



GETTING THE BIGGEST AND BEST BANG FOR YOUR BUCK



Be sure to pay **NECESSARY AND ESSENTIAL** expenses (shelter, heat, electricity, clothing, food, medications, etc.) before paying anything else. Non-essential needs like cell phone service, cable, etc., can be next in line for payment. Or, start a savings account!!

Grocery/Gasoline Savings - Use the store savings card to get the best deal on sale items & discounts at participating gas stations. Compare prices. The lower unit price is the better deal. Review the weekly flyer & check online for coupons. Plan meals around sale items. Planning ahead and keeping to the list helps you stick to a budget! Also **save on gas** by finding out where the best gas price is offered by town or zip code at: gasprices.mapquest.com/new-Hampshire.



Call Human Services, 448-2944, or view the web page at: <http://welfare.lebnh.net>, for lots of resources: **Pantries** Serving the Upper Valley (we have 6, some have meat, dairy, food and non-food items); **Agency Resources & Low Cost Income Based Services & Programs**; Saving Money Through **Energy Savings Products & Weatherization** Projects, etc.

Telephone Service at Low/No Cost available to income eligible individuals and/or those receiving at least one of the following benefit programs: food stamps, Medicaid, free lunch, LIHEAP, Social Security, TANF, subsidized/section 8 housing, etc.



- ⇒ FairPoint Link-Up Program offers Discounted Telephone Service Installation and FairPoint Life-line offers Reduced Monthly telephone bill rates. There is no age requirement. 866-984-2001.
- ⇒ SafeLink Wireless Service Program provides a FREE wireless phone and 66 free minutes every month. Additional minutes can be added by purchasing a phone card. To apply go to www.safelinkwireless.com, enter your zip code and begin the application process according to the directions given.



Attend LISTEN Community Dinners for great food, a chance to meet your neighbors and a way to stretch your weekly dollars. Contact Listen Community Services to confirm information, holidays, etc. at 603-448-4553.

- All dinners are 5pm-6pm and held at the following locations:
- Mondays:** St. Paul's Episcopal Church, Tafts Ave, WRJ, VT and Canaan Senior Center, Route 4, Canaan, NH
 - Tuesdays:** Sacred Heart Church, Hough/Hanover Streets, Lebanon, NH
 - Wednesdays:** St. Paul's Episcopal Church, Tafts Ave, WRJ, VT
 - Thursdays:** Lebanon Sacred Heart Church, Hough/ Hanover Streets, Lebanon, NH
 - Fridays:** Methodist Church, 18 School St., Lebanon, NH



LOW/NO COST TRANSPORTATION:
ADVANCE TRANSIT offers FREE bus service from early morning hours to early evening hours Monday-Friday on 5 different bus routes running through Canaan, Enfield, Lebanon, West Lebanon, White River, Wilder, Hanover and Norwich. Pick up a bus schedule on a bus, at City Hall, Human Services, any Library, bank locations, DHMC, grocery stores & www.advancetransit.com.

CARPOOL with friends, co-workers, family members or neighbors, or, contact **UPPER VALLEY RIDE-SHARE**. Carpooling will cut your commute costs in half and reduce the wear-and-tear on your car. Advertise your carpool search for free by contacting UVR with the days and times you need transportation and they will send you potential carpool partners. When you form a carpool, you'll get UVR's Emergency Ride Home benefit -free also! Call 802-295-1824, ext 204, or e-mail: info@uppervalleyrideshare.com, or access the site online at: www.uppervalleyrideshare.com/uvrs.carpool.html.



Looking for Low Cost Gifts, Household Items, Kitchenware, Appliances, Furniture, Clothing? Check out yard sales in the summer and thrift stores all year long—some things are brand new, never used, price tags still attached!! *Vouchers are available for store items from Listen and the ReCover Store to income eligible individuals.*



Listen Stores are open:
 Monday-Saturday 10am-5pm; Sunday Noon-5pm.

- Lebanon, 60 Hanover St., 603-448-4553
- White River Jct., 44 Maple St. (River Point Plaza), 802-295-9259 & 608 N. Main St. (former 25,000 Gifts), 802-280-4134
- Canaan, 236 US Route 4, 603-632-5331

Upper Valley Haven offers free clothing to anyone in need. Hours: Monday-Friday 8:30am-4:pm, 745 Hartford Avenue, WRJ, VT, 802-295-6500.



Good-Buy Store offers household goods, clothing & furniture. Hours: Monday-Friday: 8:30am-5pm, Saturday 9am-5pm, 676 Hartford Ave., WRJ, VT, 802-359-4183



ReCover Store offers everything the other stores do (except clothing), and then some: building materials, plumbing fixtures, rugs, sinks, cabinetry, lighting, etc. Hours: Tuesday-Saturday, 10am-5pm, 158 South Main Street, WRJ, 802-359-5900.

