

Things happening in OUR community...

- **Reminder about upcoming YCA groundbreaking:**

Friday, September 16th @8am we have our final YCA groundbreaking with Eustis High School. Please RSVP with Shari

- **The Best Nail Spa in Mt Dora Fundraiser:**

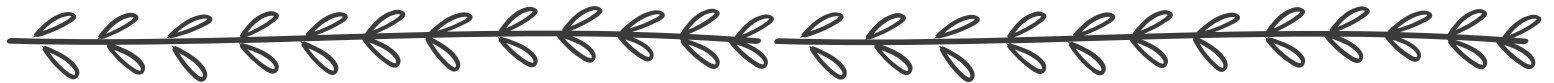
For the entire month of September The Best Nail Spa has selected our organization as their charity of the month. So take a self-care day and schedule a pedicure at the Best Nail Spa- 18977 US Highway 441, Mt Dora, FL 32757, proceeds will be donated for every pedicure.

- **Team Build with Wells Fargo:**

Wells Fargo has partnered with Habitat Lake-Sumter since 2012 to provide strength, stability, and self-reliance to local families, we are excited to host them as they volunteer at a new home construction site in Eustis and at the Eustis ReStore on Saturday, September 17th

- **Save the Date:**

Staff Outing: Friday, October 28th. More details to come soon!!!



Happy Habi-versary

Jen - 10 years

Dee - 5 years

Todd - 5 years

Sarah - 3 years

Cindy B. - 1 year

James - 1 year

Welcome to the Team!

Laurie - Operations
Director

Five Inflation Busting Food Tips Everyone Should Follow

Hi, my name is Chef Ze' and I have been teaching cooking classes for almost two decades. I love to cook but what really brings me joy is sharing cooking tips and life-altering nutritional information. I believe that food is life, and everyone deserves good food. With that being said, part of my mission as a Habitat Lake-Sumter board member is to share my knowledge of food and the food industry. Understanding your finances and how they affect your household can help your family through times of economic uncertainties.

Practicing the following concepts will help you maximize your food budget:

1. Understand the basic food groups and what foods are included- [MyPlate.gov](https://www.MyPlate.gov) is where you can find this information along with some easy recipes.
2. Buy whole food ingredients- convenience foods such as pre-sliced or individual serving size foods may seem like time savers but in reality, they are budget-busters and actually cost more per serving. Buy the bigger or bulk bag and invest in reusable containers and break it down yourself.
3. Make dinner preparation a family affair- even the youngest member of the family can contribute to meal planning and execution. Every family is unique and whoever is in charge of meal prep can capitalize on those qualities and involve the entire household. Studies have shown that families who are involved in meal planning are more likely to eat healthier.
4. Plan your meals in advance- when you plan your meals ahead of time you are able to properly prepare by gathering ingredients and assigning family members their roles in the meal prep.
5. Eat seasonally available foods- [MyPlate.gov](https://www.MyPlate.gov) provides a list of fresh fruit and vegetables and their seasonal availability. Although you can find many fruits and vegetables year round, nature is still the boss and many are best harvested and grown during certain times of the year. For instance, you can find citrus all year long in the grocery stores but peak season for citrus is during the winter months, when the fruit is at its best and more affordable.

Understanding the basic food groups and involving your family in meal planning is just the beginning to a more affordable grocery bill! Stay tuned for more advice from Chef Ze!

BE our VOICE! Share our website...it is a wealth of information and folks can sign up for our monthly e-newsletter to stay informed on all the Habitat Happenings.