



# November 2016

## Dream Big!

A Publication of Oshkosh/  
Winnebago County  
Housing Authority's  
Family Self Sufficiency Program

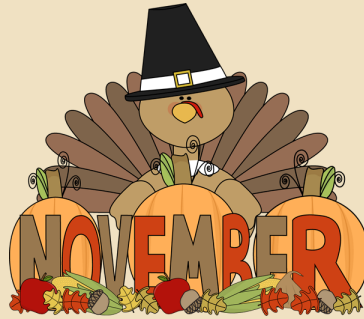


*Happy  
Thanksgiving*

600 Merritt Avenue  
P.O. Box 397  
Oshkosh, Wisconsin 54903  
OSHKOSH (920) 424-1450  
[www.ohawcha.org](http://www.ohawcha.org)  
Kay Hinton  
FSS Program Coordinator

### What's Inside:

- November Letter
- Parent Connection
- Oshkosh Job Center
- Oshkosh Events
- Fox Cities Job Center
- Neenah/Menasha Events
  - FSC Job Fair
- Partnership Open Enrollment
  - Financial Makeover
  - Money Conference
- Oshkosh Defense Job Training
  - WIOA School Funding
  - WAHA Scholarship
  - PHADA Scholarship
  - Recipe



Dear FSS participants,

**Christmas assistance:** It is that time of year again. Please see page 5 for Oshkosh's Salvation Army Holiday programs. I am expecting to receive The Neenah Boys' and Girls' Brigade 2016 Christmas Giving referral cards. Please call me at 424-1470 ext. 133 if you live in Neenah/Menasha and you would like to apply for their Christmas Program.

**FSS Graduation:** We has 2 graduates in October and 1 graduate in late September. One family, who wasn't on the program very long, graduated with **\$460**. Another graduate established steady employment with the DVR job training program called The Ready Program. Through this program she was hired on at a national pharmacy chain and maintained this job for the last 2 years. She had worked on getting her HSED through Advocap, attended the money conference, worked on her budget, cleaned up her credit report, and created a resume. Her greatest achievement through the FSS program was to receive a more stable job. She used the Earned Income Disallowance through Section 8 and also use the Bond program through Social Security so she could "try out working" without it impacting her benefits. To better her customer service job, she would like to use her escrow to pay some future medical/dental bills. She graduates with **\$2360**. We also had another graduation in late September. She worked hard to better her financial situation by working a part time job and going to school full time along with raising her kids. She attended money conference, attended Homeownership counseling, gained family harmony, worked towards home ownership, and increased her credit score. She received a Housing Authority scholarship while on the FSS program. She graduated from FVTC with an associates degree and right away obtained a full time position in her field at a nationally known local manufacturer. She graduated with **\$1474**. Congratulations to all three participants!

**Financial opportunities:** Included in this newsletter are 4 great financial opportunities: Fox Cities Money Conference on November 5th (page 11), Financial Makeover Challenge (page 10), and 2 scholarships available to Housing Authority residents (see page 14 and 15).

Enjoy the rest of this newsletter with parenting activities, job openings, employment workshops, and community events and more! Call me at 920-424-1470 ext 133 if you have any questions.

Happy Fall Y'all!

Kay Hinton  
FSS Coordinator





Love and Logic®



parent  
connection  
Family Services

# Love & Logic

Effective communication, choices and consequences are the cornerstones of this interactive three-session series. Learn techniques of creating a happy family with responsible kids!

- **Handling Misbehavior**
- **Teaching Kids to Listen**
- **Setting limits**
- **Avoiding Power Struggles**
- **What to do when they leave you speechless!**



**LOCATION:** Hooper Community Center  
Lower Level, 36 Broad Street, Oshkosh

**DATES:** November 22, 29 & December 6 (please plan to attend all 3 sessions)

**TIME:** 5:30-7:30pm

**COST:** \$20.00/person. Free on-site childcare available with pre-registration.

**Please call (920) 233-6630 x 106 or visit  
[www.thedacare.org](http://www.thedacare.org) and click on 'Classes' for online registration.**

Parent Connection is a program of Family Services of Northeast Wisconsin, Inc.

