



April 2019 GFB Newsletter

Happy Spring

April Calendar

Annual Eggstravaganza

April 6, 2019 10:00 am
On the Guilford Green



Raindate: April 13, 2019



Earth Day at Guilford Fairgrounds

April 27 10:00am -2:00pm

FREE Family Fun!

- Play Games
 - Entertainment
 - Clean Up
 - Info Stations
- For more information contact the Parks and Recreation Department



Shredding Event 10:00-1:00p.m.

Annual Fishing Derby at Mill Pond

May 11th 8:00am to 11:00am

Raindate: May 18th

FREE Event!

Register Online:



www.guilfordparkrec.com / Program #: 21102

COMMUNITY DINING ROOM

Servicing the entire shoreline from East Haven to Old Saybrook

30 Harrison Ave. Branford

www.communitydiningroom.org

Daily Hot Meals

(including all holidays)

Mon-Friday – 12:00 PM to 1:00 PM

Saturday – 11:00 AM to 12:00 PM
(Brunch)

Sunday – 12:00 PM to 1:00 PM



Skate Park at Bittner Park

Open daily from dawn until dusk. Skate Ramps, basketball, and pickleball



HOMEOWNERS TAX RELIEF PROGRAM



Call the Guilford tax Assessor's office at 45308010 for an appointment to receive assistance for you application to applicable tax relief programs for seniors, disabled individuals and veterans before May 15.



CONNECTICUT HEATING ASSISTANCE

Guilford social Services will schedule LIHEAP applications now through April 30, 2019. All households income and assets must be documented. Grants towards your heat expenses for the 2018/2019 season are available from CT State Programs if your income is below 60% of state median: 1/ \$35,116; 2/ \$45,920; 3/\$56,725; 4/\$67,530; 5/\$78,335;

6/\$89,140; 7/\$91,166; 8/\$93,191.

Some assets are considered. Guilford residents call 203-4553-8009 with questions or to schedule an appointment.

**LAST DAY FOR DELIVERABLE FUEL DELIVERIES IS EXTENDED TO
APRIL 3, 2018.**



OPERATION FUEL UTILITY PROGRAM

Applicants may qualify for up to a one time grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 with questions or to schedule an appointment.

Must apply for LIHEAP if potential eligibility.

The GUILFORD HOUSING AUTHORITY is currently accepting applications for its efficiency and one bedroom apartments at Guilford Court and Boston Terrace in Guilford, CT.

Applicants must be age 62 and over or on 100% social security or federal disability and over the age of 18. Applications may be obtained by calling the application line at 203-453-6262, ext. 107. An information packet will also be provided with the application. **Applications will be accepted until May 30, 2019 at 3:00 p.m.** Credit, police, and landlord checks are procured by this Authority.

EQUAL OPPORTUNITY HOUSING





United States Department of Agriculture

10 tips

Nutrition
Education Series

save more at the grocery store



10 MyPlate tips to stretch your food dollar

Using coupons and looking for the best price are great ways to save money at the grocery store. Knowing how to find them is the first step to cutting costs on food. Use the MyPlate coupon tips to stretch your budget.

1 **find deals right under your nose**
Look for coupons with your receipt, as peel-offs on items, and on signs along aisle shelves.

2 **search for coupons**
Many stores still send ads and coupons for promotion, so don't overlook that so-called "junk mail." You can also do a Web search for "coupons." Go through your coupons at least once a month and toss out any expired ones.



3 **look for savings in newspaper**
Brand name coupons are found as inserts in the paper every Sunday—except on holiday weekends. Some stores will double the value of brand name coupons on certain days.

4 **join your store's loyalty program**
Signup is usually free and you can receive savings and electronic coupons when you provide your email address.

5 **buy when foods are on sale**
Maximize your savings by using coupons on sale items. You may find huge deals such as "buy one get one free."

6 **find out if the store will match competitors' coupons**
Many stores will accept coupons, as long as they are for the same item. Check with the customer service desk for further details.

7 **stay organized so coupons are easy to find**
Sort your coupons either by item or in alphabetical order. Develop a system that's easiest for you and make finding coupons quick and hassle-free. Ideas for coupon storage include 3-ring binders, accordion-style organizers, or plain envelopes.



8 **find a coupon buddy**
Swap coupons you won't use with a friend. You can get rid of clutter and discover additional discounts.

9 **compare brands**
Store brands can be less expensive than some of the name brand foods. Compare the items to find better prices.

