February 2023

The Vision Voice

Powderhorn

There is still availability for learners to sign up for our Powderhorn excursions. If your learner is interested, please read page 4.

VCA Clubs

Have you heard that clubs are coming back? Please see page 3 for more information.

Winter Break

The entire campus will be closed for Winter Break between February 20th and February 24th.

Upcoming Events

Feb. 1st- 100th day of school Breakout Box Exploration

Feb. 2nd- Powderhorn Excursion

Feb. 7th- Board of Stewards Meeting

Feb. 8th- Meteoroids, Meteors, and Meteorites Exploration

Feb. 9th- Powderhorn Excursion

Feb. 15th- Spaghetti Tower Exploration

Feb. 16th- Powderhorn Excursion

Feb. 16th- What Every Student Should Know About Picking a Major or Career Path Webinar

Feb. 17th- Ute Indian Museum Field Trip

Winter Break
Feb. 20th - Feb. 24th

A WORD FROM CARYN

By: Caryn Braddy

"Success is a slow process, and quitting does not speed it up." — Jeffrey Fry

As we settle into the second semester of this school year, I am reminded on a daily basis that we have great things happening in this school. At times, it is easy to become impatient with the time it takes to complete a task, reach a goal, learn a new skill, or try again after not succeeding. Once again, I urge each one of us to relish the journey we are taking together. It is a journey in which each person has a role to play in order to help our learners reach their daily, weekly, monthly, or yearly goals. Sometimes we are running to catch up with them, and other times it feels like we are dragging them forward. This is the ebb and flow of learning. As adults, we recognize the things that take us longer to master and the things that come easy to us; it is no different for our children. Have patience, be consistent, and enjoy the process of learning with your children. The rewards of success are there in each smile, each skill, each connection, and the opportunities of the future that await all of us.

Message from the Board

Hi everyone,

Vision Charter Academy has an opening on the Board of Stewards, our governing board. BOS is currently looking for a new steward. This seat is open to a parent of a learner or any community member.

From our bylaws
Qualification of Stewards: Community stewards shall be residents of any county served by Delta County Joint School District #50 J, in Delta, Colorado. Parent stewards shall have a learner enrolled in VCA. A maximum of three stewards may be the parents of an enrolled learner. All reasonable efforts shall be made for board representation from each attendance area. Steward eligibility begins at age 18. Stewards shall not be employees of Vision Charter Academy. Additional qualifications for stewards may be established from time to time by policies established by the Board of Stewards.

I'd say the average number of hours spent on board work per month would be six, including preparing for and attending a monthly board meeting and one school committee meeting of your choice. The advantages include being a part of a dynamic, innovative public school and ensuring that VCA continues to grow to meet the needs of our learners, staff, and communities in individualized education.

If this sounds like an opportunity in which you or someone you know would be interested, please let us know. For more information, contact Leann Jiron or Caryn Braddy. Everyone is always welcome to board meetings. The next meeting is February 7th at 6:00 p.m., either virtually or in person.

Leann Jiron
Chair, Vision Charter Academy BOS
Ljiron@visioncharteracademy.org

Registrar's Corner

We were excited to put technology to use last week to send out report cards for all of our learners. If you did not receive an email with a link to your learner's report card, please email registrar@visioncharteracademy.org and we will work with you to figure out why you didn't get it and make sure you have it now.

The focus of the registrar's office for this month is reviewing all of our learners' cumulative folders to make sure they are complete. We discovered that we are still missing some birth certificates and proof of residency documents as we went through them. We are required to have both documents for all learners. This includes both new and returning learners. We will be sending out notifications through Swift next week to anyone who has not provided us with those documents. If you get a notification that your learner is missing something, please either email, mail, or drop it off as soon as possible so we can complete your learner's file.

By: Angela Valentine

Welcome New Learners

Hello new learners and welcome to Vision Charter Academy! You are officially a VCA Vanguard!

