

Family Self Sufficiency Program January 2019 Newsletter

Salina Housing Authority 469 S. 5th St. Salina, KS 67401 Phone: 785:827:0441



The Salina Housing Authority is dedicated to providing and advocating affordable, safe living environments and opportunities to become self-sufficient for persons of very low to moderate income.



PH & S8 Family
Self-Sufficiency
Program

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FSS January Highlights

The FSS program has applied for YW Legacy grant money to fund allied health care courses at Salina Area Technical College. The award will be announced in February 2019

Salina Housing Authority Holiday Closings Tuesday, January 1, 2019

Kids Extra Easy Lasagna

Ingredients

- ◆ 1 pound ground beef
- ◆ 4 cups tomato-basil pasta sauce
 - ◆ 6 uncooked lasagna noodles
- ◆ 1 (15-ounce) container ricotta cheese
- ◆ 8 ounce shredded mozzarella cheese
 - ◆ 1/4 cup hot water

Instructions

- ◆ Preheat the oven to 375 degree F.
- ◆ Cook ground beef in a big skillet over medium heat, stirring until it crumbles and is no longer pink; drain. Stir in pasta sauce.
- ◆ Spread one-third meat sauce in a lightly greased 12x8-inch baking dish. Arrange 3 uncooked noodles over sauce. Spread half of ricotta cheese over noodles; sprinkle with one-third of mozzarella cheese. Do the same thing all over again with half of remaining meat sauce, remaining noodles, remaining ricotta, and half of remaining mozzarella cheese. Top with remaining meat sauce and mozzarella cheese.
- ◆ Carefully pour 1/4 cup HOT water around inside edge of dish. Tightly cover with 2 layers of aluminum foil.
- ◆ Bake at 375 degree F for 45 minutes. Uncover and bake 10 more minutes. Remove baking dish from the oven using oven mitts. Let stand 10 minutes before serving.



Tax Return Time

If you are receiving a tax return this year, here are a few valuable ideas of what to do with it.

- * Pay off/down credit card debt.***
- * Create or add to a retirement fund.***
- * Prepay rent, utilities, car insurance.***
 - * Use it to fund education.***
 - * Use it for vehicle maintenance.***
- * Give to a charitable contribution.***



Low Income Energy Assistance Program

LIEAP 2019

**Applications are located on the Department of
Children and Families Website**

www.dcf.ks.gov