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Food Assistance: How to Get Food

Programs Available:

- **SNAP** (Supplemental Nutrition Assistance Program)
-SNAP is the new name for the federal Food Stamp Program. Program name may vary by state.

Who is eligible:

- People of all ages (everyone, singles and families, employed or unemployed)
- Babies, children under age 5, and women who have recently had a baby, are pregnant, or are breastfeeding
- Children from kindergarten to 12th grade
- Seniors age 60 and over

How it works:

- It is an Electronic Benefit Transfer (EBT) card used like a debit card to buy food at the grocery store.
- SNAP puts benefits on this card once a month.
- Has programs to help you learn to eat healthy and be active.

How to apply:

SNAP is for people and families with low incomes.

The easiest way is to apply online at:

<https://app.mt.gov/mtc/apply/index.html>

OR

Bring your application in or mail it to your local Office of Public Assistance.

To locate your LOCAL Office of Public Assistance go to:

<http://www.dphhs.mt.gov/contactus/humancommunityservices.shtml>

or call **406-444-5622**

To learn more, contact:

Deborah Christiansen
SNAP-Ed contact
PO Box 202925
Helena, MT 59620
Phone: **406-444-4987**

Other Programs:

TEFAP (The Emergency Food Assistance Program)

Contact: National Hunger Hotline

- **1-866-348-6479**
- Staff can help find food near you.

- It is free to call

FDPIR (Food Distribution Program on Indian Reservations)

- Contact your Tribal Organization to learn more.

- Contact info:

1-866-348-6479

<http://www.fns.usda.gov/fdd/contacts/fdpir-contacts.htm>

Adapted from:

<http://www.fns.usda.gov/snap/snap.htm>

and

<http://www.dphhs.mt.gov/hcsd/snap/index.shtml>

Do You Have a Student Applying for College? Helpful Tips!

A large number of students who qualify for financial aid do not receive it simply because they fail to fill out the necessary forms.

Types of Financial Aid Applications

FAFSA (Free Application for Federal Student Aid):

Most colleges require this form, which is used to determine student eligibility for federal aid. Since the majority of college assistance comes from the federal government, it is important that students complete this form.

CSS/Financial Aid PROFILE®: Some colleges use this College Board-sponsored form to determine who will be awarded their institutional aid. Colleges may require the PROFILE as early as October.

State Forms: Some colleges require state forms, and some states require in-state applicants to apply for state aid using a state aid form. For example, in order to receive a Bright Futures scholarship, Florida students need to complete the Florida form. If your state institutions require a state form, make sure your students know that it is different from the FAFSA.

Finally, about half of all colleges require an institutional form, which students can obtain from the college itself. Usually, this is a fairly short form.

Timeline

- **January:** Students begin completing the FAFSA, which is required by most colleges.
- **February:** Many colleges have priority deadlines in this month—urge students to apply by the priority deadline.
- **Late February and March:** Colleges may call you to ask questions about your students who have special circumstances.
- **End of March:** Admissions and financial aid notifications are mailed.
- **April:** Students weigh offers of admission and compare aid awards.
- **May 1:** Students must tell all colleges yes or no and make deposits.



Check out more tips for college prep & planning at:

- www.collegeboard.org
- www.howtogetin.com/apply-to-college/
- <http://msuextension.org/publications/HomeHealthandFamily/MT200302HR.pdf>

Do You Have a Student Applying for College? Helpful Tips!

Do you have grandchild interested in continuing their education? Want to help your high school student be prepared for the next step? If you think college is out of their reach, think again. Take a look at these helpful tips that make planning and applying for college easy and stress free!

1. Take challenging courses.

Colleges do look at your grades, but they also pay attention to how tough your courses are. They want to see that you've challenged yourself. Also, by taking advanced courses, such as AP[®] courses, you may be eligible for college credit.

2. Read regularly.

Read at least 30 minutes every day, in addition to studying and doing homework. This habit will pay off when you take standardized tests. Also, people who read more know more.

3. Take standardized tests.

Keep your options open by planning to take a college admission test like the SAT[®]. Some colleges require these tests because they're helpful in comparing students from different high schools. Remember, though, test scores are just one admission factor among many and are not as important as your grades and how much you've challenged yourself in academic subjects.

4. Ask for help if you need it.

If you're having trouble in a class, talk with a teacher or counselor to find out what type of tutoring or other assistance is available. Let them know you want extra help.

5. Get the facts.

Find out about college admission, academics and campus life by asking someone who's experienced it, such as students from your high school who are now in college. Get to know your counselors. Talk to a career planner at a local college, or a high school teacher or college professor. Do research online or in your library.

6. Find ways to get involved.

Getting ready for college isn't all work. Find something you really like doing, then dive into it. Maybe you're drawn to sports, student council, music or art. Join a school group or club, or find other ways to follow your passion. You'll develop skills and show colleges you can make a commitment and stick with it.