36 Broad Street Oshkosh, WI 54901 • (920) 233-6630


[www.familyservicesnew.org/parent-connection](http://www.familyservicesnew.org/parent-connection)



# Oshkosh Job Center



**NOVEMBER 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 Reemployment Services Workshop 9am – 12pm	3 COMPUTER BASICS 1 WORKSHOP 1:30PM	4 COMPUTER BASICS 2 WORKSHOP 1:30PM
7	8 NAVIGATING THE INTERNET 10:00AM	9 Reemployment Services Workshop 9am – 12pm	10 COMPUTER BASICS 1 WORKSHOP 1:30PM	11 COMPUTER BASICS 2 WORKSHOP 1:30PM
14	15 NAVIGATING THE INTERNET 10:00AM	16 Reemployment Services Workshop 9am – 12pm	17 COMPUTER BASICS 1 WORKSHOP 1:30PM	18 COMPUTER BASICS 2 WORKSHOP 1:30PM
21	22 NAVIGATING THE INTERNET 10:00AM	23 Reemployment Services Workshop 9am – 12pm	24 <b>HAPPY THANKSGIVING!</b> <b><u>CENTER CLOSED!</u></b> 	25 <b><u>CENTER CLOSED</u></b>
28	29 NAVIGATING THE INTERNET 10:00AM	30 Reemployment Services Workshop 9am – 12pm	<b>Did you know?</b> The Oshkosh Job Center staff can help you improve the content and format of your resume! Call us to schedule a resume review: 920-232-6273	<b>Do you get nervous at JOB INTERVIEWS?</b> Don't fret, don't fuss. You can schedule a <b>MOCK INTERVIEW</b> with us!  920-232-6273



## Winnebago County Open House



### Birth to Three Program & Aging & Disability Resource Center (ADRC)

- **When?** November 4th (Friday) from 8:30am-4pm
- **Where?** Winnebago County Human Services (220 Washington Ave, Oshkosh - Lower Level)
- Throughout the day you can enjoy:
  - Refreshments & snacks
  - Tour the ADRC
  - Enter to win raffle prizes
  - Free memory screenings
  - Free Birth to Three screenings
  - Complete Powers of Attorney for Healthcare and/or Finance
  - Talk with staff about public programs and community resources for children with disabilities, adults with physical/ intellectual disabilities, and older adults
- Join us for various speakers who will present during the day:
  - 9am-9:30am:** Birth to Three Program Basics
  - 9:30am-10am:** ADRC Basics
  - 10am-10:30:** Elderly Benefit Specialist Presentation
  - 10:30pm-11am:** Disability Benefit Specialist Presentation
  - 11am:** Long Term Support Program presentation by Long-Term Support Division Manager, Beth Culp
  - 1pm-1:30pm:** Birth to Three Program Basics
  - 1:30pm-2pm:** ADRC Basics
  - 2-4pm:** Volunteer Guardian Appreciation
  - 2:30pm:** Legal Issues Presentation by Mary Anne Mueller (Winnebago County Assistant Corporation Counsel) and Ben Adams (Local Elder law Attorney)
  - 3pm-4pm:** Conversation on Funeral Planning: Kelly Angell (Funeral Director at Mueller Funeral Home in Winneconne)
  - 4pm:** Raffle drawing will be held (need not be present to win)



# Oshkosh Events

Family Self Sufficiency

## 2nd Annual Downtown Oshkosh Whoville Holiday Saturday, November 19, 2016

- Breakfast with the Grinch 8am or 10am register at [www.downtownoshkosh.com](http://www.downtownoshkosh.com).
- Horse and Carriage Rides 11am-2 pm.
- Whoville Sing-a-long and Costume Parade 12:30 in Opera House Square  
Whoville Themed Activities in many Downtown Businesses.  
Don't be a Grinch this Holiday Season!



Join the community for the Tree Lighting Ceremony in Opera House Square and the Oshkosh Chamber of Commerce Holiday Parade!  
This year's theme is Whoville Holiday.

**November 17, 2016**

Tree Lighting Ceremony in Opera House Square 6:00 pm

Parade starts 6:30 pm

[Downtown Oshkosh](#)

100-700 Blks N Main St.

