

The mission of the King County Housing Authority is to provide quality affordable housing opportunities and to build communities through partnerships. We encourage self-sufficiency and we protect the dignity of people with limited resources while safeguarding the public trust.

Celebrate Earth Day
CLEAN UP AT STATE PARK
See page 3



KCHA NEWS

**June
2008**

A resource for King County Housing Authority residents

Springwood Apartments starts full renovation

By **HEATHER MILLER**
King County Housing Authority

Anna Orekhov has enjoyed living at Springwood Apartments with her two young children ever since the family moved in a little less than two years ago.

But she's thrilled that a major renovation project that started last month will make the development an even better place to come home to. In particular, Orekhov is looking forward to having a first-floor bathroom and a washer and dryer.

"Knowing that the Housing Authority cares so much to renovate it for us, that means a lot," she said. "It's a huge deal to me."

Located in Kent's East Hill neighborhood, Springwood is KCHA's largest family housing development with a diverse community of nearly 1,300 residents who speak more than 20 languages. Built in the late 1960s, Springwood's buildings are functionally obsolete and must be renovated.

The buildings' exteriors will be replaced with attractive modern materials that add texture and color. The apartments will be completely renovated with new windows, doors, cabinets, countertops, wall finishes, floor coverings and plumbing and electrical fixtures. A half-bath and a washer and dryer will be added to all existing units. New heating and ventilating equipment as well as fire alarm and sprinkler systems will be installed. Several units will be made acces-



ILLUSTRATION COURTESY OF KOVALENKO HALE ARCHITECTS AND ASPEN COMPUTER GRAPHICS

A renovation at Springwood Apartments will replace the property's building exteriors with attractive modern materials that add texture and color.

sible for residents with disabilities.

"There's a real air of excitement about the project," said Tehani Bowman, Springwood's property manager.

The renovation also will improve Springwood's landscape. The project will add trees, shrubs, lawn areas and recreational equipment. It also will expand and enhance

open spaces throughout the neighborhood, creating new places for children's play, teen activities and family recreation.

The \$50 million project will take two years to complete and is expected to earn a 4-star Built Green rating. Built Green is

Please see "Springwood" on Page 2

Better Budgeting Basics – A New KCHA Series

By **KCHA STAFF**

One of the toughest challenges that many of us face is learning how to save money. That's especially true as prices for some of our most basic needs – such as food and transportation – continue to go up. As the summer's peak driving season approaches, this month's installment of our new budget series focuses on how you can save at the gas pump.

PLANNING YOUR TRIP

- Try to cut your driving, especially driving alone. Consider walking, biking, taking mass transit or sharing a ride with a friend.

- Plan an efficient route, try to avoid peak traffic periods and combine your errands.

- When you can, use computers and telephones to replace vehicle trips.

DRIVING YOUR VEHICLE

- Avoid aggressive driving, sudden starts and stops and excessive speeds, which all reduce your gas mileage. All vehicles lose fuel economy at speeds greater than 55 miles per hour.

- Try not to needlessly idle your engine.

It wastes fuel, costs you money and pollutes the air.

- If your vehicle has it, use cruise control on the highway to save gas by maintaining a constant speed.

FILLING YOUR TANK

- Fill your tank at stations with the lowest prices.

- Don't use premium or mid-grade gasoline if your car doesn't require it.

- Don't top off your tank. It wastes money and can create harmful vapors from gas spills.

- Try to avoid filling your tank during high-price periods.

Please see "Budgeting" on Page 3

June Public Hearing Scheduled on MTW Plan Amendment

Residents and community members are invited to share their comments and questions at a public hearing this month about a proposed amendment to the FY 2008 Making Transition Work Plan. The hearing is scheduled for 6 p.m. June 13 in the Highline Room of the Jim Wiley Community Center, 9800 Eighth Ave. S.W., Seattle.

The amendment would add more detail to the FY 2008 MTW Plan about KCHA's intent to submit a HOPE VI application to HUD to rehabilitate the Park Lake Homes

II development.

Copies of the draft amendment are available for review during normal business hours at KCHA's Administrative Office at 600 Andover Park W., Seattle, or by going to www.kcha.org and clicking on the MTW link.