10 **stick to the list**
Make a shopping list for all the items you need. Keep a running list on your phone, on the refrigerator, or in a wallet. When you're in the store, do your best to buy only the items on your list.



19 Clever Ways to Eat Healthy on a Tight Budget

Written by [Adda Bjarnadottir, MS](#)

Healthy food can be expensive. Therefore, it can be difficult to eat well when you're on a tight budget. However, there are many ways to save money and still eat whole, single-ingredient foods. Here are 19 clever tips that can help you eat healthy on a budget.

1. Plan Your Meals

When it comes to saving money at the grocery store, planning is essential.

Use one day each week to plan your meals for the upcoming week. Then, make a grocery list of what you need. Also, make sure to scan your fridge and cabinets to see what you already have. There are usually a lot of foods hidden in the back that can be used. Only plan to purchase what you know you're going to use, so that you don't end up throwing away a lot of what you buy.

2. Stick to Your Grocery List

Once you've planned your meals and made your grocery list, stick to it. It's very easy to get sidetracked at the grocery store, which can lead to unintended, expensive purchases. As a general rule, try to shop the perimeter of the store first. This will make you more likely to fill your cart with whole foods. The middle of the store often contains the most processed and unhealthy foods. If you find yourself in these aisles, look to the top or bottom of the shelves rather than straight ahead. The most expensive items are usually placed at eye level. Additionally, there are now many great grocery list apps to help you shop. Some of them can even save favorite items or share lists between multiple shoppers. Using an app is also a great way to make sure you don't forget your list at home.

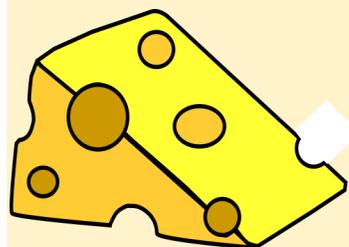


3. Cook at Home

Cooking at home is much cheaper than eating out. Make it a habit to cook at home, rather than eating out at the last minute. Generally, you can feed an entire family of 4 for the same price as buying food for one or two people at a restaurant. Some people find it best to cook for the entire week on the weekends, while others cook one meal at a time. By cooking yourself, you also gain the benefit of knowing exactly what is in your food.

4. Cook Large Portions and Use Your Leftovers

Cooking large meals can save you both time and money. Leftovers can be used for lunches, in other recipes or frozen in single-portion sizes to be enjoyed later on. Leftovers usually make very good stews, stir-fries, salads and burritos. These types of food are especially great for people on a budget.



5. Don't Shop When You're Hungry

If you go to the grocery store hungry, you are more likely to stray from your grocery list and buy something on impulse. When you're hungry, you often crave foods that aren't good for you or your budget. Try to grab a piece of fruit, yogurt or other healthy snack before you go to the store.

6. Buy Whole Foods

Some foods are way cheaper in less processed form. For example, a block of cheese is cheaper than shredded cheese and canned beans are cheaper than refried ones. Whole grains, like brown rice and oats, are also cheaper per serving than most processed cereals. The less processed foods are also often sold in larger quantities, and yield more servings per package.



7. Buy Generic Brands

Most stores offer generic brands for nearly any product. All food manufacturers have to follow standards to provide safe food. The generic brands may be the same quality as other national brands, just less expensive.

9. Stock up on Sales

If you have favorite products or staples that you use frequently, you should stock up on them when they're on sale. If you're sure that it's something you'll definitely use, you may as well stock up and save a little money. Just make sure that it will last for a while and won't expire in the meantime. It will not save you any money to buy something you'll end up throwing out later on.



10. Buy Cheaper Cuts of Meat

Fresh meat and fish can be quite expensive. However, you can get many cuts of meat that cost way less. These are great to use in burritos, casseroles, soups, stews and stir fries. It may also be helpful to buy a large and inexpensive cut of meat to use in several different meals during the week.

11. Replace Meat With Other Proteins

Eating less meat may be a good way to save money. Try having one or two days per week where you use other protein sources, such as legumes, hemp seeds, eggs or canned fish. These are all very inexpensive, nutritious and easy to prepare. Most of them also have a long shelf life and are therefore less likely to spoil quickly.

12. Shop for Produce That Is in Season

Local produce that is in season is generally cheaper. It is also usually at its peak in both nutrients and flavor. Produce that is not in season has often been transported halfway around the world to get to your store, which is not good for either the environment or your budget. Also, buy produce by the bag if you can. That is usually a lot cheaper than buying by the piece. If you buy more than you need, you can freeze the rest or incorporate it into next week's meal plans.