Oshkosh, WI 54901



Nursing Career Fair  
Monday, November 14, 2016  
11:00 a.m. – 12:30 p.m.  
Clow Science Building on the University of Wisconsin Oshkosh campus (Room 140)  
805 Algoma Blvd.  
Oshkosh, WI 54901

[https://app.joinhandshake.com/career\\_fairs/1012/employer\\_preview](https://app.joinhandshake.com/career_fairs/1012/employer_preview)



## Holiday Sign Up ALL Programs (Coats for Kids, Adopt-a-Family and Toy Store)

**Tuesday, November 1st**

9:00 am -4:00 pm

**Wednesday, November 2nd**

9:00 am to 4:00 pm

**Sign up at The Salvation Army  
417 Algoma Blvd. Oshkosh**



## *Fox Cities Job Center*

### November 2016

#### Fox Cities Workforce Development Computer Lab Calendar PLEASE SIGN UP FOR WORKSHOPS

	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Intro to Word</i> 9:00-11:00am  <i>Intro to Word 2</i> 1:00-3:00pm	2 <i>Navigating the Internet</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	3 <i>All about Email</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	4   <i>Open Lab</i> 8:00 –4:30pm	5
6	7 <i>Computer Basics</i> 9:00-11:30am  <i>Open Lab</i> 12:30 –4:30pm	8 <i>Intro to Word</i> 9:00-11:00am  <i>Ability Profiler</i> 2:30-4:00pm	9 <i>Navigating the Internet</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	10 <i>All about Email</i> 9:00-11:00am  <i>Intro to Google Docs &amp; Google Drive</i> 1:00 –3:00pm	11 <i>Intro to Excel</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	12
13	14 <i>Computer Basics</i> 9:00-11:30am  <i>Open Lab</i> 12:30 –4:30pm	15 <i>Intro to Word</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	16 <i>LinkedIn</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	17 <i>All about Email</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	18   <i>Open Lab</i> 8:00 –4:30pm	19
20	21 <i>Computer Basics</i> 9:00-11:30am  <i>Open Lab</i> 12:30 –4:30pm	22 <i>Intro to Word</i> 9:00-11:00am  <i>Intro to Job Center of WI.com</i> 1:00-2:00pm	23 <i>Navigating the Internet</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	24   <i>Computer Lab Closed</i>	25   <i>Computer Lab Closed</i>	26
27	28   <i>Computer Lab Closed</i>	29 <i>Intro to Word</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm	30 <i>Navigating the Internet</i> 9:00-11:00am  <i>Open Lab</i> 12:30 –4:30pm			

Fox Cities Workforce Development Center — **Computer Lab** Vickie @ 920.968.6835 or vmcparlon@fsc-corp.org

Calendar is subject to change.

When workshops are not in session, the lab maybe used for computer tutorials and self-paced computer training programs.


**Fox Cities  
Workforce  
Development  
Center**  
*Connecting People with Careers*  
 1802 Appleton Road  
 Menasha, WI 54952

### Helping others can help you....**Volunteering** is rewarding!

**Adults** who participate in formal volunteer opportunities appear to have a better mental health and well being according to a British study. **Volunteering** provides a sense of purpose.

Many community agencies are in dire need of volunteers and especially now with the holiday season nearing. Consider donating at least **one hour of your 40 hour week** to help out in one of the many opportunities in our community. **ADVOCAP's RSVP** program can help you to find your niche.

If you are **55+** contact **ADVOCAP's RSVP** program for **Volunteering** opportunities throughout your community.

**Pat Micka**  
**Volunteer Development Specialist**  
**ADVOCAP RSVP Program**



## Health Care Job Fair

11 a.m. - 3 p.m. | Appleton Campus

Room A170 (Use Entrance 16)

Search for full-time, part-time and internship positions in health care, plus network with employers from the region.

- Free to attend
- No pre-registration required
- Professional dress required
- Open to the community



## Mock Interviews - Appleton

Nov. 15-16 | Appleton Campus

**"Tell me about yourself..."**

This question is often asked during an interview - are you prepared to answer it?

In this economy you can't afford to be unprepared for a job interview. With increased competition for every job, you need to really impress your interviewer. Get prepared. Sign up for a mock interview today!

A mock interview simulates an employment interview in which human resource volunteers from the community will ask you questions and provide you with feedback about your responses to help you best market yourself.

**Tuesday, Nov. 15** - 8 a.m. - noon

**Wednesday, Nov. 16** - noon - 4 p.m.

## Truck Driving Job Fair

4-6:30 p.m. | J. J. Keller Transportation Center

**Thursday, Nov. 17**

Fox Valley Technical College

1825 North Bluemound Drive, Appleton

North Safety Bay of the J. J. Keller Transportation Center

Open to current Truck Driving students and the general public.



