



# FAMILY NEWSBOX

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Hello from the staff at The Box Project®! We have filled this newsletter with information we hope you can use. Please feel free to share this information with your family and friends.



**Family Information Form** . . . Recently we mailed out a light blue **Family Information Form** to all active recipient families. **This is not a new application. Please do not give it to anyone else.** The purpose of this form is to keep our records updated. A copy of the new form will also be mailed to your sponsor to keep them informed about any changes in your family. **It is important for you to fill out the form completely and return it to The Box Project as soon as possible.**

**Membership Dues** . . . Each year The Box Project asks recipient families to consider making a donation through membership dues. When you pay your membership dues, that money is used to help other families like yours. Paying your dues also gives you access to special programs, when they're available, even if your sponsor does not pay their own dues. If you and your sponsor do not pay your dues, you are not eligible for such things as the Educational Fund or the Emergency Fund.

## Please Remember

### As A Member of The Box Project You Agree To:

1. Write a letter each time you receive a box or letter from your sponsor. If you don't send a thank you letter, you may not receive another box.
2. Tell your sponsor about your family. Talk about your life, your family, your children's activities, the city you live in, your childhood, anything that will help your sponsor get to know you better.
3. Ask only for basic needs.
4. **NOT ASK FOR MONEY, PAYMENTS OF UTILITY BILLS, EXPENSIVE TOYS, NAME BRAND CLOTHING, VIDEO GAME SYSTEMS or COMPUTERS.**
5. **NOT ASK YOUR SPONSOR HOW MUCH THEY CAN AFFORD.**
6. **NOT ASK FOR THINGS FOR PEOPLE WHO DO NOT LIVE WITH YOU OR WHO ARE NOT LISTED ON YOUR CURRENT FAMILY INFORMATION FORM.**

**H**as it been more than two months since you last received a letter or a box from your sponsor? If so, please call us at **1-800-268-9928**. We will do our best to help you re-connect with your sponsor or try to re-match you with a new sponsor.

**Earned Income Tax Credit** If you are employed at any time during the year you may be eligible for the **Earned Income Tax Credit**. This is a refundable tax credit that may reduce or eliminate taxes paid by people with low-income jobs, and may give you some additional income. According to the IRS, millions of families are eligible and do not receive it. For more information call **1-800-829-1040**.

## Easy Ways to Save Money

### Electricity Costs:

1. Contact your local utility company about having someone come to your home to do an energy audit. The auditor will help you to see how you can save money on your utility bills every month.
2. Keep your thermostat set between 78 and 82 in the summer and at 65 in the winter.
3. Wash clothes in cold water and hang them outside to dry.
4. Turn off lights during the daylight hours.

### Telephone Costs:

1. Consider dropping additional services such as call waiting, call forwarding, caller ID, voicemail, and three-way calling options.
2. Use a prepaid phone card.
3. If you have a home telephone and a cell phone, consider cancelling the one that is more expensive.
4. Do not go over your monthly long-distance or minutes allowance.

### Grocery Costs:

1. Use coupons.
2. Make meals from scratch instead of buying prepared meals. This is more nutritious, tastes better and is healthier for you and your family.

### Water Costs:

1. Fix leaky faucets and toilets.
2. Limit showers to five minutes.
3. Turn off water when brushing teeth.

100 Business Center Dr., Ste. 26, Ormond Beach, FL 32174

Phone: 1-800-268-9928



## Share Your Story with other Members of The Box Project

Do you have a heart-warming story about your relationship with your sponsor family that you would like to share with other recipients and sponsors? If so, please write us a letter. We would love to tell your story.

### The Box Project Resources:

**Education Fund** Our Education Fund is available to eligible recipient family members of The Box Project for secondary, college or vocational education costs. They are intended to help cover costs which may not be covered by other grants or scholarships. To apply, please visit our website at [www.boxproject.org](http://www.boxproject.org) or you may call our office and request an application.

**Emergency Fund** You may apply for an award from this small fund when you have been a sponsored member of The Box Project for a month and your sponsor's dues or your dues have been paid. The Emergency Fund **is not available for utility bills, rent or home improvements** unless homelessness is at stake. To apply, you may call our office to request an application.

*To qualify for these programs you, your sponsor, or both of you, must have paid your dues for the year. Applying for these programs does not guarantee an award.*

**Medication Help** Are you in need of help to pay for prescription medication? If so, there are programs that may help you get and pay for the medications you need. To find out more about these programs, please call the numbers listed below or ask your doctor's office about free or low cost prescription programs.

**The Partnership for Prescription Assistance**  
(1-888-477-2669)

**Rx Outreach**  
(1-800-769-3880)

### Change of Personal Information

If your address, telephone number, members of your family or any other personal information changes, **please** remember to call or write to The Box Project, so that we may update your records. Also remember to send the new information to your sponsor. If your sponsor does not have the correct address, they will not be able to send you boxes or letters.

### **The following is a list of basic needs items that are ok to ask your sponsor for:**

- Paper products
- Diapers/wipes
- Hair products
- Personal hygiene items
- Hair brush/comb
- Razor/shaving cream
- First aid items
- Soap
- Q-tips
- Sanitary pads/tampons
- Bed linens/blankets
- Cleaning/laundry supplies
- Underwear/bras
- Washcloths/towels
- Fans
- Canned goods
- Boxed foods (rice, pasta, side dishes, soup mixes, instant potatoes, cereal, healthy snacks, )
- Baking items (flour, sugar, salt, pepper, spices, baking powder, baking soda,
- Children's books/magazines
- Family magazines/books
- Kitchen items (utensils, pots & pans, plates, cups, cooking utensils)
- Batteries
- School supplies
- School uniforms
- Clothing/shoes (no name brands)
- Coupons
- Gift certificates to your local grocery store to purchase perishable

You may be eligible for the following Assistance programs. Please call the number for the state you live in.

If you are looking for a job, contact your local Community Action Agency or the closest social agency to ask about programs available in your area.

#### UTILITY ASSISTANCE

**National Energy Assistance Referral**  
1-866-674-6327

**Kentucky**  
1-800-456-3452

**Maine**  
1-207-624-5708

**Mississippi**  
1-800-421-0762

**South Dakota**  
1-800-233-8503

**West Virginia**  
1-800-642-8589

#### CHILD CARE ASSISTANCE

**Kentucky**  
1-800-421-1903

**Maine**  
1-207-287-5014

**Mississippi**  
1-800-877-7882

**South Dakota**  
1-800-227-3020

**West Virginia**  
1-304-558-2993

#### COLLEGE FINANCIAL AID ASSISTANCE

**Kentucky**  
1-800-928-8926

**Maine**  
1-800-228-3734

**Mississippi**  
1-800-327-2980

**South Dakota**  
1-605-867-5338

**West Virginia**  
1-888-825-5707