To receive an e-mailed copy of the draft, call Judi Jones at 206-574-1152. Also, written comments about the draft can be submitted before June 14 by e-mail to: judij@kcha.org; or by mail to: KCHA MTW Plan Amendment, Attn: Judi Jones, 600 Andover Park W., Tukwila, WA 98188.

'The beginning of your whole life'

By **HEATHER MILLER**
King County Housing Authority

They are part of the first class in Washington that had to pass a new, more rigorous set of high school graduation requirements. And this month, high school seniors throughout KCHA's public housing communities will reach a much-anticipated goal: earning their diplomas.

"Everything about this is exciting to me," said Nasro Abdirizak, 18, who lives at Springwood Apartments in Kent. "It feels really good that I made it this far."



Nasro Abdirizak

Abdirizak plans to enroll at a community college after graduating from Kentlake High, and she wants to pursue a career that involves working with children.

David Scott, 18, lives at Ballinger Homes in Shoreline and says that his upcoming graduation day from Shorecrest High will be scary and thrilling at the same time.



David Scott

"School is all I've ever known," he said. "I'm really excited to be done and to move on with my life."

After graduation, Scott plans to begin a vocational apprenticeship to become an electrician.

"It just seemed like it fit perfectly," he said. "It's doing something with your hands, and I didn't want to be stuck behind a desk."



Omar Hassan-Ali

When Omar Hassan-Ali, 17, graduates from Kent-Meridian High this month, he'll also be halfway finished with his associate's degree because he took college classes as a high school student through the state's Running Start program.

"It's kind of bittersweet," Hassan-Ali, a former Springwood resident, said of graduating. "I'm going to miss it, but, I'm also really excited. It's like the beginning of your whole life."

Hassan-Ali said he's looking forward to continuing his college education – first

Please see "Graduation" on Page 2

In this section

Park Lake Homes II RESIDENTS DISCUSS REDEVELOPMENT	Page 2
Free summer meals SCHOOLS OFFER PROGRAM FOR KIDS	Page 2
Easy rent approved RENT PROCESS SIMPLIFIED	Page 3
Beautify your yard GREEN RIVER HOMES OFFERS CONTEST	Page 3
Translations SAVE MONEY ON GROCERIES	Page 4

KCHA to apply in June for grant to revitalize Park Lake II

By **HEATHER MILLER**
King County Housing Authority

Everything.

That's what Park Lake Homes II resident Jose Caro says he likes about KCHA's plans to redevelop the White Center property where he lives. He's particularly excited about a proposed network of parks and pedestrian trails because he and many of his neighbors enjoy taking walks.

"If it's similar to the changes at Greenbridge, I think it will be a lot better," Caro said of how the potential project could transform the Park Lake II community.

The redevelopment project's goals – which were outlined at a series of community meetings in April and May – include improving residents' living environment, revitalizing the site and building a sustainable community. The existing units at Park Lake II are obsolete and must be replaced.

KCHA's redevelopment plan would:

- Replace all 165 units affordable to public housing residents, with a similar variety of bedroom sizes
- Construct a three-story building with 55

to 65 units for elderly and disabled residents that will include ground-floor space for community service providers

- Add 100 to 130 for-sale homes
- Maintain the existing building that houses the Highline Head Start program
- Create new pedestrian trails, parks, children's play areas and green gathering spaces

KCHA plans to submit an application June 20 for a HOPE VI grant that's needed to make the project a reality. The Park Lake II project must compete against many others across the country for the HOPE IV money, and KCHA expects to find out in September whether it will receive funds.

"If we don't get the grant this time, we'll keep planning and get ready to submit the grant again," said Nikki Parrott, KCHA's senior development manager.

If KCHA does win the grant this time, the earliest that residents would have to start relocating is in September 2008. Construction would begin by February 2010.

All residents would receive at least 90 days notice before they had to move out of their unit, said Christina Friedenthal,



PHOTO BY HEATHER MILLER

KCHA's Tammy Pham, a HOPE VI family support services specialist, translates into Vietnamese a recent Housing Authority presentation about a potential redevelopment project at Park Lake Homes II.

