

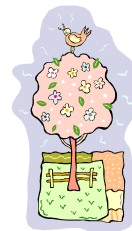


FAMILY NEWSBOX

Volume 3, Issue 1

Summer 2008

Hello from The Box Project® staff! Like you, we've been tightening our belts by doing some things to cut costs. We have moved our office just down the street to a smaller, less expensive office. We also downsized our staff to two, so if we don't answer your call right away please leave your name and phone number and we will get back to you as soon as we can. Feel free to share the information in this newsletter with your family and friends.



If your children are eligible for free or reduced lunch during the school year, they might be eligible for a Summer Food Program too. Please call your local public school for more information about summer distribution sites.

Going to your local library can open up a world of learning for you and your children. Help your children keep up their reading skills over the summer and open their minds to the world outside your community. Your local library may have special summer activities, story times, and classes you and your children can go to. Reading with children when they're young helps them to be smarter all their lives. Most libraries also have computers you can use. Contact your local library for more information.



Family Information Form . . .

It's important that you fill out the enclosed 2008 **Family Information Form**. The purpose of this form is to keep our records up-to-date. A copy of this new form will also be mailed to your sponsor to keep them informed about any changes in your family. **PLEASE fill out the form completely and return it to The Box Project as soon as possible.**

This is not a new application.

Natural Pest Repellents

Ants: Sprinkle baby powder, bay leaves, cayenne pepper or cinnamon in problem areas and along baseboards and windowsills.

Cockroaches: Sprinkle equal parts of powdered sugar and baking soda in problem areas.

Mosquitoes: Mix 2 teaspoons of apple cider vinegar in a glass of water and place it near doors.

Flies: Place a small container of crushed mint leaves or a sweet basil potted plant around your home to discourage flies.

Remember to keep all children away from these repellents.

(adapted from the May 2008 AARP Bulletin)

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. Write your sponsor regularly about your life, your family, your children's activities, the town you live in, your childhood, anything that will help your sponsor get to know you better.
3. Ask only for basic needs. (see page two for ideas)
4. **Not** ask for money, payments of utility bills, expensive toys, name brand clothing, video game systems, or computers.
5. **Not** ask for anything for people who do not live with you or who are not listed on your latest Family Information Form.

P.O. Box 2266, Daytona Beach, FL, 32115 Phone: 1-800-268-9928 www.boxproject.org



Share Your Story with other Members of The Box Project

Do you have a 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.



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 service agency to ask about job training and employment locator programs.

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

GED INFORMATION

Kentucky
1-502-573-5114

Maine
1-207-624-6754

Mississippi
1-601-432-6481

South Dakota
1-605-773-3101

West Virginia
1-304-558-6315

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

UTILITY ASSISTANCE

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

Change of Information . . . If your address, telephone number, or other personal information changes, **please** contact our office so we can update our records in case we need to get in touch with you. Also mail any 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.

Medication Help . . . If you are in need of help to pay for prescription medication, there are programs that can help you get and pay for the medications you need. 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)

Easy Ways to Save Money

Utility Costs:

1. Contact your local utility company about having an energy audit. An 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 your TV and lights when no one is in the room.

Grocery Costs:

1. Use coupons and shop special sales.
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. Don't let the water run unnecessarily when brushing teeth or washing dishes.

Telephone Costs:

1. Cancel additional services such as call waiting, caller ID, call forwarding, voicemail, and three-way calling options.
2. If you have a home telephone and a cell phone, consider dropping the more expensive one.
3. Do not go over your monthly minutes allowance.

Some basic items that are ok to ask your sponsor for when you write: Paper products, diapers/wipes, hair products, personal hygiene items, hair brush/combs, first aid items, soap, Q-tips, sanitary pads, tampons, bed linens/blankets, cleaning/laundry supplies, underwear/bras, washcloths/towels, fans, canned goods, rice, pasta, side dishes, soup mixes, instant potatoes, cereal, healthy snacks, flour, sugar, salt, pepper, spices, baking soda, children's books/magazines, magazines, books, pots & pans, plates, cups, cooking utensils, batteries, school supplies, school uniforms, clothing, shoes. ***Please don't ask for high cost items or big name brands. Your sponsor will send what they can based on their financial ability.***