



Action Hub

Supporting San Juan County Families – April 2026

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Federal News: Why are we paying more at the pump?

The Strait of Hormuz closure is a key federal-level factor driving up gas prices for San Juan County families, as it disrupts 20-30% of the world's oil supply from major producers like Saudi Arabia, Iraq, and the UAE. This "unthinkable" event, triggered by U.S.-Iran tensions under President Trump's Operation Epic Fury, has caused crude prices to surge 25% to \$83/barrel since early March 2026.

The "rockets and feathers" effect: is also in play: gas prices rocket up on oil spikes but feather down slowly, worsened by seasonal summer blends.

Federal Response

The federal government is boosting U.S. production (now at record 13.5 million bpd), tapping Venezuelan supplies, and planning military escorts for tankers after neutralizing Iranian threats. White House assurances aim to cap prices, but analysts say true relief needs conflict de-escalation.

Outlook & Tips

Prices may peak mid-April with summer demand but could ease if escorts reopen the Strait (U.S. targets "not too distant future"). Track via AAA or GasBuddy; save by apps (Upside, GetUpside for 20¢/gal cashback), efficient driving, or community carpool. Federal aid like expanded EBT fuel credits may help.

State News: Maximize Your Food Bucks

NM Legislature boosted SNAP's Double Up Food Bucks—**shop San Juan Farmers Markets** for DOUBLE value on fruits/veggies (e.g., \$20 SNAP → \$40 fresh produce!). Up to \$1M+ funding makes it easy to eat healthy on a budget. Doubleupnm.org

Here in our county, stop by the table with the ECHO's Outreach Team and they can assist you with filling out SNAP applications, answering SNAP FAQs, and navigating changes to the 2026 SNAP requirements. Contact ECHO today to set up an appointment to renew or sign up for SNAP: 505-787-4009, outreach@echoinc.org



Tip: Bring grandkids—fresh eats + fun outings beat high prices!

Local News: Tres Rios Habitat for Humanity

-serves San Juan County, New Mexico, as a local affiliate of Habitat for Humanity International, focusing on affordable housing solutions. The organization empowers families to break poverty cycles via sustainable homeownership.

Key Programs

Homeownership: Partners with qualifying families for new, energy-efficient homes; families contribute sweat equity and buy via no-profit mortgages.

A Brush with Kindness: Provides minor repairs, ramps, and painting for safer homes, relying on volunteers.

ReStore: Sells donated furniture, appliances, and building materials to fund 6homes yearly; promotes recycling and offers deals.



ReStore Details

The ReStore has relocated to 815 W Broadway, Farmington, NM 87401 (phone: 505-444-1211 or 505-592-7761; email: tresrioshabitastore@gmail.com). Open Tue-Fri 9 AM-5 PM, Sat 9 AM-4 PM (confirm Sat hours as some sources note 2 PM). Accepts donations of furniture, appliances, and materials; schedule pickups via website.

Contact and Involvement

M505-258-9273; habitatsanjuan@gmail.com). Visit tresrioshabitat.com for volunteering, donations, or qualifying inquiries; featured in local 100% San Juan resources for community impact and stay tuned for NEW volunteer programs!

Simple Recipe: Chews - Spring Clean-Out-the-Fridge Frittata

Turn leftover vegetables into a simple, protein-rich meal.

Ingredients

- 6 eggs & 1/2 cup milk
- 1 cup chopped vegetables (of any kind)
- 1/2 cup shredded cheese (optional) , -Salt & pepper - 1 tbsp oil



Instructions

1. Preheat oven to 375°F.
2. Whisk eggs, milk, salt, and pepper.
3. Sauté vegetables in oil 3–4 minutes.
4. Pour egg mixture over vegetables.
5. Sprinkle cheese if using.
6. Cook 2–3 minutes until edges set.
7. Bake 10–12 minutes until firm.
8. Slice and serve.

Optional Add-Ons: Chicken • herbs • salsa • yogurt

Bonus Chews: 2-Min Carrot Mug Cake

Kid-friendly treat using Double Up produce scraps! Fun cooking party: Kids grate carrots, mix in mugs—microwave magic. Serves 1 (double for parties).

Ingredients

- 2 tbsp flour (whole wheat OK), -n 1 tbsp sugar (½ tsp less sweet)
- ¼ tsp baking powder and ¼ tsp cinnamon, Pinch s of alt
- 2 tbsp milk, - 1 tbsp oil
- 2 tbsp grated carrot, 1 tbsp raisins (opt)

Kid Steps

Grown-up OK: Mix dry stuff in big mug.

Kids stir in milk + oil.

Fold in carrot + raisins.

Microwave 60-90 sec (til puffy/set).

Cool 1 min—top w/ yogurt if fancy!

Why Fun? No oven, no mess—party of 4 needs 4 mugs. Ties to markets: Grate market carrots. 100 calories/slice, veggie sneak-in!



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