



HCAP Weekly

A weekly e-newsletter of Honolulu Community Action Program, Inc.
For the week of January 31, 2011

"Providing Opportunities and Inspiration since 1965"

Free food for families with children: Call HCAP Kalihi at 847-0804

For a limited time, **Kalihi-Palama District Center** has a large supply of canned foods, including corn, fruit, vegetables, and luncheon meat ready to give out for **free to qualifying families**. The program is a partnership with the Hawaii Food Bank through a Temporary Assistance for Needy Families (TANF) funded grant. The program ends February 28th or until supplies last.



To receive food, families must meet these criteria:

1. All members of household are **U.S. citizens**
2. Household consists of **at least one child under 18 yrs. old**, related to and living with the person picking up the food
3. Resources (assets) do not exceed \$5,000

Other criteria may apply. Call the Kalihi District Center at **847-0804** for more information. Families who do not meet the above criteria can call HCAP's main office at **521-4531** to find the nearest District Center. We offer regularly scheduled food distributions at all our centers.

You're invited!

Join HCAP and community action agencies from Kauai, Maui & Hawaii island as we showcase our services to legislators and the public. The **Community Action Aloha Reception** will be held at the State Capitol next **Thursday, February 10th**, from **10:00 - 11:30 a.m.**

Celebrating the Lunar New Year

Cynthia Suzuki brought her class to downtown Honolulu to share an exciting lion dance with local businesses, including HCAP's main office. The



Lion dance at HCAP main office



children of **Head Start Helemano** danced, played instruments and laughed their way down King Street and through the HCAP offices. Thank you Helemano teachers and kids for starting the year off right!

Reducing energy costs on Hawaiian homelands

Harriet from Waimanalo called to thank HCAP for her energy audit, tips on saving energy and her new electrical power strips. Harriet noticed a \$100 savings on her bill this month compared to the previous month! Since then, she has also received a new solar water heating system through HCAP's **Weatherization Initiative for Native Hawaiians**.

Free Tax Help Program off to a great start

HCAP is again offering free tax preparations to working individuals and families with incomes below \$50,000. Our district centers and main office are already receiving a large volume of calls to do taxes. The program runs from February 1 to April 15.



Emma Somildan helps a family file their taxes

Practicing community jobs teaches school readiness skills

The kids at **Kainalu Head Start** are enjoying their latest learning unit about "community helpers." They interact in roles as police officers, grocery checkers, food service workers and other professions. The unit encourages concept development, higher level thinking, as well as oral and written language and literacy development.



The children are able to share their own personal experiences and increase their kindergarten readiness skills. The interest was contagious, as their parents got involved too and had a chance to appreciate the progression of their children's skill levels.



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