

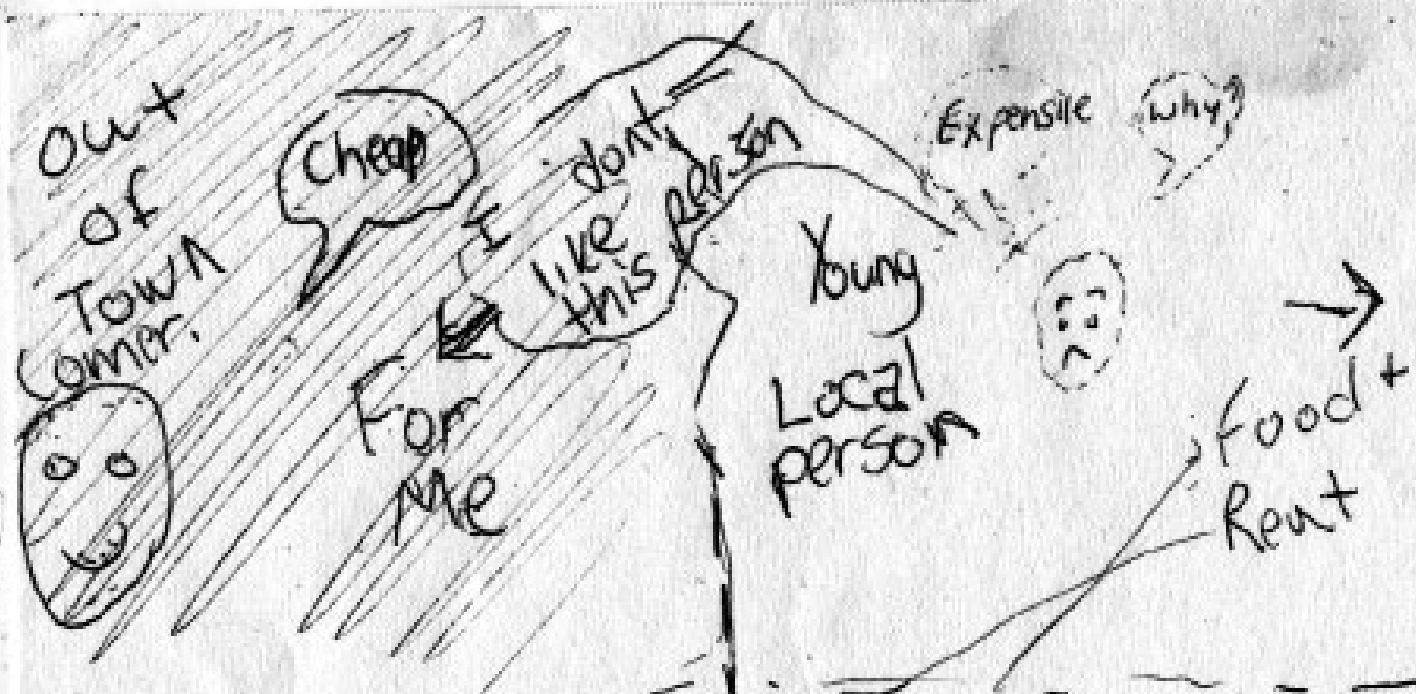


Survival
Guides

James St.

COMMUNITARIAN
GENTRIFICATION





Need
Rent
Law. LANDLORDS
CAN RENT OUT
NEW UNITS for
too Much.

ROOMMATES
with sharing cost ---
541 Living
Rock
Vatons
Aptor 8 Housing supports

HAMILTON
We have a diverse
Community ---
But we all ARENT
supported EQUALLY...

