



National Edition 15

# Feed Your Body, Fuel Your Soul: Here's How to Crush Your 2024 Wellness Goals!

January Edition 2024

Haga clic aquí para español



Hey there, champions of change! It's a brand spanking new year, and we're all about helping you become the best version of yourself. Buckle up and get ready to kickstart 2024 with our power-packed newsletter, filled to the brim with resources to rock your world, career advice that suits your vibe, and wisdom straight from our amazing Peer Navigators. They're all revved up and stoked to be your sidekicks on this amazing journey of self-discovery. Let's dive in!

## Resources for you

### Set Your 2024 Goals



Click the button below, to watch our short video to unlock the secrets of SMART goals and get your year off to an epic start. Then, arm yourself with our handy-dandy [SMART Goals Worksheet](#), to jot down the ambitions that'll put you on the fast track to success. It's like having a personal goal-setting superhero in your pocket!

Watch: SMART Goal Tips

Be Your Own 2024 Health-conscious Foody

### FREE Career Planning Tool



Psst! Want a job that screams 'You'? Look no further than Career Cruising – the ultimate tool to uncover your career interests and create an epic educational plan that leads straight to your dream job! Don't wait another minute – click below to get in touch with us and score your very own account. Get ready to unlock a world of career possibilities that'll have you living your best professional life!

Start exploring careers today

A Healthy Mind is Healthy Body

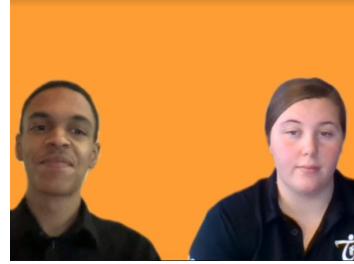
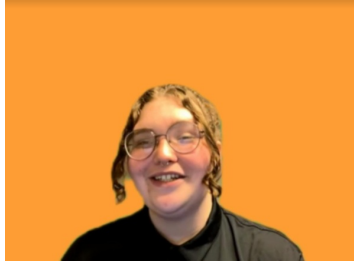
### Be a Savvy Saver This Year



If you're always on the hunt for ways to trim those expenses and stretch that dollar, we've got some mind-blowing news for you. Say hello to iFoster's Get Perks and Working Advantage, the superheroes of discounts that'll have you saving big on all the essentials, from basic needs to snazzy clothing, supplies, and even epic adventures!

Start saving and winning in 2024!

Calling on MONEY Magnets



Get ready to unleash your inner nutrition ninja because Gaia, our fabulous Peer Navigator, is about to drop some jaw-dropping knowledge bombs on why you really are what you eat. Brace yourself for an eye-opening journey where you'll discover the secrets of healthy eating choices, the importance of portion control, and even how to decode those sneaky nutrition facts tables.

Prepare yourself for a mind-blowing journey where you'll uncover the secrets of physical health, learn how to take care of your body like a pro, and even discover what to do when those pesky sickness bugs come knocking. But wait, there's more! We'll also guide you in developing a personalized health and wellness plan to keep you feeling your absolute best.

If you've got a burning desire to line your pockets with extra cash, we've got a game-changing solution just for you. Introducing the Wise Pockets' method – your ticket to pocketing oodles of spare change in no time! Brace yourself as our dynamic duo of financial wizards, Avante and Dymond, take you on a budgeting adventure to supercharge your budgeting and savings.

Hear from Gaia about Healthy Eating

Strengthen your inner self this year&nbsp; ;

Level up your financial game

## Unleash Your Superpowers: Join the TAY AmeriCorps Paid Internship Program and Transform the Lives of Foster Youth

Are you someone who wants to make a real difference in the world? Are you passionate about working with foster youth and shaping better futures for them? Then join us at TAY AmeriCorps and become a superhero in your community!

Last year's TAY AmeriCorps team was unstoppable, with 172 members across six states coast-to-coast. And guess what? We won the AmeriCorps Excellence in Inclusive Service Award too! But we're not resting on our laurels yet - we want **YOU to join us** and help create even more impact!

With TAY AmeriCorps, you'll have the chance to place yourself at some of the most incredible agencies and organizations nationwide. From NFYI to Advocates for Youth, Project Joy, Angel's Nest, and many others - we've got a vast network of partners that we work with.