7. Involve your family.

If your family members haven't been to college themselves, they may think they can't help you with your college planning. NOT TRUE! They know you well and can help you make good choices. Have your family members work with your teachers and counselors to help you on the path to college.

8. Look for a mentor.

Look for adults who can lend their enthusiasm and help you succeed at your goals. If you're interested in a particular subject or activity, talk to a teacher or counselor who knows about it. Find someone you trust to talk to about your goals.

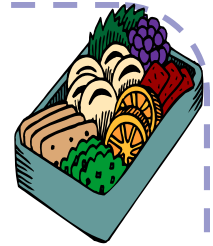
9. Confront personal roadblocks.

If you have a problem that's getting in the way of schoolwork, don't ignore it. Talk to someone you trust and respect — whether friend, family member, teacher, coach, nurse, counselor — anyone who might be able to offer advice or help.

10. Work hard.

If you expect to go to college later, expect to study now. No one can do it for you.

Low-Cost Dinner Recipes: Serve 4 for \$10 or Less



Taco Soup

Cookbook creator says: \$15.34 for 9 servings, \$1.70 per serving, **\$6.81 for 4 servings:**

1 lb. lean ground beef (\$3.50), 14oz. can tomato sauce (\$2.50), 14 oz. can diced tomatoes w/ chilies (\$1.65), 4oz. can chopped green chilies (\$1.60), 2 cans corn (\$2.30), 2 cans kidney beans (\$2.50), 1 pkg. taco seasoning (\$1.29)

Carbs: 35.1g | Fat: 16.5g | Fiber: 9.1g | Protein: 20.8g | Calories: 364

Seafood Pasta

Cookbook creator says: **\$7.59 for 4 servings:** \$1.90 per serving:

1/2 lb. imitation crab or cooked shrimp (\$4.05), 14oz can chicken broth (\$1.09), 14oz can seasoned diced tomatoes (\$1.25), 1/2 onion (\$.0.50), 8oz pasta (\$1.40/2 = \$0.70)

Carbs: 26.7g | Fat: 5.3g | Fiber: 0.8g | Protein: 11.2g | Calories: 197.9

Healthy Family Night Pizza Dough

Add you favorite toppings to this inexpensive dough!

Cookbook creator says: \$5.42 to serve 10, \$0.54 per serving, **\$2.16 for 4 servings:**

4 C whole wheat flour (\$4.19), 1/3 c ground flax-seed (\$3.65/16 * 3 = \$0.68), 2 tsp fast rising yeast (\$0.55)

Carbs: 47.9g | Fat: 10.7g | Fiber: 12g | Protein: 12.3g | Calories: 317.2

Fast n Easy Southwest Chicken Chili

Cookbook creator says: \$11.88 for 6 servings, \$1.98 per serving, **\$7.92 for 4 servings:**

1.5 lb boneless, skinless chicken breast (\$4.50), 1 can diced tomatoes (\$1.65), 1 can tomato puree (\$1.25), 4oz can diced jalapeno peppers (\$2.09), 2c cooked brown rice (\$2.39)

Carbs: 37.4g | Fat: 3.3g | Fiber: 8g | Protein: 33g | Calories: 312.7

These recipes are from COACH_NICOLE, try these and more of her recipes at <http://recipes.sparkpeople.com/cookbooks.asp?cookbook=58000>

Back By Popular Demand!

The GRG Annual Conference has been renamed the 2011 Kinship Caregiver Enhancement Workshop and two Montana dates have been scheduled.

- ◆ **June 11 at the Best Western Heritage Inn in Great Falls**
- ◆ **June 25 at the Billings Hotel & Convention Center in Billings**

This year's theme is "*Communication*" and a variety of presenters and activities are planned. The keynote presenter at the Great Falls location will be Anna Whiting Sorrell, Director of the Montana Department of Public Health & Human Services. Denise Juneau, Superintendent of Public Instruction, will be the Keynote Speaker at the Billings Enhancement Workshop.

Free childcare and travel assistance will be available upon request. Watch your mail for more information or call (406) 994-3395.

These workshops are brought to you by the Montana GRG Project, Montana Alliance of Families Touched by Incarceration (MAFTI), MT DPHHS, Montana Head Start Collaboration, AARP Montana, and Montana Children's Trust Fund

Helpful ways to Teach Kids How to Save!

Want your grandkids to learn more about the value and responsibility of money?

The Federal Reserve Bank of Cleveland is offering a free activity book that makes finances fun. *Great Minds Think: A Kid's Guide to Money*, produced by the Bank's Learning Center and Money Museum, is filled with engaging exercises to help middle-school-aged kids make thoughtful decisions about money:

- This bright colored activity booklet is a great way for adults to introduce the topic of money with children. Financial activities include: earning, spending, budgeting, and saving. Each page has an activity that teaches a basic lesson on money responsibility. Children can work on these activities by themselves or work on it together – it is a great way to spend time together and learn an important lesson about money!

