



STRETCH YOUR FOOD \$

With the state of our economy in such turmoil, many families have begun to take a second look at how they spend their money. This month we would like to highlight great opportunities to stretch your grocery dollar, freeing up money to use for other necessities.



of the month from your local Host Site. Anyone can participate in SHARE, there are no requirements.

The SHARE Basic Package includes a variety of five to six frozen meats and six to seven fresh fruits and vegetables with savings of 30%-50% off the regular retail price.

Great for individuals or families! The SHARE Produce Package includes a variety of fresh vegetables and fruits, ideal for vegetarians who want the value of the Basic Package without the meat. SHARE Special Packages vary from month to month and always include great values on popular items, such as a "Grill

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Register for the Back to School Blast in Lakeland at

www.uwcf.org

Registration begins July 1st

Absolutely Free Family Events

Polk County

Free Movies at Lakeside 18 Theatre Tuesday, Wednesday and Thursdays at 10am

06/30 - 07/02 Shrek the Third (PG) and Bee Movie (PG)

07/07 - 07/09 Over the Hedge (PG) and Alvin and the Chipmunks (PG)

07/14 - 07/16 Flushed Away (PG) and Surf's Up (PG)

07/21 - 07/23 Hotel for Dogs (PG) and Nim's Island (PG)

07/28 - 07/3 Stuart Little (PG) and Firehouse Dog (PG)

For more information call 863.937.0555 and <http://www.cobbtheatres.com/lakeside18.aspx>

Lake Wales Public Library events: 863.678.4004

July Calendar: http://www.pcl.lib.fl.us/location/lake_wales/calendar/2009/7/

Library Website: <http://www.cityoflakewales.com/>

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DEVEREUX KIDS GAP PROGRAM

1021 Lakeland Hills Blvd
Lakeland, FL 33805

Gap Line: 863.534.0753
Fax: 1.866.610.1491

*Engaging Communities...
Strengthening Families*

www.devereuxkids.org

If you need help or have questions about community resources please contact us on the Gap line

863.534.0753

Absolutely Free Family Events cont...

library/youth.shtml

Lake Wales Public Library has a ton of great activities for all ages. Yes, even teens! Activities from Nintendo Wii, music and stories for toddlers, a drum circle, yoga, language classes, etc. All for free! Click on the first link for the calendar for activity times.

Free Computer Classes for Lake Wales residents - 4pm on Mondays & Tuesdays at B Street Community Center, 230 B Street, Lake Wales call Marilyn McKnight at 679-8091.

Hardee County

Hardee County Public Library

Thursdays @ 10am - Storytime for 2-5 year olds

Fridays at 1 pm are Movie Day @ the Library. July's movies are: Happy Feet, Kung Fu Panda, Charlotte's Web and A Bug's

Life.

Tuesdays at 10am is "Get Creative @ your Library" summer programming. Arts and crafts projects for graduated Kindergartners- 4th grade.

Highlands County

Avon Park Library, weekly story-time at 10:00 am Tuesdays, pre-schoolers age 3-5. Call (863) 452-3803 for more information

Avon Park Library Free Film Series - Noon every Saturday except holidays, year-round, the Avon Park Library will show Vintage and Classic Films. July movies include

07/11/09 - "Surfs Up", Call (863) 452-3803 for more information.

07/18/09 - "Paul Blart: Mall Cop"
2:00 pm

07/25/09 - High School Musical 3

07/04/09 - FREE Patriotic Musical Revue at the Highlands Little

Stretch Your Food \$ continued.....

Box". SHARE Select Items allows participants to purchase meat items from the Basic Package separately, as well as choose from various additional items. To participate:

1. Locate a Host Site near you by clicking the Find a Host Site link on www.shareflorida.org or call the SHARE office at (813) 248-3379 or toll free (800) 536-3379.
2. Call the number listed for your local Host Site to find out when they have sign-up times, then visit the site to place your order and pay in advance. Host Sites accept cash only and participants may use EBT cards to purchase food.
3. Pick up your SHARE food order from your local Host Site on Distribution Day (D-Day) one Saturday each month at the scheduled time.

For more info visit: www.shareflorida.org

Angel Food Ministries

Angel Food Ministries is a non-profit, non-denominational organization dedicated to providing grocery relief and financial support to communities throughout the United States. Generally, one unit of food assists in feeding a family of four for about one week or a single senior citizen for almost a month. The food is all the same high quality one could purchase at a grocery store. There are no second-hand items, no damaged or out-dated goods, no dented cans without labels, no day-old breads and no produce that is almost too ripe. Each month's menu is different than the previous month and consists of both fresh and frozen items with an average retail value of approximately \$60. Comparison shopping has been done across the country in various communities using a wide range of retail grocery stores and has resulted in the same food items costing from between \$42 and \$78. Participants

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must purchase the signature box for \$30 then they are eligible to purchase additional specialty boxes. Here is the signature box for July:

1.5 lb. New York Strip Steaks (4 x 6 oz.)

1.5 lb. Boneless Pork Roast

1.5 lb. Lean Ground Beef

1 lb. Chicken Breast Fajita

2 lb. Chicken Stir-Fry Skillet Meal (All-White Chicken, Lo Mein Noodles,

Vegetables & Gourmet Teriyaki Sauce)

12 oz. Deli Sliced Ham

5 oz. Chunk Light Tuna in Water

25 oz. Pasta Sauce

1 lb. Pasta

1 lb. Frozen Sliced Carrots

12 ct. White Corn Tortillas

4 ct. Fresh Large Baking Potatoes

1 Fresh Fajita Veggie Kit (Tray Pack - 1 each — Red Bell Pepper,

Green Bell Pepper, Jumbo Yellow Onion)

1 ct. Fresh Cello-Wrapped Celery

32 oz. 2% Shelf Stable Milk

Dozen Eggs

Dessert

To find the host site nearest to you call the Devereux Kids

Gapline or visit:

www.angelfoodministries.com/

Absolutely Free Family Events cont...

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Theatre. Shows are every hour from 11:00 am till 3:00 pm. For more information, please call (863) 382-2525 or visit them on the web at www.highlandslittletheatre.org 06/12/09 – 06/13/09
10:00 AM - 05:00 PM Fishing & Boat Show at Lakeshore Mall Fishing demonstrations, interactive exhibits, educational material, pony rides and live audio remote by Cohan Radio Group. For more information call 863.385.4421.



FREE Family Event

family fundamentals & community partners
a SUCCESS BY 6th resource center

Back to School Blast 2009

United Way

Saturday, Aug. 1, 2009
10:00 AM to 2:00 PM

Location:
The Lakeland Center
(Sikes Hall)
701 W. Lime St.
Lakeland, FL

Children Pre-k through 5th grade

- ♦ Free Physicals & Immunizations
- ♦ Body Mass Index
- ♦ Dental
- ♦ Vision
- ♦ Speech & Hearing

Fun hands-on activities

Get connected to resources in your community

♦ Backpack full of school supplies for children in attendance (while supplies last)

Register at uwcf.org between July 1 - 26, 2009
Pre-registration is required to guarantee a backpack.

For more information call 863.686.1221 ext. 221



The Ledger



Florida KidCare



www.devereuxkids.org

863.534.0753