KCHA's community services manager.

Residents' relocation options include:

- Participating in the Housing Choice Voucher Program (Section 8)
- Applying to transfer to another KCHA public housing property
- Exploring the possibility of purchasing a home

Relocation team members also plan to stay in touch with residents while they're living elsewhere to ensure that they receive the services that they need, Friedenthal said.

Once the project is finished, former Park Lake II residents in good standing with KCHA will be the first to be invited to move into the redeveloped homes.

There will be future public meetings about the project, and KCHA Executive Director Stephen Norman encouraged residents to come and share any questions or concerns they have.

"Don't hesitate to speak up," he said. "We want your ideas and need your help in planning for a new Park Lake Homes II."

Schools offer free summer meals for kids

Children younger than 19 can eat free meals this summer at locations organized by the following organizations:

AUBURN SCHOOL DISTRICT

June 23-Aug. 22, Monday-Friday except July 4

- 11-11:15 a.m., Burndale Homes, 930 18th Place N.E.
- Lunch: 11:30 a.m.-12:30 p.m. at the recreation center, Snack: 3 p.m. at the water park, Les Gove Park, 1005 12th St. S.E.
- Noon-12:30, Firwood Circle, 314 37th St. S.E.

For more information, call 253-931-4972

BELLEVUE SCHOOL DISTRICT

July 7-Aug. 1, Monday-Friday

- Breakfast: 7-8 a.m., Lunch: 11:15 a.m.-1:15 p.m., Lake Hills Elementary, 14310 S.E. 12th St.
- Breakfast: 7:30-8:30 a.m., Lunch: 11:30 a.m.-1:15 p.m. Stevenson Elementary, 14220 N.E. Eighth St.

For more information, call 425-456-4507

FEDERAL WAY SCHOOL DISTRICT

June 23-July 31, Monday-Thursday

- Adelaide Elementary, 1635 S.W. 304th St.

- Mark Twain Elementary, 2450 S. Star Lake Road

- Mirror Lake Elementary, 625 S. 314th St.

- Olympic View Elementary, 2626 S.W. 327th St.

- Silver Lake Elementary, 1310 S.W. 325th Place

- Star Lake Elementary, 4014 S. 270th St.

For times and more information, call 253-945-5555

HIGHLINE SCHOOL DISTRICT

July 7-Aug. 8, Monday-Friday

- Mount Rainier High, 22450 19th Ave. S., Des Moines

- Mount View Elementary, 10811 12th Ave. S.W., Seattle

- White Center Heights Elementary, 10015 Sixth Ave. S.W., Seattle

For times and more information, call 206-433-2209

KENT SCHOOL DISTRICT

June 23-Aug. 27, Monday-Friday, except July 4

- Noon-1 p.m., Cascade, 20500 106th Ave. S.E.

- Noon-1 p.m., Southwood Square, 26224 106th Place S.E.

- Noon-12:30 p.m. Springwood Apartments, 27360 129th Place S.E.

- Noon-12:30 p.m. Valli Kee, 23401 104th Ave. S.E.

June 23-Aug. 15, Monday-Friday, except July 4

- 11:30 a.m.-12:30 p.m., Kent Elementary, 24700 64th Ave. S.

June 24-Aug. 14, Tuesday-Thursday

- 1-1:30 p.m., Kiwanis Tot Lot 1, South First Avenue and West Crow Street

- 11:30 a.m.-Noon, Morrill Meadows Park, 10600 S.E. 248th St.

For more information, call 253-373-7275

TUKWILA PARKS & RECREATION

In partnership with the Tukwila Community Schools Collaboration

July 7-Aug. 15, Monday through Thursday

- Noon-1 p.m., Foster Memorial Park, 13919 53rd Ave. S.

- Noon-1 p.m., Cascade View Park, 14211 37th Ave. S.

June 23-Aug. 22, Monday-Friday, except July 4

- 11:30 a.m.-12:30 p.m. Tukwila Community Center, 12424 42nd Ave. S.

For more information, call 206-768-2822

Springwood

Continued from front page

an environmentally-friendly residential building program of the Master Builders Association of King and Snohomish counties developed in partnership with King and Snohomish counties and other Washington agencies.

