



Liberty Midtown (Salt Lake City)

At Home

News and Tips for Residents of Cowboy
Properties Communities
Aug. 6, 2021

Eat Around The World

We love trying new cuisines, and there are a variety of restaurants and food trucks across the valley to give you a taste of the world.

Senegal

[Balabe](#) (Food Truck)

Chile

[Noemi's Catering](#) (Food Truck)

Argentina

[El Nene Sammy](#) (Food Truck)

[Portena Gourmet Empanadas](#) (Food Truck)

Russia

[Luybochka](#) (959 E 3300 S, Salt Lake City)

Haiti

[Mayaka Caters](#) (Food Truck)

Peru

[Rubi's Peruvian Taste](#) (970 E 3300 S, Salt Lake City)

Jamaica

[Jamaica's Kitchen](#) (Food Truck)

South Africa

[Zulu Grille](#) (2951 Club House Dr., Lehi)

West Africa

[Somali Restaurant](#) (1320 S Swaner Rd., Salt Lake City)

Venezuela

[Arepas](#) (350 S State St., Salt Lake City)

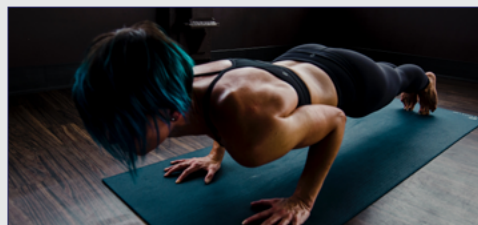
Lagoon Giveaway

We are giving away two tickets to Lagoon Amusement Park! Fill out [this survey](#) to enter the giveaway. Did you know that the roller coaster turns 100 years old this year?

Apartment Friendly Workout

Check out this workout that can be done in a small space. Perform each of these 10 exercises for 30 seconds each, 2-3 sets through. If you are looking for a cardio burn from your workout, perform the exercises at a fast pace back-to-back. For more of a strength or resistance workout, perform the exercises slowly and add additional weight.

- Standing overhead shoulder press (Balance on one leg for a bigger challenge.)
- Butt kickers
- Plank row
- Mountain climbers
- Lateral lunges with dumbbells
- Squat jumps
- Pushups
- Pushup jacks
- Superman
- High knees



Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 12 and up is eligible for the vaccine in Utah.

The Utah Health Department recently released [recommendations for Covid-19 prevention strategies for K-12 schools.](#) We encourage you to check your local school district to learn about their specific requirements.

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.

Housing Assistance

rentrelief.utah.gov

General Assistance (Utilities, Food, Housing)

utahca.org/housing/ or call (801) 359-2444
211utah.org/ or call 211

Utah Department of Workforce Services Resources

jobs.utah.gov/
jobs.utah.gov/docs/hotjobs.html

Food Resources, and Mobile Food Pantry Dates and Locations

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