We at VCA are so happy you are joining us this year! My name is Renee, and I will be your school counselor. Many learners meet with me to learn specific strategies to help them feel their best at school and at home. If I can be a source of support for you now or at any point during your educational time at VCA, please email me or stop by my office and say hello!

Here are a few tips to consider to support your success here with us:

- Visit Mrs. Amy and Mrs. Shannon in the Resource Center, as they are here to help you with any educational resources and technology needs. They also have free books for you to keep and an entire library of games and books to check out!
- Read our monthly newsletter, The Vision Voice, to stay up to date on school deadlines, dances, events, current clubs, and interesting electives. Stay tuned for events this spring!
- Ask Renee Joyce, school counselor, about additional resources or tools available to support you and your family.
- Bonus Tip: Take initiative in your education, now! Ask your HQCs about their office hours, and be sure to join them. This gives you the opportunity to receive further individualized instruction, focused time with your teachers, and support to help you meet your goals.

You have an entire team here at VCA ready and excited to help you grow and thrive! Lots of excitement for you on your path forward with VCA! You belong here!

Renee Joyce
VCA Vanguard Counselor
Facilitating: Personal Development and Horizons Classes Spring 2023
rjoyce@visioncharteracademy.org

VCA Clubs

VCA has been working behind the scenes to bring back clubs in order to provide more engagement opportunities for our learners. More information on what we are planning will be available soon, but we wanted to give you an idea of what clubs you can expect to see.

Vanguard Knights Club	**LULAC Club**
Lego Club	**Arts & Crafts Club**
Board Game Club	**Cooking Club**

Please keep an eye out on Schoology for all updates relating to clubs. We are very excited to get started.

By: Christian Alires-Gallegos

Safety Update

We have been testing new functionality with our sign-ins. Thanks to everyone for their feedback! Going forward, we no longer need you to sign into the sign-in book. We are now completing this electronically on iPads located at our entrances. For safety purposes, we can tell exactly who is in our buildings at any time, and in the event of required monthly drills or actual emergencies, we can ensure everyone's safety and accountability. Here's how you can help!

1. We do require ALL staff (under Staff), ALL learners (under assigned grade), ALL visitors (under Visitor), and ALL families (under Visitor) to sign in using the iPads at our Resource Center and Learning Center entrances.
2. For families with non-VCA children, when you enter your name, include the number of kids with you. For instance, Carrie DeOnier 2. This shows I'm onsite with two children. You can also choose who you are here to see, and they will get an email notification that you have entered the building.
3. If you have children that are in the building with you, we do need to ensure that families and staff keep their children within the line of sight of the parent.
4. When parents or visitors leave the buildings, please return your visitor badge at the front or library desk and sign out on the iPad.

Thanks for your assistance and let us know if you have any questions!

By: Carrie DeOnier

Schoology

I wanted to share a couple of things about Schoology with you. First, I wanted to let you know that Schoology will be undergoing system maintenance on Saturday, February 4, from 7 a.m. to 11 a.m. Schoology will be available through most of that time, but you may experience intermittent loss of connection during the maintenance time. Please plan accordingly.

Second, I want to remind you that the Recent Activities page in Schoology is the place to go to find out about events happening at VCA. You can get information about things like the ski and snowboard lessons at Powderhorn, explorations, field trips, tours of college campuses, and more! That is also where you will find our monthly newsletter. When you log in to Schoology, the first page you see is the Recent Activity page. If you don't see that page, click on the VCA logo at the top left of the page, and it will take you to Recent Activity.

By: Angela Valentine

Powderhorn Update

February is the month that many have been waiting for because the Powderhorn Days are finally here! VCA has four days of lessons available. If your learner is interested in taking lessons make sure you check out the Schoology Recent Activity page. You will find all of the information you need to get your learner signed up to go on these excursions. If you are having trouble finding the post or have a question, please email cgallegos@visioncharteracademy.org and we will get back to you as soon as possible.

powderhorn mountain resort

By: Christian Alires-Gallegos

Tea Party at VCA

VCA is committed to providing your learners with the best education possible. However, we want to go the extra mile and enrich their lives by organizing fun and engaging events that allow them to form lifelong friendships.

