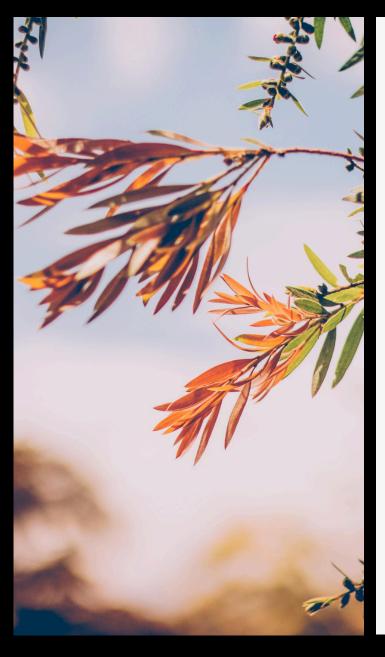
NOVEMBER NEWSLETTER

ORANGE GRAND COMMUNITIES



COMMUNITY REMINDERS

Auto-Pay on RentPayment: For those of you that use auto-pay through RentPayment, please make sure that you are aware when the auto-pay is going to expire. They usually expire after 1 year. Emails are sent to remind you of the upcoming expiration date! To avoid late fees, please be sure to update your auto-pay before it ends.

Patios & Balconies: As winter approaches, please take the time to clean up your patio or balcony and front door areas! They should be clutter free and kept tidy throughout the entire year.

Snow: With winter right around the corner, please remember that salt is provided at the Clubhouse for your personal walkways. Our crews will clear off the common area sidewalks, and the parking lot will be cleared after 3 inches of snow by an outside company that we work with.

NOVEMBER

RESIDENT EVENTS

Food Drive

NOVEMBER 1ST-15TH

We are partnering with People in Need, Inc. of Delaware County in a food drive! Please bring in nonperishable food items during the first two weeks of November. We will take all donated items on Monday November 17th! Please see next page for suggested items!



Grab & Go Breakfast

SATURDAY NOVEMBER 15TH

Breakfast is on us from 9:00 AM - 11:00 AM on Saturday November 15th. Stop by the Clubhouse to get your Saturday morning fuel from Orange Grand! Coffee, Juice, Bagels, Muffins and more!





HEALTHY DONATION LIST

FRUIT



- Fresh fruit
- Canned fruit, with0g ofadded sugar or less than 12g oftotal sugar
- •100% fruit juice

VEGETABLES



- Fresh vegetables
- Canned vegetables, with less than 230 mgof sodium and less than 0g of added sugar or less than 12g of total sugar
- •100% vegetable juice

WHOLE GRAINS

- •100% whole wheat or whole grain bread, tortillas, and pasta
- Brown rice
- Oatmeal
- Cereal with first ingredient whole-grain and with less than 6g of added sugar

DAIRY

- Low-fat or non-fat milk, both fresh and shelf stable
- Low-fat or non-fat yogurt, with 0g of added sugaror less than 12g of total sugar

PROTEIN



- •Canned beans, low-salt (less than 230mg of sodium)
- Peanut / nut butter
 with less than 5g of saturated fat
- Dried beans
- Canned tuna or chicken in water

OTHER FOODS

- •Canned soup or broth, low-orno salt-added(less than 480mg of sodium and less than 3g of saturated fat)
- Spices and dried herbs