13. Buy Frozen Fruits and Vegetables

Fresh fruits, berries and vegetables are usually in season only a few months per year, and are sometimes rather expensive. Quick-frozen produce is usually just as nutritious. It is cheaper, available all year and is usually sold in large bags. Frozen produce is great to use when cooking, making smoothies, or as toppings for oatmeal or yogurt. Furthermore, you gain the advantage of being able to take out only what you're about to use. The rest will be kept safe from spoiling in the freezer. Reducing produce waste is a great way to save money.

14. Buy in Bulk

Buying some foods in bulk quantities can save you a lot of money. Grains, such as brown rice, millet, barley and oats, are all available in bulk. They also keep for a long time, if you store them in airtight containers. This is also true for beans, lentils, some nuts and dried fruit. These are all staple foods that are relatively inexpensive and can be used in a variety of healthy meals.

15. Grow Your Own Produce

If you can, it is a great idea to grow your own produce. Seeds are very cheap to buy. With some time and effort, you may be able to grow your own herbs, sprouts, tomatoes, onions and many more delicious crops.



Having a continuous supply at home saves you money at the store. Home-grown produce may also taste a lot better than the store-bought varieties. You can also guarantee that it is picked at the peak of ripeness.

16. Pack Your Lunch

Eating out is very expensive, especially if done regularly. Packing your lunch, snacks, drinks and other meals is less expensive and way healthier than eating out. If you have adapted to cooking large meals at home (see tip #4), you'll always have a steady lunch to bring with you without any additional effort or cost. It does require some planning, but it should save you a lot of money at the end of the month.



17. Use Coupons Wisely

Coupons are a great way to save some money. Just be sure to use them wisely. Most coupons are for unhealthy, processed foods. Sort out the good quality deals from the junk, and stock up on cleaning products, healthy foods and other staples that you'll definitely use. By cutting the cost of products needed around the house, you can spend more of your budget on healthy foods.

18. Appreciate Less Expensive Foods

There are a lot of foods available that are both inexpensive and healthy.

19. Buy From Cheap, Online Retailers

There are several online retailers that offer healthy foods for up to 50% cheaper. By registering, you get access to daily discounts and deals. What's more, the products are then delivered straight to your door.

Thrive Market is a very good online retailer that focuses exclusively on healthy and unprocessed foods. Buying as much as you can from them can save you money.

Guilford Free Library Programs

Adult Technology Class: Creating Strong Online Passwords

April 1 6:30- 7:30 pm

Passwords are needed to access just about anything on the Web, from checking your email to online banking.

To protect yourself and your information, learn how to create strong passwords as well as some of the most common password mistakes. All classes are free. Class size is limited to 10 adults. Sign up online or by calling the Reference Department. Basic keyboard and mouse skills are required.



Cross Stich for Beginners

April 23rd, 6:30-7:30pm

Learn the basics of cross stitch while making this cute and simple bunny design. All materials will be supplied. Space is limited to 10 participants.

Free and open to all. Please register.

Tween & Teen Event: DIY Lip Scrubs

April 3, 3:30-4:30 pm

Learn how to make homemade lip scrubs with a variety of ingredients. Lip scrubs are used to exfoliate the lips, leaving them smooth and moisturized! They usually consist of soothing and beneficial ingredients such as coconut, vanilla, citrus, vitamins, and essential oils.

Free and open to all students in grades 5 to 12. Please register.

In-Between: Woodworking Designs

April 25th, 3:30-5:00pm

Use a soldering iron/woodburning pen to create your own design on a wooden picture frame. Children who are not able to use tools in a safe manner will be removed from class and will not be allowed to take home their project. For children in grades 5 & 6 *only*. Space is limited. Registration required.

In Be-Tween: Terrarium Succulents

April 4th, 3:45-5:00 pm

Make your own terrarium! Learn about the class of plants known as succulents, practice making a cutting to grow a new plant, and decorate your own living work of art to take home. For children in grades 5 & 6 *only*. Space is limited.



Mutt-i-grees in the Library Seeing Eyes Dogs & Beyond

April 25th, 6:00-7:00pm

Guiding Eyes will talk about seeing eye dogs for the blind and other kinds of service dogs in this informative presentation for families. Learn what the difference is between a service dog and a therapy dog, how to act around service dogs, and what kind of training goes into making a seeing eye dog the perfect helper for those who are blind or visually impaired. A short demonstration of seeing eye dog tasks to follow the presentation with a dog-in-training. All ages welcome with adult supervision. Please register.