On January 20, we held a pop up art show and tea party to allow learners to socialize outside of the classroom. As the semester progresses, we hope to build a strong community that learners will remember fondly as they move on to the next stage of their lives. We will be holding more social events for our learners, so please stay tuned to Schoolology for more information.

Learners playing Mario Kart

Christy Hill socializing with learners

By: Christian Alires-Gallegos

VCA Tours Technical College of the Rockies Campus

On January 20th, VCA was invited to tour Technical College of the Rockies' campus, where students learned about the various departments and programs available at the technical college. TCR offers a variety of excellent programs, including CNA, EMT, Construction, the Police Academy, Cosmetology, and many others.

To learn more about TCR, go to their website: Technical College of the Rockies
Or watch this video overview: TCR Programs
To learn how you can take TCR concurrent college classes while still in high school and start your career, go to, TCR Application Process.

Learners and their families visit the AutoCad Lab where they learned about the drafting and design programs during their tour of the Technical College of the Rockies on January 20.

By: Darci Hellman

KHC Water Challenge

At Vision we are not only interested in helping our learners grow academically, we also want to support their physical health. This year we are focusing on helping learners be aware of drinking enough water by doing a "Water Challenge". Beginning January 9, each learner who wants to participate was given a free water bottle and a sheet they can use to track how much water they drink. Each sheet goes up to 56 ounces. When they fill up a sheet they return it to VCA and receive a sticker for the water bottle and another sheet to fill up. So far learners have drunk 2,100 ounces of water! We can't wait to see how much they will drink by the time the challenge ends at the end of February!

If your learner wants to participate and doesn't have their free water bottle yet, stop by the front desk or the library to pick one up and get started.

Learners' water forms span around the RC Font Desk.

By: Christian Alires-Gallegos

Food for Thought Update

VCA prepares to deliver the FFT shipment to the district warehouse.

Food for Thought has hit a new all-time high as we now deliver 160 bags every week. VCA wants to thank everyone for their help when it comes to FFT, whether that is volunteering, delivering, or just talking about the program in the community. We anticipate that as SNAP benefits change, FFT will continue to expand to assist families in combating childhood hunger. If you or anyone you may know wants to volunteer or is in need of the service, please email us at fft@visioncharteracademy.org and we will reach back to you as soon as possible.

By: Christian Alires-Gallegos

Testing Tips

As different assessments grow closer, we would like to give you some tips to help your learner. Remember, the key to having your child succeed is to make sure they are familiar with the test. We all know how hard it is to do something we have never seen before! Here is some helpful information to make sure everyone is prepared to do their best.

General strategies for taking tests

- Answer every question.
- Don't get stuck. If you don't know how to answer a question, skip it and come back to it later, but don't leave any question unanswered. You are not penalized for guessing.
- Take your time—this is not a race!
- Read and follow the directions carefully.
- Read or listen to the entire question before you answer.
- Use your scratch paper.
- Take brain breaks by going to the bathroom, getting a quick drink, and stretching if permitted.
- Take a moment if you begin to get anxious or frustrated.
- Take note of bold words.
- Use information from previous test questions to answer future test questions.
- Pay attention to the time.
- Understand the difference between multiple choice (one correct answer) and multiple selection (more than one correct answer).
- Don't be distracted by other testers in the room.

For those learners in K8, here are some websites that they can use to practice.

On the Pearson website:
https://parcc.pearson.com/practice-tests/

Click on the green bar, and then choose the grade you want to practice in.
You will start as a guest.

From the Colorado Department of Education:
http://download.pearsonaccessnext.com/co/co-practicetest.html?links=1

Click on the bar in the middle of the page labeled either Social Studies, Science, English, or Mathematics.