## Holiday Art & Craft Fair

9 a.m.-3 p.m. | Appleton Campus

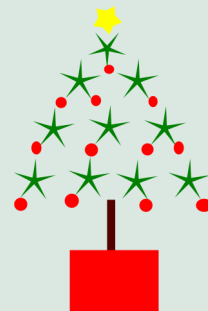
Saturday, November 19

9 a.m.-3 p.m.

Fox Valley Technical College

1825 N. Bluemound Drive (use Entrances 1, 6 and 10)

Admission: \$3.00





# NOVEMBER JOB CLUB



## FEATURING:

**Onsite Employers • Networking • Job Leads • Applications • Job Seeker Q&A • Immediate Interviews • Support • Job Search Tips • Resources • Education**

## Fox Cities Workforce Development Center

Redwood Room | 1802 Appleton Rd. Menasha, WI 54952

**FRIDAY, NOV. 4**

**West Corp.**  
9AM-11AM

**First Friday:**  
Resume Review

**FRIDAY, NOV. 11**

**UW Extension  
Presentation:  
Resilience**  
9AM-11AM

**FRIDAY, NOV. 18**

**Employer Panel:**  
Dell Technical Group,  
McCain Foods, Time Warner  
Cable, STL Staffing, Solea  
9AM-11AM

**FRIDAY, NOV. 25**

Day After  
Thanksgiving -  
**NO JOB CLUB**

## Job Club Checklist:

- Be enthusiastic!
- Have questions ready to ask employers
- Be prepared to interview/mock interview
- Research employers ahead of time
- Arrive on time
- Dress to interview
- Bring copies of your resume
- Be willing to learn!







**Health Education and Enrollment Center  
621 W Lawrence Street—Appleton, WI 54911  
Call (920)882-6420 to schedule an appointment**

**We can help YOU get covered through the Health Insurance Marketplace**



**Don't miss out! We can help you:**

- Choose a new health plan
- Update your information
- Make a plan for a healthy 2017

**The Open Enrollment Period starts  
November 1, 2016 - January 31, 2017**

**Apply before December 15, 2016 to have your coverage  
start January 1, 2017**

**Medicaid & BadgerCare+**

There's no limited enrollment period for Medicaid or BadgerCare+.  
You can apply any time.



# 9th Annual Financial Makeover Challenge

## MONEY SMART WEEK® FOX CITIES

December 12, 2016 to April 14, 2017

### Could you use \$3,000?

The Money Smart Week (MSW) Fox Cities Financial Makeover Challenge helps families and individuals improve their financial situation with one-on-one counseling from the Financial Information & Service Center (FISC). Participants set goals and build strategies to increase their savings and reduce debt over four months.

Four participants will compete to reach their financial goals

**\$3,000 top prize, \$1,500 second place**

two runners-up receive \$625

**2015-2016 Winner**



Kay and Chris Hillmann of Neenah won the 8th annual Financial Makeover challenge. Hear them and other participants share their experience from the Challenge. Visit us online at [www.fisc-cccs.org](http://www.fisc-cccs.org).

**Interested? Apply by Friday,  
November 11, 2016**

Want to know more about the Challenge?

Call FISC at 920-886-1000, visit [www.fisc-cccs.org](http://www.fisc-cccs.org)

or check with a Money Smart Week Fox Cities partner.

Thanks to the MSW Fox Cities partners listed on the back.

For more information on local Money Smart week offerings, visit [www.moneysmartweek.org](http://www.moneysmartweek.org).

A nonprofit Consumer Credit Counseling Agency, FISC is a program of Goodwill Industries of North Central Wisconsin, Inc. Thanks to support from the United Way and Goodwill, FISC can offer low cost and free workshops and counseling.





ASSET BUILDERS PRESENTS  
**The 14th Annual Fox Cities**  
**MONEY**  
**CONFERENCE**

**SATURDAY, NOVEMBER 5, 2016**  
**FOX VALLEY TECHNICAL COLLEGE**

1825 N. Bluemound Dr.

Appleton, WI

**9:00 AM – 1:30 PM**

Registration & Breakfast at 8:30 AM

**COST**

Pre-registered by October 28, 2016

Adults, pre-registered ..... \$5.00

Youth, pre-registered ..... \$2.50  
 (under 18 years)

Day of the event

Adults, on the day ..... \$7.00

Youth, on the day ..... \$3.00

Unable to pay? Call us to discuss  
 other options. 866-304-6896

*Childcare available for children ages 2–5  
 (advance reservations required).*

**See reverse for registration form.**



**Asset Builders**, a WI nonprofit organization,  
 conducts this nonprofit conference  
 in cooperation with many area partners.  
 There is no selling or pressure  
 to buy any financial products at this event.

