



HopeSource Quarterly Newsletter

2013 In Review

Welcome to the first edition of our quarterly newsletter! Since it's the beginning of a new year and the beginning of a new form of communication for us it seems like a good time to recap all of the amazing things that happened in 2013.

Below you will find brief articles on the major events of the past year at HopeSource from our Farm to Table dinner that kicked off our Mobile Food Bank project to our incredible 5 Days of Christmas event and everything in between.

Besides these major projects we launched our online version of Hope University, our life skills workshops that are integral to all of our programs and our mission at large, started a monthly column with the Daily Record entitled "Healthy Investments", and continued to grow and improve all of our core programs along the way. We even have a sneak preview into some of the projects we will be working on in 2014.

We are so glad you have joined us in helping to make our community a great place to live! Read on and learn how the support of people like you enables us to effect change in Kittitas County.

Mobile Food Bank

We are so excited about our Mobile Food Bank project. A mobile food van will provide food access to the numerous rural residents of our county that are unable to travel in to our Cle Elum office food bank including senior and disabled residents living in outlying areas such as Ronald and Liberty. To kick off this exciting initiative we held a Farm-to-Table dinner at StoneHouse 101 in Roslyn, graciously hosted by Deborah Hoffman. Click [here](#) to see photos from the event and learn more about food insecurity in our county.



5 Days of Christmas

Wow! What an amazing event and what a great turnout from the community! This was an unprecedented fundraising event for us. The 5 Days of Christmas ran from Wednesday, December 4th through Sunday, December 8th and included everything from a family Christmas event to a swanky dinner and live auction. Thank you to everyone who joined us at beautiful Canyon River Ranch for a festive start to the holiday season. Your generous donations made this our most successful fundraiser to date! All proceeds from the event support our Hope University program. Follow us on Facebook to see photos from the event.

Healthy Investments

In partnership with the Daily Record HopeSource correspondents Zoe Fahy and Justin Gasper will be hosting a monthly column entitled "Healthy Investments" filled with tips on health and financial literacy.

Read the December column [here](#) and look for the January installment in the Daily Record tomorrow!

50th Anniversary of Community Action

2014 marks the 50th Anniversary of Community Action. To celebrate our long history of empowering low-income families to become self-sufficient we will be hosting a number of fun and educational events for the community throughout the year.

To learn more about Community Action and what we have accomplished in the last 50 years click [here](#).

Stay tuned for more information in our next newsletter.



Hope University - Online!

We are pleased to announce that all of our Hope University classes are now available online. We still hold regular live classroom sessions however having workshops available online makes it possible for working families to attend classes in the evening and on weekends. All workshops are open to the public. With topics such as "Saving Money When You Shop", "Credit & Debt Basics", "Tenant Prep 101", and "Developing Positive Work Habits" there is something for everyone. Visit our [Hope University](#) site today and check it out.

Preview our most popular title "Saving Money When You Shop" here.



Avoid impulse purchases

Average # of items in a supermarket in 1970 = 7,800
2010 = 38,718

- Get in and out as fast as possible!
- Eat before shopping
- Use a calculator to keep track of spending
- Avoid convenience foods

VLD&S: Kresiger's Grocery Store 1968

The screenshot shows a presentation slide with a title 'Avoid impulse purchases' and a sub-header 'Average # of items in a supermarket in 1970 = 7,800 2010 = 38,718'. Below this is a list of four bullet points: 'Get in and out as fast as possible!', 'Eat before shopping', 'Use a calculator to keep track of spending', and 'Avoid convenience foods'. To the left of the list is a photograph of a person walking through a supermarket aisle. At the bottom left of the slide, there is a small caption: 'VLD&S: Kresiger's Grocery Store 1968'.

Find us online!

For more information about current and upcoming project visit us on our website at www.hopesource.us or find us on [facebook](#).

