



REGINA HOME ECONOMICS FOR LIVING PROJECT

Helping People
Help Themselves



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Regina Home Economics for Living Project Inc. has educated Regina residents in skills for everyday living since 1988. Programming is available to all in the city but has mainly focused on assisting low income and low literacy clientele. Fees are based on the client's ability to pay. For the individuals and families that cannot pay, HELP applies for grant funding. HELP'S educational programming provides skills in menu planning, food purchasing and preparation, consumerism and financial literacy. Please contact the office at 347-7877 for more information.

From the Desk of the Director: As we near completion of another very busy year at HELP we are extremely grateful to our dedicated facilitators. Although the final numbers are not in until the end of December, thus far our facilitators have delivered educational programming to over 2000 participants in participatory group and one to one workshops. In addition to the dedication of the HELP facilitators, our successes are due to the tireless efforts of our staff, board and volunteers. Many thanks also to the United Way of Regina, City of Regina, our local partnering organizations, funders and to the friends of HELP.

Wishing you the best for the holiday season...

Carol Brouwers

HELP Membership Drive 2011

Membership and donations support the provision of program and resources and the overhead costs of operating our organization. Membership and donation support also shows that the community believes that HELP is doing valuable work. The Membership form is available on page 8. **All memberships purchased by December 15 will be entered to win a great prize.**



HAPPENINGS at HELP

- **Gluten Free Baking Classes** were offered at HELP again this fall. HELP facilitators led the popular bread baking class on September 22 . Then on October 6, facilitators led a class focusing on gluten free pies and cookies. Using results of a survey conducted at the fall fundraiser with Shelley Case, HELP facilitators are developing further classes on the gluten free topic.
- **Jill Morgan Saves the Pumpkin** was the HELP fundraiser in support of the **United Way of Regina** on October 18. STV

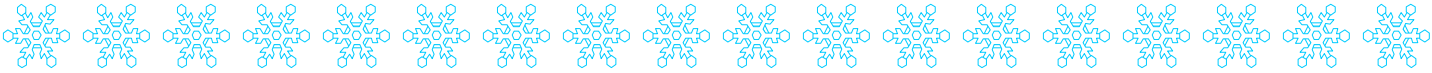


Anchor/Producer Jill Morgan joined HELP facilitator Deborah to demonstrate the preparation of a full course meal using pumpkin. Everyone had a laugh while learning cooking tips and tricks. The evening ended with sampling Deborah and Jill's delicious Pumpkin Black Bean Soup, Pumpkin Cilantro Salad, and Pumpkin Lasagna.

- HELP hosted a display at the **U of R Volunteer Fair** on October 26 as an opportunity to expand the volunteer base of HELP and spread awareness about the organization. Many interested students stopped at the display to learn about the work of HELP and consider the volunteer opportunities.



HOLIDAY DONATION SUPPORT



Last year HELP provided programs that educated over 2800 men, women and children to improve skills related to healthy food choices and preparation, and household management.

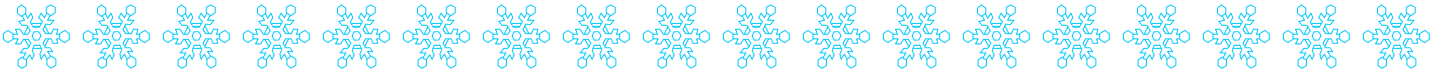
Nutrition and financial literacy education was provided to 1057 immigrant youth and young adults in HELP'S Developing Life Skills Project. The project supported the youth and young adults in skill development that promoted lifelong health and independence.



In the Senior Connections project 256 senior immigrant and refugee participants learned nutrition and cooking skills to help them adapt to their new life in Canada



Please consider a donation this holiday season to support these and other important programs.



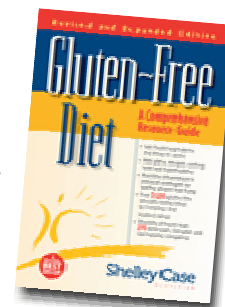
HELP FALL FUNDRAISER

HELP began autumn with a fundraising event featuring world renowned expert on the gluten free diet, Shelley Case. Shelley spoke to an enthusiastic audience on September 13 on “Healthy Gluten Free Living”. Everyone went away with a better understanding of safe and unsafe foods, cross-contamination and difficulties of eating out.



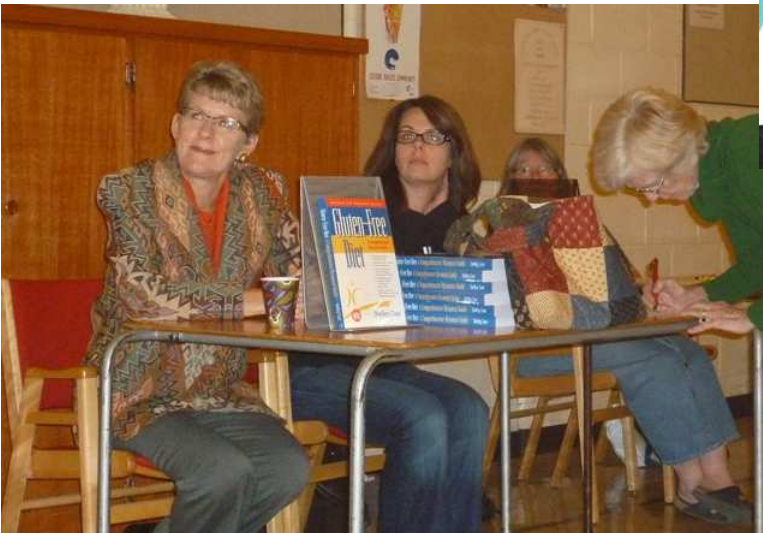
At a previous HELP fundraiser in April, Shelley had spoken about diagnosis of celiac disease and gluten intolerance. With the information provided at these two events, people living with celiac disease or gluten intolerance will have the knowledge to live a healthy life.