Resident relocation

KCHA is helping residents who have to relocate off-site during the construction project.

"We want to make it as comfortable and smooth a process as possible," said Christina Friedenthal, KCHA's community services manager.

KCHA's relocation assistance includes:

- Helping residents find new places to live and continuing to subsidize their rent

- Providing a moving company to help residents pack, move and unpack as necessary.

Relocation team members also will stay in touch with residents while they're living elsewhere to ensure that they receive the services that they need, Friedenthal said.

As building renovations are completed, residents in good standing with KCHA will have the option of moving back into fully remodeled units. That's an exciting prospect, Orekhov said.

"Having the opportunity to live in basically a brand new place, that's a really great thing," she said.

Build kids' knowledge about construction zone dangers

To many children, construction sites can look like fun places to play. But in fact, these zones are extremely dangerous.

Power tools, large drainage pipes, stacks of lumber, large equipment and other hazards can put children at risk for serious injury or death.

So it's important for you and your children to stay as far away as possible from construction zones, particularly as several KCHA communities gear up for a busy summer construction season.

Why are construction zones dangerous?

- Large, heavy machinery is coming and going.
- Construction framing, pipes and other materials can be hazardous while being

erected or installed.

- Dirt piles or sand can have sharp objects hidden inside.

- Poisonous, explosive and flammable materials might be on site.

- Scaffolding puts children at risk for falling from heights or dislodging something that could fall on others below.

- Climbing into holes can put children at risk of suffocation if the earth collapses around them. Water also can collect in excavations and empty containers, increasing children's risk of drowning.

What can my children and I do to stay safe during construction?

- Avoid going near a construction zone whenever possible.
- Never cross construction fencing for

any reason. If you must be near the construction site, use the sidewalk or designated walkway.

- Be prepared for sudden stops and wide turns by construction vehicles. Make sure the driver of any equipment can see you.

- When you're with your children, keep them together and away from construction zones, vehicles, equipment, dirt and other debris piles.

- Avoid using a cellular phone when you're near a construction zone.

- Pay close attention to all posted signs.

- If you're driving, travel with caution and slow down when you're near construction zones.

- Use extra caution at night or during any rainy weather.

Giving back to our planet



PHOTO BY HEATHER MILLER

KCHA's 10 AmeriCorps members and volunteer coordinator Pat Porter (pictured above) celebrated Earth Day by spending a day working at Dash Point State Park in Federal Way. They joined Federal Way AmeriCorps members. The groups removed ivy, cleaned campsites and planted native vegetation. Rep. Adam Smith, D-Washington, came by to thank the volunteers for their service.

Beloved Northeast, Southwest property managers take new KCHA jobs

BY CANDACE IVES AND HEATHER MILLER
King County Housing Authority

Residents living in the Northeast and Southwest regions recently said good-bye to two well-liked property managers.

Michelle Domenowski, the former property manager Park Lake Homes in White Center, was promoted to case management coordinator with the Section 8 Housing Choice Voucher Program. Al Khalaf, a former property manager in Shoreline, transferred to Park Lake Homes to be closer to home and his family.

Both will be missed by residents at their former properties.

Domenowski is known as a highly organized manager who is very approachable

and always puts what's best for residents as her top priority.

She has worked with KCHA for more than two decades, starting her career in Section 8 before moving into Public Housing.

Khalaf most recently worked with residents at four Northeast properties: Briarwood, Echo Cove, Lake House and Paramount House.

Paramount House residents described him as a helpful property manager with a great sense of humor who made them feel comfortable and at ease whether they were having a unit inspection or filling out their paperwork.

Everyone wishes them the best of luck in their new positions!

WTAP helps households get local phone service

BY JIM GREEN
King County Housing Authority

As a KCHA resident services coordinator, I've made more referrals to the Washington Telephone Assistance Program (WTAP) in the past six months than to any other service. So I wanted to share how the program could benefit you.

What is WTAP?

A program that assists low-income households who don't have telephones. WTAP helps low-income families gain access to affordable local telephone service.

What services are covered by WTAP?

