



Middleton Outreach Ministry

7432 Hubbard Ave, Middleton, WI 53562

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US POSTAGE

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## Food Pantry Guests:

As you know, the MOM food pantry has food guidelines based on your family size. These are recommended amounts. We greatly appreciate you taking only what you can use so all MOM clients can have access to our food selections.

## MOM FOOD PANTRY COOKBOOK

*Share your recipes!*

One of MOM's clients is starting a collection of recipes using foods primarily found at the MOM Pantry. We'd love to have your favorite recipes or uses for products that tend to be in abundance at the food pantry. Please submit recipes to the front desk at the DC.

## Reduce, Reuse and Shop!

Please remember to bring reusable shopping bags to the DC with you as you shop for food and clothing. The MOM DC is always running out of paper bags. If this happens and you don't have reusable bags, food will be loaded into boxes or directly into your vehicle. **Thanks for your help!**



# SPRING 2011

## Contact MOM

Phone: (608) 836-7338

Fax: (608) 836-0799

Email: [info@momhelps.org](mailto:info@momhelps.org)

## MOM Main Office

7432 Hubbard Ave

Middleton, WI 53562

## Hours:

Monday-Friday, 9-4:30 pm

## Food Pantry & Clothing Closet

8710-2 Montclair Drive

(off Pleasant View Rd in the Middleton Business Park)

## Hours:

Monday-Thursday, 10 am - 2 pm

Friday-Saturday, 9 am - 12 pm

*MOM is a 501(c)(3) nonprofit agency, supported solely by donations. We charge no fees for our services.*

[www.momhelps.org](http://www.momhelps.org)



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# mom

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## Interested in Learning to Grow your own Food?

MOM is launching a pilot program this spring that will give clients an opportunity to learn how to grow their own food by working in the MOM Food Pantry Garden (located across the street from the Distribution Center.) Clients will be paired with a mentor who will take them through the basic steps of gardening and will assist them with

work on individual plots as well as the larger MOM garden. Clients will be required to work in the garden at least one hour per week for a total of 25 hours in the 2011 growing season. Some restrictions apply. Please contact a MOM Case Worker at (608) 836-7338 if you are interested **by April 15.**

### Reminder Upcoming Distribution Center Closure Dates:

Friday, April 22 .....	Closed Good Friday
Saturday, April 23.....	Closed Easter Observance
Saturday, May 28 .....	Closed Memorial Day
Monday, May 30 .....	Closed Memorial Day
Saturday, July 2 .....	Closed Independence Day
Monday, July 4.....	Closed Independence Day

# In our Neighborhood

The Middleton Senior Center is a Hub for Senior Life for those 60 and over. It is open from **8 - 4:30 Monday thru Friday** and offers a wide variety of programs and classes. Lunch is served daily in a warm, friendly, and welcoming environment. A number of groups meet at the Senior Center for entertainment, enrichment, exercise and support. There is no charge for membership or participation in most groups. Stop in to pick up a large print library book, read the paper by the fire, and chat with others. Join the knitters, the Men's group, the sing-a-long group or the jam band. Hop on the treadmills or exercise bike, join the bean bag toss, Wii Sports, card games or intergenerational groups. There is something for everyone!

The Center also offers case management services to provide information and referrals with the goal of helping seniors maintain their dignity and independence. **Call us at (608) 831-2373** to learn more or feel free to stop by to check out the very active community at the Middleton Senior Center.



## Utility Assistance Available

As of April 15, the moratorium on utilities is lifted, which then allows MGE/Alliant Energy the right to demand payment for overdue utility bills or to shut-off client's services. Any registered MOM client with a past due bill can call and make an appointment to see a Caseworker about possibly getting help with their utilities.

For the appointment, clients must bring in their current utility bill along with proof of household income and identification for all household members. A MOM Caseworker will go over the client's budget and discuss a possible payment plan. During the appointment a MOM Caseworker calls the utility company and discusses payment arrangements with MGE/Alliant Energy representatives.

MOM will contribute money to the utility payment if the net contribution will keep the utilities on and if a payment agreement has been made with the utility company. MOM Caseworkers also make referrals to Energy Services, Inc. which also assists with utility bills.

Once a payment plan is agreed upon, the client must make their payment first and then MOM's utility assistance will be paid. MOM will pay up to 150% of what the client pays up to a maximum amount of \$150. For example, if a client's bill is \$250, the client must pay \$100, at which time MOM will pay \$150.

**For an appointment, call (608) 836-7338 after April 1, 2011.**



# Tasty Tuesdays!

*Have you met Nutrition Educator Tondra? She's at the Food Pantry on Tuesdays. Come in to say hi and ask her any questions about your diet and meal planning.*



Tondra Davis works for UW Extension of Dane County as an Adult Nutrition Educator. She is married with three children ranging in age from preschooler to teenager. She enjoys meeting new people and sharing recipes and nutrition information, so be sure to visit with her when you see on Tuesdays at MOM Distribution Center.

## **Q:** What ideas do you have for people cooking for only one person?

**A:** Successful cooking for one or two requires planning! I recommend planning meals weekly. Plan to use leftovers for other meals and snacks throughout the week or freeze labeled and dated leftovers. For instance, meatloaf becomes a meatloaf sandwich, sloppy joes or topping for a baked potato.

## **BEWARE of Pay Day Loans**

Also called Cash Advances these are short term loans that usually require you to write a check for the amount you want to borrow, plus a fee. At the end of the loan period (usually your next payday), the lender cashes your check.

One company in town charges a \$44 fee to borrow \$200 for two weeks. That is the equivalent of more than 573% APR (annual percentage rate). If you don't have the money in your checking account when they cash your check, you will also be socked by fees from both the lender and your bank for any bounced checks. It can get expensive very fast.

These loans are targeted toward people who have no other options. If you feel you have no where else to go, why not talk with a case manager? MOM does not make loans but we might be able to discuss options and help you make other plans to address your financial need. Often, using a short-term loan only makes the problem worse in the long term.

Also, avoid any loan offer that requires you to pay a fee in advance: it's a common scam to get your money and personal information.

## MOM Case Worker at DC on Wednesdays

Just a reminder that John, one of MOM's case workers, has office hours at the Distribution Center on Wednesdays from 10 a.m. until 2 p.m. This may be a convenient option for folks needing to register or recertify. Walk-ins may be taken depending upon his availability. To schedule an appointment, please call: (608) 836-7338.

## Senior Chores

If you are age 60 or above and live in our service area, organizations, churches and services groups will do your spring cleaning both inside and out. Chore help will be offered during the months of April & May. Call Maureen at 826-3410 for more information or to register. (There is no financial requirement or charge for services)