↓
More
Affordable
Housing
↓

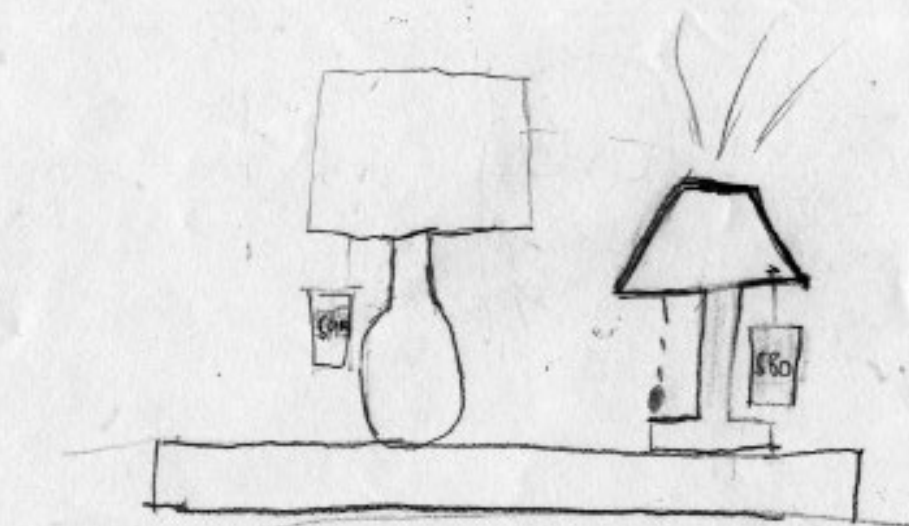
WORK - PLAY - TAKE CARE of Your Self



Treasure



Save Money
Save the earth

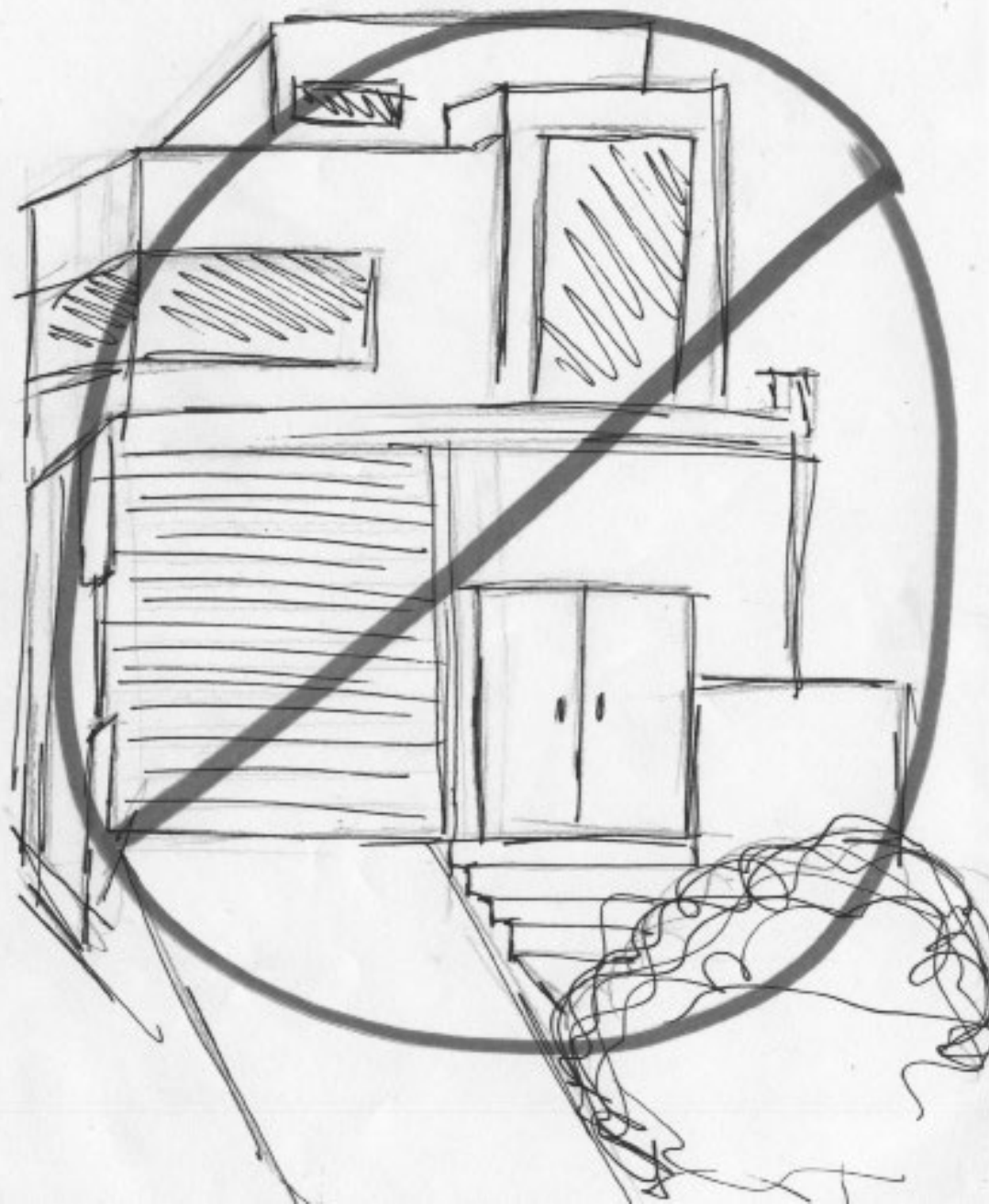


What
That's too
expensive

THIS



NOT THIS



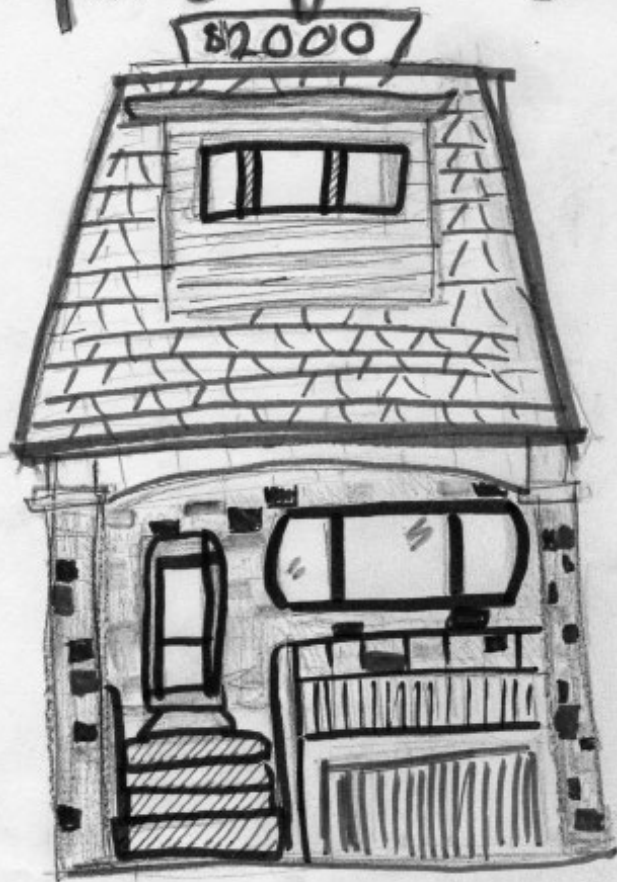
PLACES I CAN STILL AFFORD TO EAT:

- NABIL'S GRILL -
(\$5 specials before 2pm every day)
- TIM HORTONS
- PHO DAU BO (on JAMES)
- DAY OLD MUFFINS @
MULBERRY STREET! (\$2)
- 541 EATERY (on BARTON)
- NATIONS AFTER 5PM
- OLA'S BAKERY

WAYS TO STILL FASHION WITH LITTLE DOLLAZZZ

- LEARN TO MEND (come to Re-create to learn 4 FREE!!)
- CLOTHING SWAPZ
- GO TO KIM'S ALTERATIONS ON BARTON (\$1 + \$2 dolla rack)
- VALUE VILLAGE 50% off days
- MAKE YOUR OWN ^{CLOTHING} → LEARN 4 FREE @ RE-CREATE
- BUNZ TRADING ZONE!!
- SELL YOUR OLD STUFF!

house for rent



Beautiful home in the heart of downtown Hamilton. Elegant lead paint throughout. Opportunity to make friends with the family of mice in the basement or the gang of ants in the attic. 3 bedrooms, 1 bathroom. Can't afford it? Find 12 friends to join you (just don't tell the landlord). All yours for \$2000/month!