WTAP provides new customers with free basic installation if there is a phone line already available in the home. The program will waive any initial deposit requirements for local service.

WTAP offers a low monthly rate for residential local telephone service – now capped at \$8 a month – though individuals must pay any applicable taxes and fees.

For features such as long-distance, call waiting, caller ID, answering services and call forwarding, you will have to pay full price.

How do I know if I'm eligible?

You must be an adult living in your own residence and receiving financial or medical assistance from the Department of Social and Health Services (DSHS).

How can I enroll?

Contact your local telephone company. If you don't know who your local telephone company is or where there's a phone you can use to make that call, contact your resident services coordinator or your property manager.

You will need to provide the telephone company with your DSHS client identification number. The telephone company will verify your eligibility with DSHS.

Where can I find out more?

Information about the WTAP program can be found at www.wuta.wa.gov/consumer. Click on the link that reads "Washington Telephone Assistance Program."

For more about your DSHS benefits or your client identification number, call toll-free 1-888-700-8880. If you need help signing up for the WTAP program, call 1-800-562-6150.

Senior and disabled households: Rent Policy changes to simplify process for you

BY KCHA STAFF

KCHA's Board of Commissioners recently approved new rent policies for seniors and residents with disabilities on fixed incomes that will be less intrusive and easier to understand. The changes are part of an effort that began in 2007 and has included meeting with several groups of residents, including the Resident Advisory Council. Additionally, several community organizations were consulted about the potential rent policy changes. We also had a public hearing to gather more input from residents and community members.

The result is a new Easy Rent policy that simplifies the income reviews and rent calculations for seniors and residents with disabilities on fixed incomes. Soon, if you're a senior or disabled household in KCHA's Public Housing and Section 8 Housing Choice Voucher programs, you will benefit from the new policies, which are less intrusive and easier to understand and administer.

We want to ensure the change happens as smoothly as possible for you. So before we make any changes to your rent, we will give you plenty of advance notice. If you're an eligible public housing resident, you should check your June rent statements for a letter explaining the change. Eligible Section 8 households will be notified by mail at the beginning of June.

Here are the main changes under the new policy:

- If you're an eligible resident, your income will be verified once every three years instead of annually.
- In the years between reviews, a cost of living adjustment will automatically be applied to your income, and your rent will be changed accordingly.
- Your rent calculation has been simplified. We've lowered the percent of income used to calculate your rent from 30 percent to 28.3

percent and have eliminated itemized deductions. That change will lower rent for more than 75 percent of our affected households. Plus, you no longer have to save receipts and track your medical expenses throughout the year.

• Households with out-of-pocket medical expenses above \$3,000 in the previous 12 months will be able to request a deduction for the full amount of unreimbursed medical expenses.

Though the Easy Rent policy will lower rent for more than 75 percent of those affected, some households will experience a rent increase. So we've created a hardship policy to provide a safety net for households experiencing changes that result in an extraordinary cost of living, such as rent that exceeds 50 percent of monthly household income. If you experience an unmanageable rent increase, please contact your property manager or your Section 8 housing specialist to find out how to access the hardship policy.

If you experience a significant decrease in your income or a sizeable increase in your unreimbursed medical expenses before it's time for your three-year review, you can request an interim rent review. If we determine that your rent should change, that new rent will remain in place until your next scheduled review or your household's income increases, whichever comes first.

If you're eligible for Easy Rent, you're invited to attend information sessions planned this month at KCHA's affected senior and disabled properties. To find out the session dates and times or if you're unsure whether the new policy affects you, please contact your property manager or your Section 8 housing specialist. The dates and times as well as other information about the rent policy changes also can be found by going to www.kcha.org/currentresidents/currentresidents.aspx and scrolling down to the section titled, "Rent Reform."

Green River Homes sprouts yard beautification contest

BY STEVE FISHER
King County Housing Authority

Calling all gardeners at Green River Homes – it's your time to bloom!

Penny Bradley, your property manager, and I have started the Green River Homes Yard Beautification Contest.

Our hope is that you'll take this chance to make your yard look beautiful by planting vegetables, flowers and more.

We think this contest will be a fun way to bring the Green River Homes community together and to make the neighborhood look appealing and well-maintained!