To the left of the screen, the grade level will appear. Select the grade level in which you want to practice.
You will start as a guest.

Here are some tips when practicing online:

**Always have your student write out their practice essays first! Then have them type them out! If you could have them practice this when they do the practice tests online, that would be the most effective.
Have your learner read the question first before reading the passage so that they understand what question they will need to answer.
Please go over the different terms for the appropriate grade level of each of your learners. I know that when I teach my children, I don't always use the same language as they will see on tests.

If you have any questions, please contact your HQC.

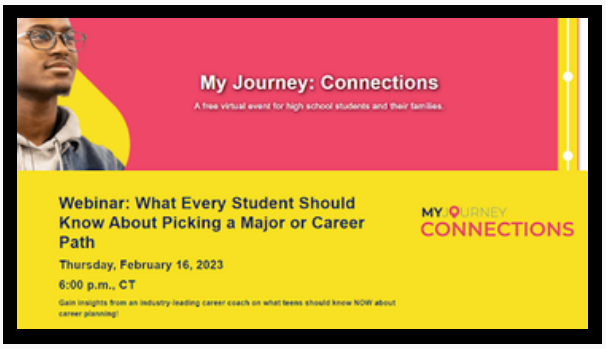
By: Kim Signs

High School Happenings- Feb. 2023

Attention Seniors, things that are due in February.
We will have our second graduation meeting in February. You should have the following completed: Personal Essay, Rough Draft of a Resume, Outline, and Plan for Your Senior Presentation Turn these into your POC.
Graduation is May 17, 2023, at 5:00 p.m.Mark your calendar today!
VCA provides a cap and gown for each graduate to use. If seniors want to keep and/or decorate their graduation cap (or cap and gown), they will need to purchase their own cap on Amazon. Amazon/Graduation Mall sells Matte Black Caps and Gowns.

SAT Prep
Did you know that you can learn to test better?

- Testing is a skill, just like playing a sport, dancing, or singing.
- Learn the top 10 tips for taking the SAT (and any exam).
- Practice makes perfect; take actual tests!
- Learn thinking skills to process information and build critical thinking skills too!
- Guest speakers with expertise in tutoring, testing, and staying calm
- Customized support in your area of weakness
- When: Friday morning, 9 to 10 a.m. January 27-April 7, 2023
- Where: In your home; a virtual class
- Contact Angie Gauthier to sign up and get the Google Meet link. agauthier@visioncharteracademy.org



What Every Student Should Know About Picking a Major or Career Path
Register Link Free Virtual Webinar
Feb. 16, 2023 5:00pm

By: Darci Hellman

February Explorations and Field Trips

Feb. 1st- 100th Day Breakout Box Exploration	It's the 100th day of school! We have a fun breakout box planned that will help celebrate the 100th day of school.
Feb. 8th- Meteoroids, Meteors, and Meteorites Exploration	A representative from the Black Canyon Astronomical Society will be visiting us to teach our learners all about meteoroids, meteors, and meteorites.
Feb. 15th- Spaghetti Tower Challenge Exploration	The Spaghetti Tower Challenge is a simple team exercise that encourages collaboration while also practicing problem solving, design thinking, resilience, and agility.
Feb. 17th- Ute Indian Museum Field Trip	VCA will be going to the Ute Indian Museum, where we will learn about the history of the Ute Natives, who originate in this area of the US. We will also go on a scavenger hunt to learn how tribes communicated with one another around the world.

January Explorations and Field Trip

With the start of the semester, we only had a few explorations last month, which included a Breakout Box on fairy tales and a lesson on the Lunar New Year. We had a fantastic field trip to the Delta County Historical Museum. We learned about Delta County's extensive history, which includes everything from notorious outlaws to the discovery of dinosaur bones. The students unanimously agreed that their favorite exhibit was the vast collection of bells. We had a great time at the museum and recommend that you go with your families.

Learners are gathering to ring the various bells the museum has in their collection.

