



At Home

Making the Most of Living in a Cowboy
Properties Community
August 18, 2023

Giving Back

Looking for opportunities to give back? Check out these organizations.

[SLC Public Lands](#)

Opportunities include weed removal, trail cleanup and event assistance.

[Ronald McDonald House](#)

Individual volunteer opportunities include front desk work, holiday and special events as well as school service opportunities for teenagers.

[Utah Food Bank](#)

Projects may include sorting food donations, assembling food boxes, repackaging bulk food into family-sized amounts or labeling food for distribution.

[Ruff Haven Crisis Sheltering](#)

Volunteers needed in the cat room, for dog walking and in the pet food pantry.

[Wasatch Community Gardens](#)

Learn and garden with work including compost harvesting, tomato trellising, bed prep and more.

[National Ability Center](#)

Outdoor volunteers needed for paddle sports, mountain biking, archery and more.

[Cowboy Pledge](#)

Check your email and At Home for our next event.

No-Heat Lunches

What did one computer say to the other at lunch time? Let's grab a byte to eat. Need a meal that doesn't need reheating? These recipes are great for work or school lunches.

[Mediterranean Pasta Salad](#)

[Tortilla Pinwheels](#)

[Broccoli Cheddar Quinoa Bars](#)

[Pizza Puffs](#)

[Ham and Cheese Apple Wraps](#)

[Firecracker Chicken Meatballs](#)

[Taco Salad Lunch Bowls](#)

[Apple Snackwich](#)

[Banana Sushi Rolls](#)

[Roasted Tomato, Basil and Chickpea Pasta Salad](#)

[Fried Rice Salad](#)

[Blueberry Banana Zucchini Muffins](#)

Visa Gift Card Giveaway Winners

Congratulations to the winners of the \$100 Visa gift cards from Liberty Point and Liberty Bend! We appreciate everyone's thoughts on what they would like to see in future issues of At Home.

Events of the Week

[Sunflower Festival](#)

Through Sept. 2, Monday - Saturday
Rowley's Red Barn (901 S 300 W, Santaquin)
Photo opportunities throughout the fields. All paid admissions will receive one free bloom.

[Utah Beer Festival](#)

August 19-20
Granary Live (742 S 500 W, Salt Lake City)
Over 200 beers, ciders, hard seltzers and kombuchas. Food trucks and live music.

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211
<https://jobs.utah.gov/assistance/index.html>

Power & Gas Assistance

<https://www.utahca.org/heat/>

Utah Department of Workforce Services Resources

jobs.utah.gov/

Food Resources, and Mobile Food Pantry Dates and Locations

slc.gov/sustainability/food-covid/
utahfoodbank.org/programs/mobile-pantry/feedut.org/