Small packs of gardening tools are available for everyone who registers for the contest. Residents are responsible for seeds and plants.

In addition to planting in your yard, participating contestants may plant in pots or other similar containers. The only rule

is that you follow all lease regulations, including the rule that plants must be at least 6 inches away from your building walls.

Judging is scheduled for the week of Aug. 18.

Residents' yards will be judged based on: use of color, garden design, variety of plants and/or vegetables, plant health, yard maintenance, weeding and the entire yard's overall appearance.

The first-, second- and third-place winners will receive Fred Meyer gift certificates for \$50, \$30 and \$20, respectively. All three winners will have the option to have their photo in *The Voice*.

To participate, please call or visit the Green River Homes management office.

Leave your name, address, phone number and a message saying that you want to be a contestant.

If you have questions, please call Penny at 206-315-4368 or me at 253-333-1737.

Budgeting

Continued from front page

CARING FOR YOUR VEHICLE

• Keep your tires properly inflated and aligned; you can increase your gas mileage.

• Keep your trunk as empty as possible. The more weight your car has to haul, the more gas it needs to do the work.

• Keep your engine tuned. Tuning your engine according to your owner's manual can increase gas mileage.

• Change your oil according to the

schedule recommended by your car manufacturer. Clean oil reduces wear on your vehicle, and using the grade of motor oil in your owner's manual can improve your gas mileage.

• Check and replace air filters regularly. Replacing clogged filters can increase gas mileage.

• Be skeptical about buying any gadget that promises to improve your gas mileage. The federal Environmental Protection Agency has tested more than 100 supposed gas-saving devices and found that very few provide any additional fuel economy.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Save money while grocery shopping

ክፍት ለገቢ ለማግኘት ገንዘብ ይቆጥቡ

ሱቅ ከሚሄድዎ በፊት ከሚያስፈልግዎ በላይ ግዢ እንዳያደርጉት ግብርና ማቆያ በልተው ይሂዱ። ለሚቀጥለው ሳምንት የሚያስፈልግዎትን ዝርዝር ይጻፉ። የግርሰሪ ሊስት በመጻፍ ይለጥፉት። የሱቅ ማስታወቂያ ይመልከቱ። ኩፐርን ይሰብስቡ። በተጨማሪም በኢንተርኔት አድራሻ www.coolsavings.com www.wow-coupons.com ይመልከቱ። በተቻለ መጠን በአውቶቡስ ወይም ከጎረቤት ጋር ካርታ ያድርጉ። በሱቅ ውስጥ እያሉ። ብራንድ ከማየት ሱቅ የሚያወጣቸውን

ከገዙ በኋላ በተቻለ መጠን አንድ ላይ አሰባሰብ በብዛት የፓስፖርት ሶስት ማብሰል። ለቤተሰብ በየመጠኑ መከፋፈልና ለወደፊቱ ምግብ ፍራጅ ውስጥ ማስቀመጥ። ምግብ ለመሰራት የሚወስደውን ጊዜ ለመቀነስ የተረፉ ምግቦችን ይጠቀሙ። ምግብ አብስሎ ማግኘትን ኋላ ለመጠቀም ፊራጅ ውስጥ ማስገባት።

የተቆራረጠውን ከመግዛት ይመረጣል። የማይበላሽ ቅናሽ ያላቸውን አቆይቶ ኋላ መጠቀም። ጤናማ ካልሆኑ ምግቦችና ውድ የሆኑትን ከመግዛት ፍራፍሬና አክልቶችን ለማቆያ ያህል መጠቀም

ከገዙ በኋላ በተቻለ መጠን አንድ ላይ አሰባሰብ በብዛት የፓስፖርት ሶስት ማብሰል። ለቤተሰብ በየመጠኑ መከፋፈልና ለወደፊቱ ምግብ ፍራጅ ውስጥ ማስቀመጥ። ምግብ ለመሰራት የሚወስደውን ጊዜ ለመቀነስ የተረፉ ምግቦችን ይጠቀሙ። ምግብ አብስሎ ማግኘትን ኋላ ለመጠቀም ፊራጅ ውስጥ ማስገባት።