By: Christian Alires-Gallegos

Spotlight Zone - Learner

Chance Rice

Chance Rice is a VCA senior who is excited to graduate in May. School has never been easy for Chance, and his educational journey has not always been enjoyable. It has, in fact, been a lot of hard work. Chance has made it to the finish line thanks to his perseverance, patience, and sheer grit. Few would suspect that school has been difficult because Chance's gentle presence, polite and respectful demeanor, and winning smile overshadow the difficulties.

Chance has taken advantage of some of the unique opportunities that Vision provides to high school students. He enrolled in TCR welding classes and gained valuable knowledge and skills, as well as a strong working relationship with his instructor. Chance has already put what he has learned at home to use, and he intends to continue honing his welding knowledge and skills for future endeavors. Furthermore, by participating in work study during his junior and senior years, Chance was able to earn high school credit while also earning money and gaining work experience. Chance definitely takes advantage of real-world opportunities to prepare for adulthood.

When asked what has been most important in shaping Chance into the person he is and what has influenced his future plans, Chance is quick to respond. He has lived the rich life of a Colorado ranching family alongside his mother, doctoring sick cattle, mending fences, doing chores in all kinds of weather, riding his horse, and training his dog. Like several of his family members, Chance hopes to make a living working for the Forest Service, where he can enjoy hard work and the great outdoors. Chance has laid the groundwork for this career by working with the Nature Connection for the past two summers.

While it is tempting to define school success narrowly, Chance is one Vision learner who reminds us that the path to success can be as diverse as the number of learners enrolled. Individualized learning is the key to many types of success and the path to a wide range of life experiences. It is a privilege to work at VCA, and one of the best perks is the opportunity to learn from our amazing learners!

Spotlight Zone - Learner

Adelyn Barnett

Adelyn Barnett loves to dance. She started dancing when she was just three years old, and over a decade later, she says she can't imagine a time when dance will not be part of her everyday life. Being a VCA student has created tremendous opportunities for her artistic and athletic growth as a dancer. Her school schedule includes PE courses throughout the week focused on dance and strength training, and as part of the individualized learning model for VCA, Adelyn is able to incorporate dance into her daily education. Business partnerships in the community have made this individualized learning plan possible, and she is thankful for the opportunity to personalize her education in conjunction with her parents and her HQC.

Examples of Adelyn's dancing abilities

As a result, Adelyn dances with several other competitive dancers in her studio. Her ultimate goal is to attend college and participate in dance to some degree (degree seeking, participation in a collegiate competitive dance group, etc.). In pursuit of this goal, she trains in most genres of dance, including ballet, pointe, lyrical, hip-hop, jazz, and contemporary, for several hours a week. As part of the advanced dance group, she also participates in strength building, acrobatic training, and cardiovascular conditioning to develop her strength and artistic skill. With her group's competitive dance schedule quickly approaching, Adelyn is practicing daily to prepare for the upcoming events.

"Dancing is a way to share emotion that sometimes can't be expressed through words." It's an athletic art form that unlocks different personality traits within us and gives us the opportunity to be anything we want. "It's challenging and elegant."

The dance group is also very active in community service within the community. They participate in a variety of community events, engaging local youth, non-profit organizations, and local service organizations. Adelyn says she encourages everyone to find something they love and pursue it. "I can't imagine doing anything else." I learn and grow as a person and a dancer every time I walk into the studio. It gives me opportunities to overcome obstacles and embrace constructive feedback. "Those experiences make me better."

Spotlight Zone - Staff

Danielle Toombs

Danielle Toombs is the special education teacher at Vision Charter Academy. This is her fourth year of teaching special education, and she is still learning something new every day. More importantly, developing relationships with each and every learner she teaches.

Danielle and her husband have two lovely children and live on a small family farm in Olathe. In her spare time, she likes to garden, go camping, fish, and hunt. Danielle's family has many animals on their farm, and she loves sharing funny animal stories with her students.