Keynote Speaker

**Eric Friedland**

Associated Bank

Financial Crimes Investigations

Team Lead



**WHAT YOU CAN LEARN**

Instruction in Credit Repair, Modern Banking  
 (personal finance apps and online banking),  
 Budgeting, Homeownership, Love and Money –  
 a Relationship Challenge, How to Cut the Cost of  
 Paying for College, How to Make Your Food \$\$  
 Count, and much more

- *Childcare Providers—earn credit toward Continuing Education requirements! Up to 3 Registry hours with three workshops to choose from!*
- *One-on-one session with a financial planner and one-on-one review of your credit report*
- **Get a free copy of your credit report with credit score!**
- *Age-appropriate instruction for students between the ages of 6 and 14*

*A light breakfast & lunch  
 will be served to conference attendees.*

**Door Prizes  
 given throughout  
 the day!**

**Call Asset Builders for more  
 information.  
 866-304-6896  
[www.assetbuilders.org](http://www.assetbuilders.org)**





### **Pre-Employment Training with Oshkosh Defense**

We are recruiting candidates for an 8-week pre-employment training in Welding. Successful graduates of this training will have the opportunity for employment at Oshkosh Defense. Attend our recruitment to learn more!

#### **Requirements:**

- 18 years or older **AND** Proof of U.S. Citizenship
- High school diploma or equivalent
- Manufacturing experience a plus
- Ability to pass a drug test
- Resume

#### **Location:**

UAW Local 578  
2920 Oregon Street  
Oshkosh, WI 54092

**Date:** Wednesday, November 2nd

**Times:** 10:00 am                      1:00 pm                      4:00 pm

**Registration is required, walk-ins are not accepted**

**Call 414-342-9787 to register**



It is the policy of WRTP/BIG STEP to provide equal employment opportunity to all persons regardless of age, color, national origin, citizenship status, physical or mental disability, race, religion, creed, gender, sex, sexual orientation, gender identity and/or expression, marital status, status with regard to public assistance, status as a disabled veteran and/or veteran or spouse of a veteran or any other characteristic protected by federal, state or local law. In addition, WRTP/BIG STEP will provide reasonable accommodations for otherwise qualified disabled individuals.

# Dreaming of earning more money...

Is money  
preventing you  
from going to  
school?



Is the cost of  
school stressing  
you out?

Can \$1,000 help?

**Information Technology  
Truck Driving  
Business**

**Advanced Manufacturing  
Health Care  
and many others!**

If you are 17-24 years old you may be eligible for the WIOA program and you may be eligible to receive tuition assistance up to \$1000 per semester!

**Complete the application to learn more  
and return to your respective WIOA Representative  
at the Job Center closest to you!**

**If you reside in:**

**Green Lake or Fond du Lac Counties**

Return application to : Aimee  
349 N. Peters Avenue  
Fond du Lac, WI 54901  
920.539.8532

**Winnebago or Calumet Counties**

Return application to : Danielle  
219 Washington Avenue, Oshkosh, WI  
**OR** 1802 Appleton Rd. Menasha, WI  
920.252.3216

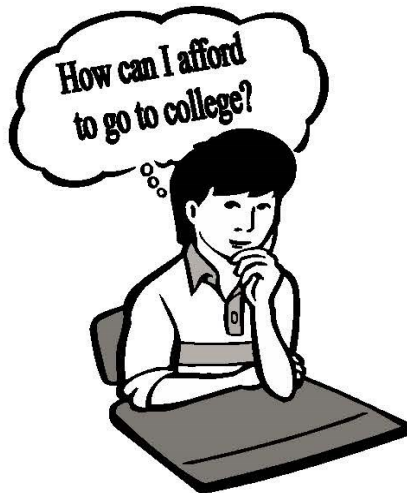


The Fox Valley Workforce Development Board is an equal opportunity, affirmative action employer and service provider with funding provided under the Workforce Innovation and Opportunity Act through the State of Wisconsin Department of Workforce Development.

Individuals using a Telecommunication Device for the Deaf (TDD) should call 1-800-947-3629



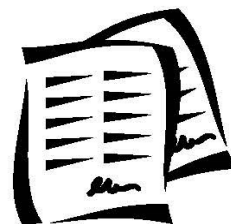
## NEED MONEY FOR COLLEGE?