Part of our Mutt-i-grees in the Library series, funded by the Guilford Fund for Education. Mutt-i-grees uses curriculum developed by The Pet Savers Foundation, North Shore Animal League, and Yale University School of the 21st Century to teach compassion and community with the help of animals.

Weekend Wildlife Under the Sea

April 6th, 11:00-12:00pm

Researchers from Cedar Island Marina will showcase a variety of animals that inhabit Long Island Sound. Learn all about how their evolutionary traits help them survive underwater, then have a chance to touch these wonderful sea creatures, including snails, crabs, and fish. Ages 4 & up. Registration required.

Need Free Help Filing Your Taxes?

Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes prepared by a volunteer at the Guilford Community Center.



Monday Movie Nights At the Guilford Free Library

Free Solo

April 1, 2019 7:00

Follow Alex Honnold as he becomes the first person to ever free solo climb Yosemite's 3,000ft high El Capitan Wall. With no ropes or safety gear, he completed arguably the greatest feat in rock climbing history.

(2018) 100 minutes, PG-13. Documentary.



The Year of Living Dangerously

April 8, 2019 6:30 am

A young Australian reporter tries to navigate the political turmoil of Indonesia during the rule of President Sukarno with the help of a diminutive photographer.

Special Event Screening: The Photographer's Eye Series with George Schaub
(1983) 115 minutes. PG. Drama, Romance, War.

Shoplifters

April 15, 2019 7:00 pm

A family of small-time crooks take in a child they find outside in the cold. Winner of the 2018 Palme D'Or at Cannes.

(2018) 121 minutes, R, Crime, Drama. Start time 7:00 pm

Vice

April 22, 2019 7:00 pm

The story of Dick Cheney, an unassuming bureaucratic Washington insider, who quietly wielded immense power as Vice President to George W. Bush, reshaping the country and the globe in ways that we still feel today.

(2018) 132 minutes, R, Biography, Comedy, Drama.



Recipes of the Month

Chicken Caprese

This recipe for chicken caprese is grilled seasoned chicken, topped with fresh mozzarella, ripe tomatoes, basil and balsamic reduction. A quick and easy dinner that's easy enough for a busy week-night but special enough to serve to company!

INGREDIENTS

- 1 lb boneless skinless chicken breasts
- 1 tablespoon olive oil
- salt and pepper to taste
- 1 teaspoon dry italian seasoning (or equal parts of garlic powder dried oregano and dried basil)
- 4 thick slices of ripe tomato
- 4 1- ounce slices of fresh mozzarella cheese
- 2 tablespoons balsamic glaze or balsamic reduction

DIRECTIONS

- ◆ Heat a grill or grill pan over medium high heat.
- ◆ Place the chicken on the grill and cook for 3-5 minutes per side, or until done. Cook time will vary depending on the thickness of your chicken breasts.
- ◆ Drizzle 1 tablespoon of olive oil over chicken breasts and season to taste with salt and pepper. Sprinkle italian seasoning over the chicken.
- ◆ When chicken is done top with a slice of mozzarella cheese and cook for 1 more minute.
- ◆ Remove from heat and place chicken breasts on a plate. Top each breast with 1 slice of tomato, thinly sliced basil and salt and pepper to taste. Drizzle with balsamic glaze and serve.



Black Bean Brownies

Ingredients

- 1 1/2 cups black beans (1 15-oz can, drained and rinsed very well)
- 2 tbsp cocoa powder
- 1/2 cup quick oats
- 1/4 tsp salt
- 1/3 cup pure maple syrup, honey, or agave
- pinch uncut stevia OR 2 tbsp sugar (or omit and increase maple syrup to 1/2 cup)
- 1/4 cup coconut or vegetable oil
- 2 tsp pure vanilla extract
- 1/2 tsp baking powder
- 1/2 cup to 2/3 cup chocolate chips (Not optional. Omit at your own risk.)
- optional: more chips, for presentation



Preheat oven to 350 F. Combine all ingredients except chips in a food processor, and blend until completely smooth. Really blend well. (A blender can work if you absolutely must, but the texture—and even the taste—will be much better in a food processor.) Stir in the chips, then pour into a greased 8×8 pan. Optional: sprinkle extra chocolate chips over the top. Cook the black bean brownies 15-18 minutes, then let cool at least 10 minutes before trying to cut. If they still look a bit undercooked, you can place them in the fridge overnight and they will magically firm up! Makes 9-12 brownies. The trick with these: serve them first, and then reveal the secret ingredient.