Danielle values the opportunity to work with each and every one of her learners, as well as the unique, individualized education provided by Vision Charter Academy. Her goal is to strive for progress, not perfection!

If you believe there is someone who deserves to be recognized in our Spotlight Zone, please email cgallegos@visioncharteracademy.org with a small paragraph and a photo of that person.

Kudos Korner

For the Month of January We have the Following Staff Highlighted for Kudos!

Shannon White and Amy Winston: By Theresa Hardin

- Shannon and Amy work tirelessly to get learners their materials as soon as possible.

Mike Gauthier and Mark Miller: by Vanessa Ryser, Carrie DeOnier, and Renee Joyce

- They have both gone above and beyond to clear out old items in preparation for the new! Excellent work, gentlemen.
- Thank you for your commitment to cleaning and maintaining our facility! It's something I notice every day. Team, keep up the good work!
- Thank you so much to Mike and Mark for all of your hard work in setting up our therapy room and tools!!!

Renee Joyce, by Shannon White

- Renee adores her learners and her coworkers. She genuinely cares about everyone around her, and it shows. She is always willing to assist a learner or member of the faculty. She is there when a shoulder is needed, when encouragement is needed, and when a day needs a pick-me-up. I'm so glad she's a part of the Vision family.

Renee Joyce and Kerstin Owens: By Vanessa Ryser

- The tea party and the planning of fantastic ideas were a fantastic way to engage staff and learners!

Christy Hill: By Jordan Fine

- When someone shares knowledge about their passion, their entire face lights up, and Christy is fantastic at passing on that spark to her learners.

Want to earn a shot at winning a $5 gift card of your own? Send kudos when you catch staff going above and beyond to: hrdocuments@visioncharteracademy.org

YOU CAN'T WIN IF YOU DON'T PARTICIPATE!

Activities Area- February Edition

	5				9	2		
7					2	1		
		4		1	6	7	3	
	8			6		5	2	1
2				4	8		7	6
		7		2	5	9		4
6	7		2	9			5	3
		1			7	8		2
		2		5		6	1	7

Name:_____

There is now an interactive section in the Vision Voice newsletter! Solve both the sudoku and the word search, and you could win a cool prize. If you submit all of your Activity Area pages from the semester, you may be eligible for the grand prize. This section was made for learners to complete, but it is encouraged that family members help. Please submit your completed pages to our Engagement Coordinator, who is located at the Resource Center's front desk.

I	K	I	Z	F	M	L	R	M	I	C	L	C	S	P	I	D	E	R	W
M	E	F	C	L	X	E	Y	Q	Z	M	T	Z	E	L	E	Z	L	O	T
U	S	B	F	I	M	X	I	A	B	S	S	Q	I	Q	R	T	D	U	E
A	G	B	H	F	Z	E	I	A	A	K	J	P	R	O	K	Z	P	W	T
D	G	S	E	U	P	P	L	C	A	H	T	M	E	W	U	V	C	Y	C
A	W	F	Y	C	F	L	U	E	X	T	R	J	S	N	I	E	D	K	O
Y	N	G	A	P	O	N	W	H	U	W	I	N	Z	U	N	P	O	O	U
N	I	G	P	O	V	R	P	Z	X	O	I	L	C	T	R	T	W	X	P
P	Y	R	N	A	B	U	E	G	K	R	O	L	H	X	A	L	B	Q	L
K	O	A	I	P	A	B	R	F	D	G	Q	E	V	W	F	D	U	I	E
W	W	D	W	M	G	Y	I	O	Q	T	T	C	E	F	F	E	E	W	D
I	U	U	P	L	A	I	O	P	V	G	A	Z	J	Z	C	B	S	A	I
X	A	A	B	C	S	S	D	N	E	B	N	S	P	G	L	I	S	K	A
G	T	L	S	D	L	W	P	V	J	S	R	S	U	N	I	B	W	L	P
Q	U	L	F	M	O	J	Y	C	R	O	P	P	V	C	Y	Z	J	A	X
T	O	Y	C	E	C	O	N	S	O	N	A	N	T	A	B	D	U	L	S
F	F	K	J	R	N	H	O	W	K	M	H	G	D	A	T	U	I	B	Y
O	B	K	T	A	Z	K	E	P	M	F	Q	Z	I	N	D	B	V	Z	U
T	H	O	U	S	A	N	D	D	X	L	O	F	M	L	X	F	A	X	L
J	J	A	G	M	O	G	W	S	Z	O	N	S	Z	B	J	W	B	K	B