DON'T
RENT FROM

DICENZO HOMES
DeSANTIS DEVELOPMENTS
MARZ HOMES EFFORT TRUST

MULTI-AREA DEVELOPMENTS
PALETTA INTERNATIONAL
MAJESTIC PROPERTIES
CLV GROUP
HOMESTEAD PROPERTIES

Recipes for cheap healthy foods to make at home:



① Spice up your instant noodles ~

- Instant noodles ~ \$0.70
 - tofu (diced) ~ \$1.80/box
 - zucchini (sliced) ~ \$1.00
- = \$3.50**
- cook the tofu & veg in the flavoured water before adding noodles. (if you don't like zucchini, you can use a different vegetable)*

② Perogies for breakfast!

- No name perogies ~ \$2.00/bag
 - a gooey fried egg ~ \$2.50/dozen
 - Scallions (chopped) ~ \$1.50/bunch
- = \$7.00** (w/ 11 leftover eggs)

→ if you put the roots in water, they'll keep growing!

③ Green Omelet

- 2 eggs ~ \$3.50/dozen
 - scallions ~ \$1.50
 - frozen peas ~ \$2.00/bag
- = \$7.00** (or use spinach!)

→ Sauté the peas w/ scallions. Crack eggs on top.

④ Grilled cheese w/ Pickles

- cheddar cheese ~ \$4.00/brick
 - bread ~ \$2.00/loaf
 - pickles (sliced) ~ \$2.50/jar
- = \$8.50** (w/ lots of leftovers)

→ add sliced pickles to your grilled cheese before putting in the pan.

⑤ Creative Craft Dinner

- mac n cheese ~ \$1.00/box
 - broccoli (chopped) ~ \$2.00/bunch
 - zucchini (sliced) ~ \$1.00/each
- = \$4.00**

→ Substitute the greens for onions & a bell pepper for a different taste.

→ Cook the vegetables w/ the pasta, before adding the cheese.

⑥ Lentil Soup

- red skinless lentils ~ \$3.75/bag
 - tomatoes (chopped) ~ \$1.50
 - hot sauce ~ \$2.00
- = \$7.25**
- one ^{dry} cup is 2-3 servings

→ or use potatoes + lime instead of tomatoes & hot sauce.

→ Cook lentils in salted water. Add other ingredients 10min before removing from heat.

Places that empty my wallet

- Bagel Cafe next to ReCreate
- Radius Bar
- Metro
- Synonym
- Parts Source
- Salvation Army
- Roots
- Value Village
- Apple Store
- Basically Mapleview Mall
- Michaels (always bring coupons)
- Dollarama hiking up prices
- freshi
- Fortinos ... to be continued