ኦሪጊናል ክትገዛኡ እንከለኹም ጅግብ

ኃይንሻ ዝገጥም መደርደር እየም ዝሰዕዎም እቲ ሕሰር ዝበለ ድማ እቢ መደር እብቲ ዝለዓለ ውድድማ ኣብ ዝተሓተ ቦታ እየም ዝሰርዕዎም ናይ ተመሳሳሊቲ ናይ መግቢ ምዳላዊ ጥሪ ነገራት እውዳድሩም ብፓውንድ ብእንስሰ ኣየም ዋጋ ዝልጥፍሉ ዝሓሸ ንምግብ ይሕግዘኩም

ናይ ተመሳሳሊቲ ናይ መግቢ ምዳላዊ ጥሪ ነገራት እውዳድሩም ብፓውንድ ብእንስሰ ኣየም ዋጋ ዝልጥፍሉ ዝሓሸ ንምግብ ይሕግዘኩም ፍሩታን ኣኣሕምልትን ኣኣብ ወርሓት ዝፈርየሉ ግዜ ምግብ ሕሰርን ሓዲስን ኣንከሎ ጥሪምሪ ባልደንጋ ፋጂሊ፣ ፓስፖርት ፍብን ግዛኡ ስጋ መመቀርን መምቕርሕን መታን ክሕገኩም

ናይ ታኒኒን ፍርዘን ፍሩታን ኣኣሕምልትን ግዛኡ ጸንሑ ጥዕናውን ይሰዕቡ ኣየም። ብዓቢይቲ መትሓዘ ዝቕርቡ ዓይነት ጸባ ሕሰር እዩ ደርቕ ጸባ ዝሓሰረ እዩ። ምሉእ ደርሆ ስጋ ዝእኩም ኣብ ብግዛኹም

ከገዙ በኋላ በተቻለ መጠን አንድ ላይ አሰባሰብ በብዛት የፓስፖርት ሶስት ማብሰል። ለቤተሰብ በየመጠኑ መከፋፈልና ለወደፊቱ ምግብ ፍራጅ ውስጥ ማስቀመጥ። ምግብ ለመሰራት የሚወስደውን ጊዜ ለመቀነስ የተረፉ ምግቦችን ይጠቀሙ። ምግብ አብስሎ ማግኘትን ኋላ ለመጠቀም ፊራጅ ውስጥ ማስገባት።

Dhaqaaleey lacag marka aad adeeganayso

Inta aadaan adeegan Cun Rooti iyo hilib si aad u dhaqaaleeyso waxa aad u baahan tahay in ka badan. Qoro liis raashiinka aad u baahan tahay toddobaadka soo socda Ku celi Dukaanka Kuubaanka iyadooy ku jirto

Save money while grocery shopping
Экономьте деньги при покупке продуктов
Перед тем, как идти за покупками Перекусите, чтобы не покупать больше, чем вам надо. Составьте список блюд на предстоящую неделю. Напишите список того, что надо купить и не отклоняйтесь от него. Просмотрите магазинные объявления и вырежьте купоны, которые есть также на интернете, на вебсайтах, таких, как www.coolsavings.com и www.wow-coupons.com.
Поезжайте на автобусе или на машине с соседом. При покупке Попробуйте товары с маркой магазина вместо фирменных ярлыков. Самые дорогие фирменные товары обычно выложены на уровне глаз. Обычные товары, которые зачастую дешевле и ничуть не хуже, как правило находятся на верхних или нижних полках. Смотрите на удельные цены при сравнении продуктов. Эти цифры показывают цену за унцию или паунд, так что вы можете определить, что выгоднее. Покупайте сезонные фрукты и овощи, которые в сезон свежее и дешевле. Покупайте консервированные и замороженные фрукты и овощи. Они тоже полезны и сохраняются дольше. Покупайте сухую фасоль, макаронные изделия и рис для гарнира к мясным блюдам. Покупайте молоко в больших упаковках, которые стоят меньше. Сухое молоко самое дешёвое. Покупайте целую курицу и дома разрежьте на куски, вместо того, чтобы покупать разделанные куски. Запасайтесь на распродажах непортящимися продуктами, которые вы обычно используете. Подумайте над тем, чтобы на перекус у вас были фрукты и овощи вместо того, чтобы покупать менее полезные и более дорогие обработанные продукты. После посещения магазина Устройте «большую готовку», если возможно. Приготовьте большое количество соуса для спагетти, разделите его на разовые порции для семьи и заморозьте для последующего использования. Используйте остатки еды, чтобы сократить время на готовку и сэкономить продуктовые деньги. Приготовьте жаркое и заморозьте половину на потом.

