



Niagara Regional Housing

2201 St. David's Road , Thorold, ON L2V 3Z3 • www.nrh.ca

Rent Supplement Review

A publication for Rent Supplement Tenants

Winter 2012

How to Eat Healthy on a Budget

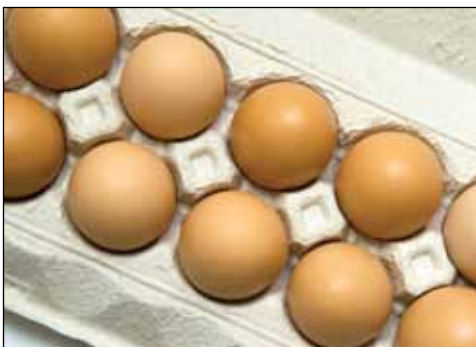
Food prices are rising, so budgeting for groceries is getting tougher. There are ways to eat healthy without spending a lot – here are some tips:

- Don't buy pop. Drink water from the tap. It's healthier and it's free!
- Buy frozen fruits and vegetables. As long as they're not packed in sauces, they're full of nutrients and cheaper than fresh.
- Don't eat at restaurants. Meals at restaurants are generally less healthy, in bigger portions and more expensive than meals made at home.
- Plan your week's meals in advance. You will be less likely to eat expensive, processed food if you have planned ahead and are not in a hurry.



The Healthiest and Cheapest Foods are:

- Oatmeal – high in fiber and lowers cholesterol. Eat oatmeal for breakfast or oatmeal cookies for snacks.
- Eggs – protein for overall health and to ward off age-related eye problems. Scrambled eggs are good for breakfast and boiled eggs are healthy snacks.



- Apples – Vitamin C and fiber that helps to reduce cholesterol. Have apples for snacks or bake in pies and breads.
- Potatoes – Vitamin C and potassium. As long as they're not fried, they're healthy – mashed, baked or in a potato salad.
- Nuts – essential fatty acids, Vitamin E and protein. You only need a few to get maximum health benefits.
- Bananas – potassium and fiber. Eat as a snack or in yogurt or cereal.
- Beans – protein and fiber. Eat them in soups, chili or on their own.
- Broccoli – many nutrients. Eat in salads, stir fries or uncooked with dip.
- Spinach – Vitamin C and iron. Eat it on its own or in salads.

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BED BUGS

What are Bed Bugs?

Bed bugs are small insects (the size of an apple seed) with oval-shaped bodies and no wings. Bed bugs usually bite at night and will bite all over, especially around the face, neck, upper torso, arms and hands. They are annoying but are not considered a health threat. Bed bugs can happen to anyone - no one is to blame. Because of widespread travel and limited pesticide use, almost every city in the world has bed bugs.

Can I Prevent Bed Bugs?

Even the cleanest homes can have bed bugs, but there are ways to try to prevent them, including:

- Regular inspections
- Vacuum your mattress often
- Clean up clutter
- Seal cracks and crevices
- Inspect furniture or clothes before buying
- Never bring discarded bed frames, mattresses, box springs, upholstered furniture or electronics into your unit
- Inspect your luggage when you return from a trip



What If I Discover Bed Bugs in My Unit?

Call your Landlord if you think you have bed bugs in your unit.

Tips to Avoid Slips and Falls



- Wipe up spills right away in bathroom and kitchen
- Use a mat with a rubber bottom outside of the tub or shower
- Use a mat inside the tub or shower
- Remove obstacles from travel paths
- Keep a phone and a flashlight in bedroom
- Keep every day dishes within easy reach



It's important to save energy whenever possible – both for the environment and to save energy costs -

Did you know? - The cost of electricity changes according to the time you use it. Costs decrease after 7 pm weeknights and on weekends and holidays. Try to do your laundry and use your dishwasher during these times to save energy.

Programs and Services



No Dental Insurance?

Healthy Smiles Ontario and Children In Need of Treatment (CINOT) are two free dental programs for eligible kids 17 years of age and younger. For more information or to book an appointment, call the Niagara Region Dental Program at 906-688-8248 or 1-888-505-6074 ext. 7399 or visit www.niagararegion.ca.



Are you new to Canada?

Call the Newcomer Information Centre at 905-684-3500 for help with jobs, language classes, health, community and recreation. This is a free service and no appointments are needed.



You Need Tenant Insurance!

Tenants should buy a Tenant Insurance Package because it can help replace belongings damaged by fire, flood, or theft. For more information, contact a local insurance broker directly (see the Yellow Pages) or visit www.sohoinsurance.ca. It's a good idea to compare prices before buying insurance. If you are on Ontario Works (OW) or Ontario Disability Support Program (ODSP), ask your worker if your monthly tenant insurance premiums are covered.



Order Healthy Food At Lower Prices

The Good Food Box delivers boxes of fresh fruit and vegetables to set locations in Fort Erie, Port Colborne, St. Catharines and Welland. A small box is \$15 and a large box is \$20. Call 905-414-7883 or e-mail goodfoodbox@gatewayofniagara.ca for more information.



Funding for Children's Sports and Lessons

Pro Kids provides \$100 .00 of funding annually to support children/youth participation in cultural/ recreation programs of their choice such as; painting lessons, soccer, baseball. Pro Kids is available to low-income children from infancy to age 18 and is funded by Niagara Region, Community Services and Children's Services and NRH. To register for Pro Kids contact Children's Services at www.niagararegion.ca or 905-984-3750.



ProKids
providing recreation and cultural opportunities for children 0-18 years

Opportunities for Assistance with Post-Secondary Education

You May Qualify for Help with Your Education – Check out the following programs:

Dr. Albert Rose Bursary

The Dr. Albert Rose Bursary Program is one-time financial assistance for post-secondary education that is available to tenants living in rent-geared-to-income housing (including non-profit, co-op and rent supplement units) in Ontario. For more information on the Dr. Albert Rose Bursary, call 416-585-6021 or go to www.ontario.ca/rose. Applications will be available in Spring, 2012.



Niagara Region Bursary

The Niagara Region Bursary provides financial assistance for post-secondary education to Niagara students in financial need, including Rent Supplement tenants. More details are at www.niagararegion.ca or by contacting Gail Webster at 905-984-3688 or niagararegionbursaryprogram@niagararegion.ca. Applications will be available in Spring, 2012.

Canada Learning Bonds

Your child may be eligible for the Canada Learning Bond (CLB) to help with their education after high school. If you qualify, Canada Learning Bonds offer \$500 and \$100 per year until age 15 to a maximum of \$2,000.

**For more information, call
1-800-622-6232 or see
www.canlearn.ca.**



Information Niagara CALL 2-1-1

for information on social, health and government programs and services across Niagara twenty-four hours a day, seven days a week.

**You can also visit the
2-1-1 website at
www.informationniagara.ca.**



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Please visit our website at www.nrh.ca for information on the rent supplement program and for general interest items. Rent supplement information can be found under the "Landlords" tab.

Our office is located at: Niagara Region Headquarters,
Campbell East, 2201 St. David's Road, Thorold, Ontario L2V 3Z3
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Fax: 905-687-4844

For more information about NRH's Rent Supplement Program contact:
Margaret Smith at ext.3932 or margaret.smith@niagararegion.ca

If you need this information in an alternate format, please contact Sarah Phillips at 905-682-9201, ext. 3931 or sarah.phillips@niagararegion.ca