- hair salons, cheaper to go to a hair school

- having to shop on sale days at popular-common stores

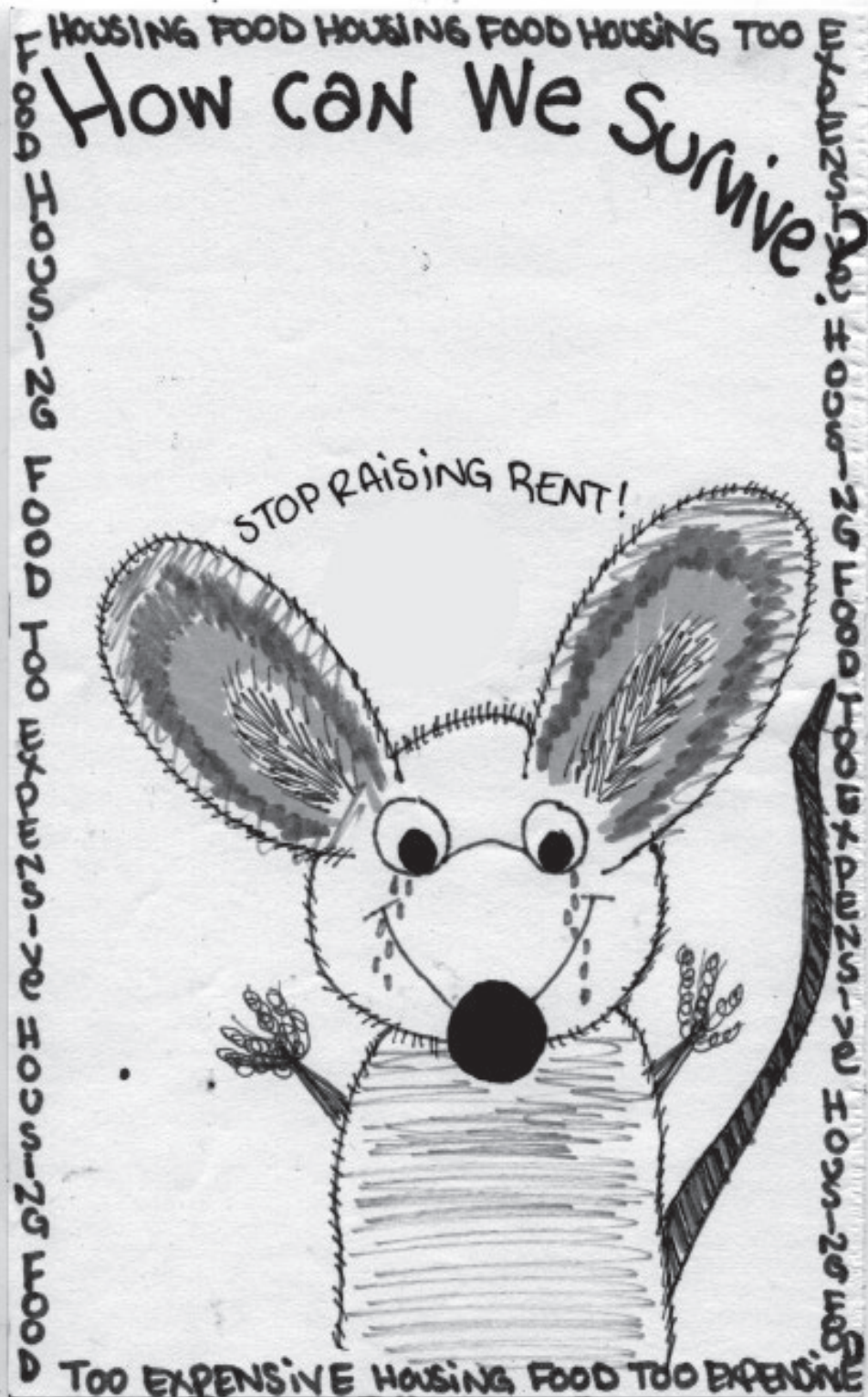
- some art supply stores

* shop around, but treat yo self *

*. research restaurant reviews *

- Thyme maternity

* shop local Thrift Stores *



This zine was created in winter 2019 by the youth at RE-create Outreach Art Studio through a workshop with artist **Sylvia Nickerson**, with support from Hamilton Artists Inc.

RE-create is a drop-in art studio for youth ages 16-24. It's located through the door between 126 and 128 James St. N. in downtown Hamilton.

Drop-in Times:

Mondays: 12:30 - 3:00 pm

Tuesdays: 7:00 - 9:00 pm

Thursdays: 4:00 - 6:00 pm

Hamilton Artists Inc. is a not-for-profit gallery that programs exhibitions, performances, educational and outreach projects that are free and open to everyone. It's located at 155 James St. N. in downtown Hamilton.



HAMILTON ARTISTS INC.



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