onlineka

Iskuday inaad qof raacidi baabuur ahaan dadka deriska ah. Inta aad adeganayso Iskuday inaad hesho waxyaaho kuugu cusub adiga In badab magacyo kuugu cusub brands. Raadso badeeco qiimo yar kana fogoow kuwa qiimaha Fiiri qiimaha guud hubso kuwa qiimo ahaan kuugu fiican Iibso qudaarta qiimaha yar ahna kuwa cusub Beeca digirta iyo qudaarta la qaboojiyey kuwaasoo caafimaad leh

TIẾT KIỆM TIỀN KHI ĐI MUA THỰC PHẨM
Trước khi mua sắm, hãy ăn bữa ăn nhẹ, để giúp quý vị tránh đưa việc mua nhiều hơn là mình cần. Hãy kê ra danh sách các bữa ăn cho tuần lễ tới. Viết ra danh sách các món thực phẩm cần mua và chỉ mua các món đó mà thôi. Duyệt qua các quảng cáo, các coupon của tiệm đó, kể cả từ trên trang mạng, như trang www.coolsavings.com hay trang www.wow-coupons.com
Hãy đi xe buýt hay cùng đi xe chung với người hàng xóm. Trong lúc đi mua sắm, hãy mua các món hàng cùng cấp bởi cửa tiệm thay vì mua hàng hiệu. Các món hàng hiệu với giá đắt thường được xếp ngang với tầm mắt mình. Các món hàng cùng loại với giá rẻ thường được chắt vào kệ trên cao hơn hay thấp phía dưới. Hãy so sánh giá cả từng món thực phẩm một. Nó có kê ra giá của từng ounce hay từng pound (cân Anh), để từ đó quý vị có thể biết được món nào có giá rẻ hơn. Hãy mua rau quả theo mùa, để

Ibbo Bastada iyo Bariiska Iibso Caanaha ballaran oo ka qiimo ah midka kale Iibso Doorada badan iyo u jar jar gaballo Beec u raadso Qiimeey Snaks aad isticmaalaysid isticmaal dhirta iyo qudaarta inta aad iibsan lahayd waxaan caafimaad laha Adeegga ka dib Karso marka suurtagal noqoto wax badan si qoyska oo dhan u deeqa, si aad uga badbaado karis dembe si aad u isticmaasho hadow.

được tươi và rẻ hơn
Hãy mua trái cây hộp hay đông lạnh và rau quả cũng thế. Chúng cũng hợp với sức khỏe và lâu hư.
Hãy mua đậu, pasta và gạo để cùng ăn với món thịt.
Hãy mua sữa trong các bình lớn, giá rẻ hơn. Sữa bột thì là loại đắt hơn.
Hãy mua gà nguyên con mang về nhà cắt ra thay vì mua loại cắt từng miếng nhỏ.
Hãy mua về chứa các loại đồ hộp mà quý vị sẽ dùng sau này.
Hãy nghĩ tới việc mua thức ăn nhẹ (snack) bằng cách mua trái cây hay rau quả thay vì mua loại đồ ăn làm sẵn không tốt cho sức khỏe mà còn đắt tiền hơn.
Sau khi mua sắm Nếu được, hãy nấu số lượng nhiều. hãy nấu số lượng lớn spaghetti, và chia ra từng phần ăn đủ cho cả nhà, rồi để vào tủ lạnh, để nấu ăn sau này.
Hãy dùng đồ ăn dư của ngày hôm trước kèm theo, để tiết kiệm giờ nấu nướng và tiết kiệm tiền. hãy làm món thịt quay, cắt một nửa đem đông lạnh để dùng sau này.