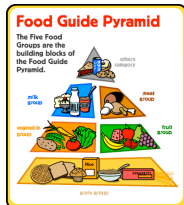


Non Perishable News - Jan.-Feb. 2010

Published by the New Hope Community Food Pantry

The Pantry Serves Zip Codes 60630, 60631, 60646 and 60656
Our Boundaries are roughly - Touhy to Montrose and River Road to Pulaski.

Color Your Way to Five a Day!



By putting something of each of these colors on your plate or in your lunch bag, you will be more likely to eat the 5 recommended servings of fruits and vegetables every day.

Just think:

1/2 cup of **RED** Tomatoes,

6 oz. of **ORANGE** juice,

1/2 cup of **YELLOW** Peppers,

1 cup of dark leafy **GREENS**,

and 1/2 cup of **BLUE** berries --

and you have 5 a day. Its quite simple when you sample the spectrum.

Thanks - Our Special thanks to **Oncology Specialists of Park Ridge, Cub Scout Pack 3958, Edison Park Community Council, Higgins Styling Salon, Congregational Church of Jefferson Park, Our Savior Lutheran Church, Onahan School, Norwood Crossing, Resurrection High School, Norwood Park School, Ebinger School, Wildwood School, International Pentecostal Association, Norwood Park Lutheran Church, Edison Park UMC, Edison Park Community Church, St. Albans Episcopal Church, New Hope Challenge, Immaculate Conception Catholic Church, Boy Scout Troop 955, the William and Irene Beck Foundation, Target, Wal-Mart and Costco** for their various donations of non-perishable food items, turkeys, pies, cake kits, gift cards, grants and of course money. **These Holiday Donations are greatly appreciated by our Food Pantry Board, Clients, and our Volunteer Staff.**



THANKS AGAIN!!!
Bill Murphy, Director

Tips to Save Energy (and Money) in Your Home



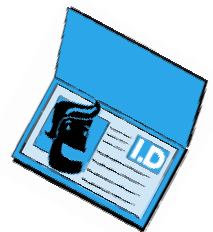
1. Every degree you turn down the heat saves 3 percent of heating costs, while each degree you raise the temperature of your air conditioner saves 3-4 percent of cooling costs.
2. Cook with a slow cooker or toaster oven to reduce electrical use from kitchen appliances.
3. Switch to cold water washing and save 80 percent on energy used for the laundry and save about \$50 - \$60 a year. In summer hang dry your clothes instead of using the dryer.
4. Plug anything that can be powered by a remote control or that has a power cube transformer (little black box) into a power strip, and turn it off, and/or unplug it when not in use. Power cubes are 60-80 percent inefficient.
5. Turn off the lights when you are not using them and reduce your direct lighting energy use by 45 percent. Stop using heat-producing halogen lamps (they can also be fire hazards). Install occupancy or motion sensors on outdoor lights.
6. Switch to compact florescent from regular incandescent bulbs and use 60 percent less energy per bulb.
7. Use public transportation whenever possible, carpool, shop locally and ideally switch to a hybrid or energy-efficient car.
8. Keep your tires inflated to improve gas mileage by 3%.



9. Close and lock all windows and close the heat vents and doors in rooms that aren't being used.
10. Clean registers, baseboard heaters and radiators and be sure that they're not blocked by curtains, furniture or carpeting.
11. Replace or clean furnace air filters. A clogged, dirty filter forces your furnace to work harder. A clean filter can save you 10 percent on your bill.
12. Remove window air conditioning units when summer is over to prevent heat from escaping. If the unit can't be moved, cover it to prevent drafts.
13. Install weather stripping or caulk around doors and windows and place foam gaskets behind outlet plates on exterior walls. If there is a large gap at the bottom of an exterior door, install a door sweep.



COMING SOON



Beginning in January all clients will be required to verify current information such as address, persons in household, and their ages. We are trying to keep our data current.

This will help us to produce the USDA reports required by the Greater Chicago Food Depository, and make it easier to provide demographic information needed when we apply for grants.

We will also issue small cards that will show your last visit to the Pantry and when you are next able to visit the Pantry.