HELP extends heartfelt thanks to Shelley Case for donating her time and graciously speaking at both events.





HELP is grateful to Avena Foods, Bakery on Main, Kinnikinnick and Pamela's Products for providing spectacular door prizes for this event. Gluten free treats to enjoy with coffee were supplied by Kinnikinnick and Enjoy Life Foods. In addition, everyone attending this event received a goody bag with products supplied by Bakery on Main, Enjoy Life Foods, Larabar, Mary's Gone Crackers, No Nuttin and Pamela's Products.



GRANT NEWS

- The **CIF Annual Project entitled Nutrition for the Early Years** will run from September 2011 through to May 2012. The project aims to educate parents with young children in everyday living skills such as food selection, purchasing and preparation skills which will result in increased nutritional status for children ages 0 to 12. Referrals to the project are currently being accepted. Call the HELP office at 347-7877 for more details.



Cranberry Orange Loaf (about.com)

- 2 cups all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda
- 1/2 tsp salt
- 1 cup sugar
- 2 tbsp canola oil
- 2 egg whites
- 1 tbsp orange zest, finely chopped
- 3/4 cup orange juice
- 1 1/2 cups fresh cranberries, chopped
- 1/2 cup walnuts, chopped



Preparation: Preheat oven to 350 degrees. Spray a 9 x 5-inch loaf pan with nonstick cooking spray. In a medium bowl, stir together flour, baking powder, baking soda and salt. In a large bowl, beat sugar, oil and egg whites, mixing well. Add orange zest and juice. Gradually beat in flour mixture until thoroughly blended. Fold in chopped cranberries and walnuts. Transfer to loaf pan and bake for 1 hour or until a toothpick inserted in the center comes out clean.

Holiday Office Hours

The office will be open on
Thursday, December 22.

The HELP office will be
closed on Friday Dec 23,
to Monday, January 2,
2012.

The office will reopen on
Tuesday, January 3, 2012

HOLIDAY GIFT IDEAS



Simple Language Manual

Perfect for a student or young adult beginning housekeeping.

“What to Do When Food Goes Yuck”

Sixty pages of easy recipes and ideas for
veggies and leftover meat.

Look over the table of contents on the HELP web site :
www.reginahelp.org

Only \$7.50 Call the HELP office: 347-7877



HELP Dry Soup and Salad Mixes

\$3.00 each

Each package contains dry ingredients, spice mix
and instructions. Additional fresh ingredients
needed are listed on each mix.

A great stocking stuffer!

**Use several to make a gift basket for a
teacher, babysitter or anyone who
would enjoy a nutritious
easy to prepare meal**



MEMBERSHIP



Membership and donations support the provision of program and resources and the overhead costs of operating an organization.

Membership and donation support also shows that the community believes that HELP is doing valuable work.

Individual memberships will receive a tax receipt and 4 free newsletters per year.

Organization memberships will receive 10% discount on resource sales.

Donations to HELP will be issued a tax receipt.

Individual Name: _____

Organization: _____

Mailing Address: _____

City _____ Postal Code: _____

Work or Home Phone: _____ Fax: _____

E-mail address: _____

Membership Fee:

Partner Organization \$ 50

Individual \$ 25

Senior/Student \$15

*All memberships purchased by
December 15 will be entered into
a draw for a great prize.*

Donation:

Donation \$ _____

Please send this form with a cheque or money order to:

Regina Home Economics for Living Project Inc.

336 Durham Drive, Regina, SK S4S 4Z7

For Office Use Only:

Date Received: _____ Method of Payment: Cash Cheque

HELP WISH LIST

HELP is grateful for whatever goods people can donate to us, as it significantly reduces our expenses. You might be able to donate the items listed or make a contribution.

What we need:

Office Supplies:

- **New or almost new Desktop Computer**
- 8 1/2 x 11 copier paper
- Stamps
- A Digital Camera to capture HELP events

Volunteers:

- **Fundraising Assistants**—duties will vary from event to event. Volunteers will be given an opportunity to select the duties they would like to do. These could include publicity, taking money at the door, selling tickets, serving food, set-up and clean-up duties etc.
- **Web Designer**—to update and maintain the web site for HELP. If you have the skills to assist us with creating a user friendly design, please consider volunteering.

Monetary Donations:

- **Operating funds for HELP** designed to “Educate, Enrich, Empower—Everyday!” (Please remember donations to HELP will be issued an income tax receipt).

We thank you for your generosity!

Helping People Help Themselves

Regina Home Economics for Living
Project Inc.

Phone (306) 347-7877

Fax (306) 347-7792

E-mail: rehelp@sasktel.net

Internet: www.reginahelp.org

**Educating Regina residents in skills
for everyday living.**



Thank you for the support of the HELP Organization:



REACH

Canadian Home Economics Foundation

Community Initiatives Fund (CIF)

Human Resources and Skills Development Canada
(HRSDC)

Saskatchewan Student Summer Works (SSSW)

City of Regina and the United Way

City of Regina

