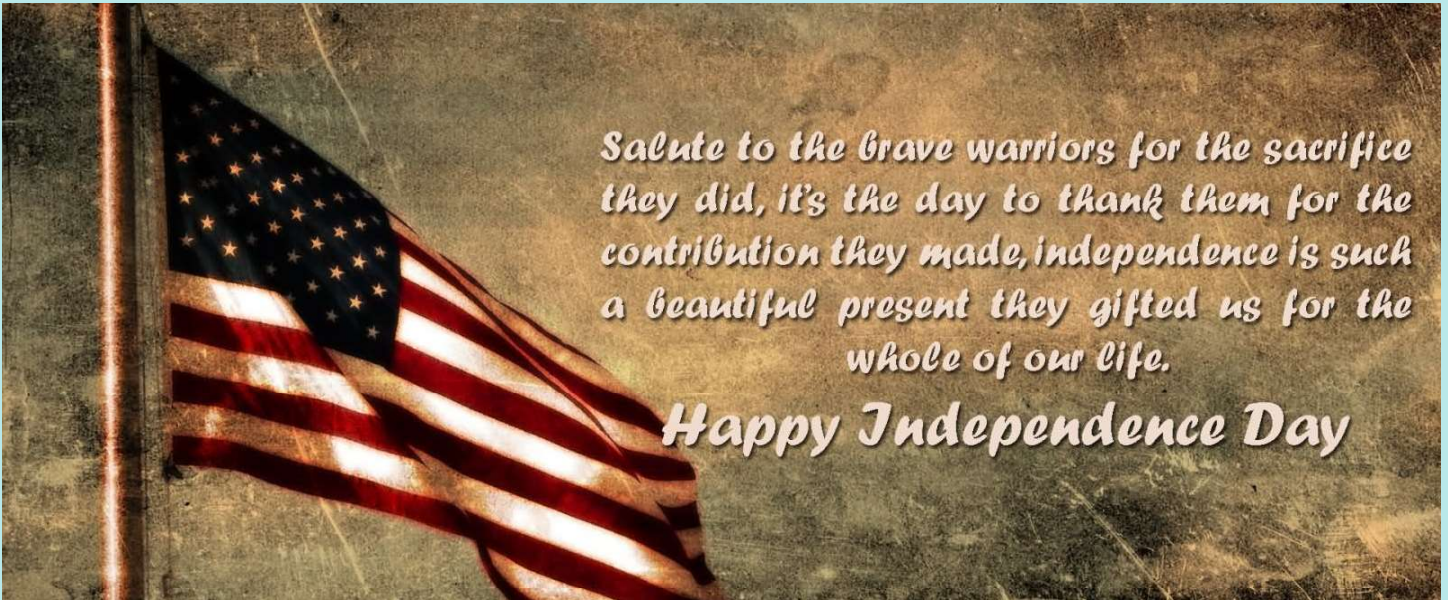




NEWSLETTER

VISION * JULY 2021



SCHOLARSHIP AWARD



Congratulations Wendy P. Ruiz!

Wendy graduated from IDEA San Benito. She applied for H.A.V.E. - STR Scholarship and received it on June 2021.

The Awards were hosted in Mercedes, TX. She was accompanied by her mother Ms. Guadalupe Ruiz.

(Photo L-R) Horacio Pequeño, President HAVE-STR, Wendy P. Ruiz, Guadalupe Ruiz, Yvette Nieto, Vice President, HAVE-STR.



RESOURCE EXPO

We hosted a Resource EXPO at our Vista Park Development on June 25th.

The purpose for this event was to have the community aware of the assistance and benefits the agencies provide. The event was open to the community.

We would like to thank all the agencies that helped us make this event great:

Walk in Faith, Workforce Solutions, HCU Healthcare, Sun Valley Rehab, Trinidad PHC, Tu Salud Si Cuenta, Job Coprs, texas Health & Human Services, Behavioral Health

Solutions, FAYS Program and Proyecto Vida Digna.

We encourage residents to participate in our events and get as much information for you and your family.



PROFILE & STORY

Meet Rosalinda K. Longoria.



Rosalinda started working at SBHA in November 2017. She has been our Receptionist & Wait List Clerk since. She enjoys being in the front desk and greeting our visitors.

Rosalinda is a great person with a huge heart. She is always ready to lend a hand when you need it. If you encounter her you will notice it.



Haven't registered? It's easy. We are here to help. Seniors who are 60 years and older are able to register for the Elderly Program that Food Bank provides.

Drive-Thru Emergency Pantry (DTEP) is once a month.

For more information on how to register, please contact Rosa E. Rodriguez at 956.399.7501



ULTIMATE BREAKFAST SMOOTHIE

Ingredients

- 1 medium banana
- ½ cup sliced strawberries
- ½ cup blueberries
- ¼ cup lowfat Greek yogurt
- 1 tbsp almond butter
- 1/2 cup spinach
- 1/2 cup almond milk

Nutrition

- Calories: 300
- Fat: 11g
- Protein: 12.5g
- Sodium: 135mg
- Carbohydrates: 40g
- Fiber: 7g
- Sugars: 22g
- Calcium: 20% DV
- Potassium: 15% DV

RECIPES

Place all ingredients in a blender and blend until smooth. Serve chill. Enjoy!



SUPERCHARGED KALE-AVOCADO SMOOTHIE

Ingredients

- 1 cup coconut water
- 1 tbsp fresh lemon juice
- 1 tsp matcha powder
- 1 cup fresh kale, stemmed
- 1 cup fresh spinach
- ¼ ripe avocado
- 2 pitted dates
- 1 cup ice

Nutrition

- Calories: 200
- Fat: 8g
- Protein: 3g
- Sodium: 70mg
- Carbohydrates: 32g
- Fiber: 7g
- Sugars: 21g
- Calcium: 14% DV
- Potassium: 26% DV



San Benito Housing Authority



San Benito Housing Authority

H.O.P.E. lives here

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BOARD OF COMMISSIONERS

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Daniel Cortez Commissioner	Nedia Espinoza Commissioner
	Ricardo Perez Commissioner

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