ONLY Call 814-863-7448, Mon. – Fri. 8:30 am - 4:30 pm

Required Items/Information:

- Photo identification (Examples: Driver’s License, State ID, School ID)
- Social Security Cards and birth dates for you, your spouse and dependents
- Income documents: W-2, W-2G, 1099-R, 1099-Int, 1099-Div, 1099-Misc, and so on
- A copy of last year’s federal and state returns (*if available*)
- Bank routing numbers and account numbers for Direct Deposit/Debit
- To file taxes electronically on a married-filing-joint tax return, both spouses must be present to sign the required forms.

IRS Tax Questions: IRS Agents are available via video conference calls Monday through Friday, 8:30 am to 4:00 pm at the Willowbank Building, 420 Holmes Street, Bellefonte. Payments are not accepted and forms are not available at this location. Call 814-355-6816 for more information.