To learn more and get your free copy:

Call: 216.579.3188

Or visit:

http://www.clevelandfed.org/learning_center/

Click on the *Great Minds Think—A Kid's Guide to Money* on the right hand side of the webpage.

Also visit MSU Extension for tips on

Finance. Go to:

<http://msuextension.org/publications/FamilyFinancialManagement/MT200303HR.pdf>

Learn how you and your family can build savings!



Adapted from:

https://www.clevelandfed.org/Learning_Center/Online_Activities/great_minds_think/index.cfm

Easy Ways to Stay Healthy!

Stay Active! There are many different ways to stay active and the benefits associated with them are grand. Take a look at these easy and fun ways to stay fit mind and body!

Workouts are essential to your mental and wellness. The activities do not need to be difficult. A small activity every day is an important part of good health.

Before starting any physical exercise plan, **consult your physician**. It may be helpful to describe or show pictures of the type of exercises you are wanting to begin. You will also feel more comfortable and confident in doing the exercises with your doctor's approval!

There are **4** areas to focus on when exercising:

Stretching - Stretching raises versatility and assists in the prevention of injury.

Endurance - Any physical activity that raises your heart beat is beneficial in heart wellness. It reduces cholesterol and higher blood pressure, and decreases tension.

Strength - Keeping muscles strong can assist you to carry on and build strength to decrease aches and pains.

Balance - Balance allows you to accomplish so many things and helps with the prevention of falls.

Benefits of Physical Activity:

- * Decreases depression
- * Lowers your danger for heart illness
- * Lowers or stabilizes diabetes
- * Raises versatility
- * Lowers the risk of falls
- * Prevents illness

Yard work, taking a dog for a walk, walking to the park with the children are all ways to exercise and stay healthy.

Introducing physical activity to your life will not only benefit you but the people around you too. Kids will want to join in on these healthy habits too.

Montana State University Extension has the **Strong Women Program**, a strength training program for older adults. To contact your **County Extension** office to see if the program is offered in your area, visit:
<http://www.msuextension.org/>



How to keep your mind in tip top shape!

Challenge yourself by learning new skills. This helps your brain store and retrieve information easier, no matter your age.

Activities for our mind:

- Reading
- Volunteering
- Starting a new hobby - crafts, painting, bird watching, or biking
- Interacting with others
- Playing scrabble or cross word puzzles

Grandfamily Support Contacts Across Montana

Western Region

Flathead County

Tim Bohrer
The Nurturing Center, Inc.
Kalispell
(406) 756-1414

Lake County

Nori Pearce
Ronan
(406) 676-4271

Madison/Jefferson County

Andrea Sarchet
Whitehall
(406) 287-3282

Lewis & Clark County

Rocky Mountain Development
Council Head Start
Janet Coughlin
Helena
(406) 457-7308

Ravalli County

Brenda Fisher
Family Services
Hamilton
(406) 363-1961 ext. 107

Allison Dunne
WORD—Local Living Family Center
Florence
(406) 273-0142

Central Region

Cascade County

Jona McNamee
Great Falls
(406) 454-6980
Mariellen Ritts
(406) 453-3554

Fergus County

Denise Seilstad
Lewistown
(406) 535-3919

Gallatin County

MSU Extension Family &
Human Development
Bozeman
(406) 994-3395
grg@montana.edu

Glacier County

Carrie Jackson/
Connie Bremner
Eagle Shield Center
Browning
(406) 338-7257

Hill County

Rocky Boy Reservation
Stone Child College
Box Elder
Mary St. Pierre
(406) 395-4875

Central Region, cont...

Phillips/Blaine Counties

Fort Belknap Reservation
Paula Enkerud
Harlem
(406) 353-2656

Stillwater County

Lisa Terry
Columbus
(406) 322-8035

Teton County

Jane Wolery
Choteau
(406) 466-2491

Eastern Region

Dawson County

Pete Bruno
Montanans for Children,
Youth and Families
Glendive
(406) 939-5591

Roosevelt County

Ardis Oelkers
Culbertson
(406) 787-5312

Rosebud County

Jennifer Anderson
Forsyth
(406) 346-7320

Yellowstone County

Bernie Mason
Billings
(406) 256-2828



Department of Health & Human Development
316 Herrick Hall
PO Box 173540
Bozeman, MT 59717-3540

Non-Profit
Organization
US Postage Paid
Permit #69
Bozeman, MT
59715

Montana Grandparents Raising Grandchildren Project

*Call it a clan, call it a network, call it a tribe, call it a family. Whatever you are, who ever you are, you need one.
~Jane Howard*



**316 Herrick Hall, PO Box 173540
Bozeman, MT 59717-3540
grg@montana.edu
(406) 994-3395
www.montana.edu/wwwhd/grg/index.htm**

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