So, you want to go to college, but you're not sure how to pay for it? We may be able to help you realize your dream of a college education, financial security and a satisfying career. The Wisconsin Association of Housing Authorities (WAHA) is offering the Steve Falek Scholarship to four deserving applicants, and one of them could be you!

WAHA is offering two \$1,000.00 scholarships for full time students (12 or more credits per semester) and two \$500.00 scholarships to two deserving part time students (6-11 credits per semester). The scholarship winners will be announced by February 27, 2017 so the winners have enough time to plan to attend the Spring Conference in April when the awards will be publically announced!

Full time students with 12 or more credits and part time students with a minimum of 6 credits may apply. WAHA scholarships are open to graduating high school seniors as well as those already attending a 2-year or higher accredited public or private institution in the State of Wisconsin offering an associate or undergraduate degree. **The deadline for submitting an application is 4:30 p.m. on Monday, January 09, 2017.** Scholarship winners will be publically announced at the WAHA Spring Conference in April of 2017.



Also, the Oshkosh and Winnebago County Housing Authorities are again encouraging the pursuit of higher education with an additional reward for those applying for scholarships. An applicant who wins the local competition at the Authority will receive an additional \$100.00 scholarship. Applicants who are selected as district winners will be awarded an additional \$250.00, and any local applicant who wins the WAHA award will receive an additional \$500.00 scholarship. **WHAT A BONUS!**

If you are a resident in a Housing Authority subsidized housing program with a desire to continue your education, you can get a scholarship application at [www.wahaonline.org](http://www.wahaonline.org), the 2<sup>nd</sup> floor reception desk, Oshkosh/Winnebago County Housing Authority, 600 Merritt Ave, Oshkosh, Monday - Thursday from 8:00 a.m. - 4:30 p.m., Friday from 8:00 a.m. - noon or from your property manager.



## Attention High School Seniors Who Are College Bound!

To encourage academic excellence and community responsibility, three (3) scholarships will be awarded by PHADA, the Public Housing Authorities Directors Association, to deserving high school seniors living in public or assisted housing at a PHADA member agency of which the Oshkosh/Winnebago County Housing Authority is!



The \$7,000.00 Stephen J Bollinger scholarship will be formally presented at PHADA's Annual Convention and Exhibition on May 24, 2017 in Las Vegas, Nevada. The winner will receive a trip for him/herself and one parent/guardian to attend the convention.

PHADA's Board of Trustees developed a \$5,000.00 Freedom & Civil Rights Scholarship to honor the work of Rosa Parks and the achievements of the civil rights movement. This scholarship requires an additional essay (350-500 Words) demonstrating your efforts and achievements in furthering the values of the civil rights movement.

SACS Software/Scott Accounting & Computer Services, Inc. will reward one deserving youth with a \$5,000.00 scholarship.

Applicants must be a high school senior, reside in a PHADA member agency owned or managed unit throughout his/her entire senior year, have at least a "B" average, provide an original and official copy of his/her high school transcript, have two letters of recommendation and submit a typewritten essay addressing "How My Public Housing and High School Experiences Have Influenced My Life" (350-500 words). An additional Essay is required for the Freedom & Civil Rights scholarship.

You may pick up an application form and more information at the Housing Authority main office located at 600 Merritt Ave. in Oshkosh during normal business hours, 8:00 a.m. - 4:30 p.m., Monday - Thursday and on Friday from 8:00 a.m. - noon. **The deadline for turning in completed application packets is Tuesday, January 17, 2017.** If you have further questions, you may contact Kim at the Housing Authority office at (920) 424-1470, ext. 137.

## My Secret Way to Bake Chicken Breasts

4 to 12 or even more boneless, skinless  
chicken breasts halves

A couple tablespoons of olive oil

Garlic salt and pepper

Large sheet of heavy duty foil (not the cheap stuff)



Preheat the oven to 350 degrees. Line up the chicken in a row on the foil. Drizzle each piece with a little olive oil. Season each piece with some salt and pepper. Wrap up the foil (not too tight) to make a packet. Place packet on a jelly roll pan. Bake for 40 to 55 minutes. Remove from the oven and let cool for about ten minutes. Carefully open the foil packet. There you go, lots of chicken for the whole week. This recipe makes a good flavored chicken breast to put in many recipes or even just on a bun.

Recipe by Amy Hanten



Please vote on **November 8th** !