

# Housing Programs & Services

NEWSLETTER

## Eat Well on Your Budget

Eating well doesn't have to mean spending more money or buying costly "health foods." You can eat well on a budget by planning ahead and choosing foods that give you more nutrition for your money. In fact, you might find that you spend less, not more, to eat right.



### Plan Ahead

Start by planning your meals and snacks in advance. Take a shopping list with you to the grocery store and try to buy only the items on the list. Before you shop, check store flyers to look for nutritious foods and ingredients that are on sale.

If you want to save money by buying large sizes of foods, you might plan to share them with a friend or neighbor. Large sizes may cost less per pound or other unit, but they aren't a bargain if you end up throwing out a lot of the food.

### Choose Healthier Foods

Get more nutrition for your money by choosing nutrient-dense foods: vegetables and fruits, fat-free or low-fat dairy products, whole grains, seafood, lean meats, and other healthy foods. Avoid convenience foods, sweets, and snack foods that give you

fewer nutrients for your food dollars.

Before you buy, think about how much of a product you'll really use. Buy only enough fresh fruits and vegetables to eat within a few days. Also, try not to buy more perishable items than you will use before the "use-by" date marked on the package. Meats, poultry, fish, seafood, cooked vegeta-

bles, dairy products, and eggs are examples of perishable foods.

### If You Eat Out

If you like to eat out, go to restaurants that offer senior discounts. Look for early-bird dinner specials or go out for lunch instead of dinner. Some restaurants offer two-for-one or discount coupons. When eating out, consider ordering low-fat, low-sodium, and other healthy menu items. Ask for sauces or dressings on the side so you can better control how much you eat. Sharing meal preparation and ingredient costs with friends can also save money -- and be fun. For instance, you might plan a potluck dinner with neighbors. You might also buy ingredients and cook with a friend.

This information is compliments of PGCS and from <http://nihseniorhealth.gov/eatingwellasyougetolder/eatwellonyourbudget/01.html>

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## Notable News

April is Fair Housing Month. Fair housing means everyone, regardless of race, color, national origin, religion, sex, disability or familial status has a right to fair housing whether it is for the sale, rental, financing, or insuring of a home. Other practices covered by fair housing include:

- Housing in your price range made available without discrimination;
- Equal professional service;
- The opportunity to consider a broad range of housing choices;
- No discriminatory limitations on communities or locations;
- No discrimination in the financing, appraising, or insuring of housing;
- Reasonable accommodations in rules, practices and procedures for persons with disabilities; and
- To be free from harassment or intimidation for exercising your fair housing rights.

If you have been discriminated against call 480-474-2635.

## Calendar

- February 17—President's Day
- March 17—St. Patrick's Day
- April—Fair Housing Month



## Programs

### Free Tax Preparation

The City of Apache Junction and the Apache Junction Public Library, in collaboration with the Internal Revenue Service and AARP Tax Aide are offering a free tax preparation E-filing site in Apache Junction for ALL residents. The location for the free E-filing tax preparation site is the Apache Junction Public Library, 1177 N. Idaho Road, beginning February 1, 2014. Reservations are required and can be made at the Library's service desk or by calling 480-474-8555 after January 1, 2014. Reservations will be taken on a first come, first serve basis.

### Looking to buy a home in AJ?

Habitat for Humanity Central Arizona is currently seeking families to experience the transition from tenant to homeowner in Apache Junction. Applications are being accepted now. Partner families are selected based on their level of need, willingness to become partners in the program and ability to repay the no-profit, no-interest loan. Homeowners invest hundreds of hours of their own labor into building their Habitat home and the homes of others. Recipients can see monthly payments as low as

\$500 per month with a zero interest mortgage, since the home is financed through Habitat. For more information, please visit [www.habitatcaz.org](http://www.habitatcaz.org) or contact Habitat for Humanity at 602-268-9022 to schedule an appointment.

### Housing Rehabilitation Funding Available

The City of Apache Junction has funding available for homeowners within the City of Apache Junction city limits. Funding is available to make improvements to owner occupied homes where one of the occupants is either elderly, under the age of 18, or disabled. Improvements can include, but is not limited to, electrical, plumbing, roofing, heating and air conditioning, and ADA accessibility improvements.

Homeowners may obtain an application either:

- 1) online at [www.ajcity.net/rehab](http://www.ajcity.net/rehab);
- 2) by phone at (480) 474-2635; or
- 3) by picking one up at City Hall 300 East Superstition Blvd in the Development Services Building

Funding is available on a first come first serve basis, so applicants are advised not to wait. For more information call (480) 474-2635.

## Busy Bee Home Maintenance Tips

After much use and many washes does it feel like your bath towels and wash cloths are just not clean and fresh smelling? Recharge your towels—don't toss them!

Skip the detergent and run them through the wash once with hot water and a cup of vinegar. Then wash them again with hot water and a half cup of baking soda for fresh and absorbent towels.

Use a half cup of baking soda in your wash to brighten all of your laundry.

Remember to prepare your air conditioning unit for the harsh Arizona summers. Have a qualified heating and cooling contractor clean and service the outside unit of the air conditioning system. Clean coils operate more efficiently, and an annual service call will keep the system working at peak performance levels. Change interior filters on a regular basis.

*Bees Wishes*



## RESOURCES

The City of Apache Junction invites and welcomes people of all abilities to use our programs, sites and facilities.

Any question about our service for people with disabilities can be answered by the ADA Coordinator at (480) 474-5066, TDD (480) 983-0095, or [adacoordinator@ajcity.net](mailto:adacoordinator@ajcity.net). Additional information may be found at: [www.ajcity.net/ada](http://www.ajcity.net/ada).



### HOUSING PROGRAM PURPOSE AND GOALS:

1. Eliminate health and safety hazards in homes;
2. Benefit low to moderate income residents; and
3. Improve neighborhoods and encourage stability.



## Housing Funnies

Below is a sign placed outside of a secondhand shop which illustrates proof-reading is a lost art...

WE EXCHANGE ANYTHING - BICYCLES, WASHING MACHINES, ETC. WHY NOT BRING YOUR WIFE ALONG AND GET A WONDERFUL BARGAIN?

If you have a question or comment about anything written in this newsletter, please contact:  
City of Apache Junction  
Housing Division  
300 E. Superstition Blvd.  
Apache Junction, Arizona 85119  
Phone: (480) 474-2635  
Fax: (480) 474-5102  
TDD: (480) 983-0095  
[www.ajcity.net](http://www.ajcity.net)  
[hpatel@ajcity.net](mailto:hpatel@ajcity.net)  
Monday to Thursday 7 a.m. to 6 p.m.