When you join TAY AmeriCorps, you will not just be another volunteer. You will have the chance to impact the lives of foster youth across the nation. Through our many impactful projects, you'll be able to help spread your dedication to service, empowering foster youth and their supportive adults with resources to succeed.

If you want to make a real difference, there's no better place to start. Enlist in TAY AmeriCorps today, and let's rock and roll together.

Apply today! To Join iFoster's TAY AmeriCorps Team



**iFoster is looking for HOST sites in 2024.** Attention all agencies and organizations seeking a win-win situation! Brace yourself for an opportunity that will expand your capacity and leave a lasting impact on the lives of the people you serve. Picture this: hosting interns who will bring meaningful work experiences to your doorstep, **all at absolutely no cost to you**. Sounds like a dream, right? It's time to turn that dream into a reality by becoming a TAY AmeriCorps host site with iFoster!

Get ready to unleash the power of positive change as our TAY AmeriCorps Peer Navigators help you reach your 2024 goals, but here's the catch – we need incredible host sites like yours to make this happen. Since 2019, iFoster's TAY AmeriCorps program has connected over 30,000 transitional-age foster youth to life-changing resources.

Hold on tight because the excitement doesn't stop there. Our program was awarded the prestigious title of Best New AmeriCorps program in 2019, and last year, we were awarded the Excellence in Inclusive Service Award. So, if you're ready to become part of an award-winning initiative and significantly impact your community while adding a touch of magic to your organization, don't hesitate to [apply now to become a TAY AmeriCorps host site](#) with iFoster. Trust us, it's a partnership you want to take advantage of!

Did You Know?

**Access Food Pantries! Get the Help You Need!**

To access food pantries in your area to ensure you and your family never go hungry! Follow the steps found on either the CA or National Food Access Flyers.

[California Food Access Flyer](#)

[National Food Access Flyer](#)

Take advantage of this opportunity to receive help and support! Let's ensure no one in our community goes without a meal.



iFoster is here to help you sign up for SNAP and access its various benefits. [Watch our peer navigator](#) explain it and connect with iFoster today to secure your SNAP benefits.

**Los Angeles County Only:**  
**Apply today for the Kollab Youth's Winter 2024 Session**

Immerse yourself in a journey of growth, skill-building, and empowerment. Gain valuable skills, receive mentorship from industry leaders, and unlock exciting rewards. Apply now at [kollabyouth.org/youth-registration](http://kollabyouth.org/youth-registration) and ignite your path to success!



**Get Ahead with the Soft Launch of the 2024–25 FAFSA® Form**

It's your chance to secure financial aid for the upcoming academic year. The soft launch of the 2024-25 FAFSA form is here, allowing you to start the application early and increase your chances of receiving maximum aid.

Submitting the FAFSA opens doors to federal grants, loans, work-study programs, and more. The new FAFSA reflects major changes, including a reduction in the number of questions, a transition from EFC to SAI, and expanded Pell Grant eligibility.

Visit [www.studentaid.gov](http://www.studentaid.gov) to access the user-friendly online form and gather your documents. Remember, some programs work on a first-come, first-served basis, so don't wait! Complete your FAFSA now to unlock financial aid options for your education.

Additionally, the CADAA application, which provides access to state aid for undocumented students, is also available. Our Partner, JBAY, has created a series of comprehensive resources for students who have experienced foster care or homelessness, including an overview of financial aid types, tips for completing applications with step-by-step instructions, and key steps to take after submitting the FAFSA or CADAA. Access these [free resources here](#).

Don't miss out on the opportunity to secure financial assistance for your education. Start your FAFSA or CADAA application today!



Share This Email

Share This Email

Share This Email

For more information, please contact: iFoster Support at 855-936-7837 / text 530-550-8001/ [support@ifoster.org](mailto:support@ifoster.org)  
Must be an iFoster Member/ Register at [www.ifoster.org](http://www.ifoster.org), it's free!

iFoster | PO Box 159, Truckee, CA 96160

[Unsubscribe\\_serita@ifoster.org](mailto:Unsubscribe_serita@ifoster.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [support@ifoster.org](mailto:support@ifoster.org) powered by



Try email marketing for free today!