



Family Self-Sufficiency Newsletter

Thirty-two Cost Saving Tips

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• Important Dates:

- August 25-29, 2011 FSS Coordinator will be out of the office.
- September 5, 2011 Labor Day, NHA office will be closed.
- September 21, 2011 Coupon class at NHA office from 6:30 pm to 8 pm with Frances Villegas.

1. Create and live by a menu.
2. Schedule grocery shopping at the same time every week.
3. Shop at grocery stores instead of convenience or specialty markets.
4. Never shop when hungry, stressed, or rushed.
5. Compare price-per-ounce or per-use instead of total cost.
6. If your time is limited, prepare multiple meals on days off rather than purchasing prepared foods. Put portions in a plastic bag and freeze for 'instant dinners.'
7. Clip coupons, but DO NOT BUY just because you have a coupon.
8. Shop at 'Day Old Bread' stores. You may save up to 50%.
9. Some factory outlets, and most discount stores, will save you significant costs over the mall store middle-man...but not always.
10. Irregular or 'imperfect' clothing at outlet stores often is neither 'ugly' nor out of style, but more affordable.
11. Army-Navy surplus stores have great buys and good quality, especially for camping and bad weather ware.
12. Cutting your child's hair yourself could save you \$50 to \$120 per year.
13. Shampoo your hair before going to the salon and condition it at home afterwards.
14. Don't be timid about shopping around by phone to compare prices.
15. Before leaving the doctor's office, verify the name and dosage of the prescription.
16. You don't need to be a member at some membership stores to use their pharmacy.
17. Santa shouldn't be the only one with a Christmas gift list. Stick to a list with a set amount for each individual.
18. Make a list of every occasion throughout the year where a gift is needed and shop as the sales hit and as your budget allows.
19. Consider homemade gifts such as desserts or plants. Services like volunteering to babysit for family or friends will be greatly appreciated.
20. Develop affordable hobbies which you like to do and develop gifts from it.
21. Plan ahead and send gifts using the most inexpensive method.
22. Split the cost of expensive gifts with a family member or friend.
23. You may also save more than \$100 a year by selecting a checking account without continued on page 4

Keys to Having a Successful Student



1. Have a schedule. Get your child up at the same time each day. Keep a routine for morning and afternoon. A child should eat at the same time each day, do his or her homework at the same time each day, go to bed at the same time.
2. Encourage and support your child in learning. Don't ask if a child had fun at school. Instead ask what the child learned. Help with their homework but don't ignore the child or do it for them. If you are unable to help contact the teacher. Often there are afterschool programs that can assist a struggling child.
3. Make sure too listen and know what is going on in your child's life at school. Relationships and social dynamics impact your child's scholastic performance.

The History of Labor Day

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor day holiday just a year later, on

September 5, 1883. In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a 'workingmen's holiday' on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came

through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year, for more states created the Labor Day holiday by legislative enactment. By the end of the decade another 3 states added labor Day. By 1894 another 23 states adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the

first Monday in September of each year a legal holiday in the District of Columbia and the territories.

The form that the observance and celebration of labor Day should take were outlined in the first proposal of the holiday-a street parade to exhibit to the public 'the strength and esprit de corps of the trade and labor organizations' of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations .

Current Jobs Available on Craig's List

-Personal Assistant:
Flexible and Clean, answer emails and preparing documents, run errands as needed and shopping for company supplies. Send resume to job-fypau-2548623767@craigslist.org.

-Data entry clerk with strong Excel skills needed for 6 month assignment at a State agency, 24 hours a week. at \$9.50 an hour. Email resume to lcodr@propeoplestaffing.com.

-Volkswagen Audi looking forward full-time technician with clean driving record and pass a drug test. Email resume to job-gcv9y-2548513727@craigslist.org.

-Customer Service position for individual efficient with customers.

\$18 an hour. Send resume to job-yyb2r-2548460709@craigslist.org.

-Immediate openings for two flaggers, some experience required, reliable transportation, class 2 orange vest & hard hat, stop/slow paddle, and be able to stand for long periods of time in all types of weather. Call 208-461-8111.

-Part-time receptionist, pick up application at TownePlace Suites by Marriott at 1415 S Eagle Rd. Meridian. \$8.00 an hour, No phone calls.

-Part-Time orthodontic Assistant, 20-30 hours per week, computer literate, and good communication skills. Fax resume to 466-3741, email to braces@nilandorthodontics.com or drop off at

1609 12th Avenue Road Nampa.

-Sign holder at min. wage. Must be enthusiastic and dependable to work 7:30 to 10:30 am, and 2-4 pm in Nampa. Email contact information to job-wndtt-2549920089@craigslist.com.

-Developmental Therapy Technician, must have high diploma or equivalent, be 18 years, have reliable transportation, valid driver's license, and be able to pass a criminal background check. Part time position that could become full-time. Pays \$8.50—\$10.00 an hour depending on one's experience. Email resume to job-twebn-2549895819@craigslist.org.



R.A.C.E. for Success

R.A.C.E. (Resource and Career Expo) is put on by the Idaho Department of Labor each year. The R.A.C.E. event provides an opportunity for individuals to seek out em-

ployers and resources available in the Treasure Valley. This 'one-stop' information opportunity about education, volunteer opportunities, and resources in social ser-

vices.

R.A.C.E. will be held at the Idaho Center on Wednesday, September 7, 2011 from 9 am until 4 pm.

Need a Job?

To Find Resources?

Want to go back to School?

Come to RACE