Gradually
Consonant
Thousand
Balloon
Period
Effect
Series
Couple
Growth
Spider
Crop
Cast
Cent
Paid
Burn

Attention!

SNAP Benefits are Changing Soon

Why is this change happening?

This change is happening because the State and Federal Public Health Emergency declaration that was in place due to COVID-19 is ending soon. With the end of this declaration, SNAP households will see a reduction in monthly benefits to the pre-pandemic amount.

Where can I get help with food?

If you need help with food resources, you can visit bit.ly/CO-foodpantry to find the closest food pantry to you.

What can I do to help my family through this change?

We know this change may have a significant impact on many SNAP families.

A few tips for you are:

- If you are able to, you can roll over your EBT benefits to the next month. This may help "cushion" the impact of the reduction in benefits.
- You can stock up on non-perishable items now, while you have the additional benefits. Click on this link for tips on stocking your pantry: https://tinyurl.com/md6sn348
- Stretch your ingredients and plan to use them in more than one meal. This helps to save money and reduce food waste. Click for more tips: https://tinyurl.com/2p8vcvjp
- Consider freezing your produce to make fruit and vegetables last longer. https://tinyurl.com/5bvjhw9p
- Look at the Unit Prices to compare similar products at the grocery store. https://tinyurl.com/59xb4c75

Where can I find more information?

You can find more information by visiting https://cdhs.colorado.gov/snap.

Disclaimer: The state and counties are not able to extend emergency benefits after the end of the federal emergency declaration

COLORADO

¡Atención!

¡Los beneficios de SNAP cambiarán pronto!

¿Por qué ocurre este cambio?

Este cambio se debe a que finalizará pronto la declaración de emergencia de salud pública estatal y federal que estaba en vigor a causa de la COVID-19. Al finalizar esta declaración, los beneficios mensuales de los hogares que reciben SNAP se reducirán hasta el monto anterior a la pandemia.

¿Dónde puedo obtener ayuda para alimentos?

Si necesita ayuda con los recursos para obtener alimentos, puede visitar bit.ly/CO-foodpantry

¿Qué puedo hacer para ayudar a mi familia con este cambio?

Sabemos que este cambio puede tener un impacto importante en muchas familias del programa SNAP. A continuación, le ofrecemos algunos consejos:

- Si tiene la posibilidad, puede trasladar sus beneficios de la EBT al mes siguiente. Esto podría ayudar a "amortiguar" el impacto de la reducción de los beneficios.
- Puede abastecerse de artículos no perecederos ahora, mientras dispone de los beneficios adicionales. Haga clic en este enlace para encontrar consejos sobre cómo abastecer su despensa: https://tinyurl.com/2s3rhw4s
- Aproveche al máximo sus ingredientes y planee utilizarlos en más de una comida. Esto ayuda a ahorrar dinero y a reducir el desperdicio de alimentos. Haga clic para obtener más consejos: https://tinyurl.com/ycx7xu6h
- Considere congelar los productos para que las frutas y los vegetales duren más tiempo https://tinyurl.com/3ppnmyad
- Mire los precios por unidad para comparar productos similares en la tienda de comestibles https://tinyurl.com/2p9469c5

¿Dónde puedo encontrar más información?

Puede encontrar más información en https://cdhs.colorado.gov/snap

COLORADO
Office of Economic Security