



April 2023 GFB Newsletter

Happy Spring

April Calendar

Annual Eggstravaganza
Sat. April 1, 2022
10:00am
On the Guilford Green



Rain date: April 8, 2023



Earth Day at Baldwin Middle School
April 22 10:00am -1:00pm

FREE Family Fun!

- Vendors
- Entertainment
- Clean Up
- Info Stations



For more information contact the Parks and Recreation Department at 203-453-8608

Annual Fishing Derby at Mill Pond
May 13th 8:00am to 10:00am
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)

Sun-Sat- 12:00 PM to 1:00 PM

Wednesday and Friday Take Out

Pick-up 12:00pm to 2:00pm




Skate Park at Bittner Park

Open daily from dawn until dusk. Skate ramps, basketball, pickleball and disc golf.



HOMEOWNERS TAX RELIEF PROGRAM



Call the Guilford Tax Assessor's office at 453-8010 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 residents may apply for 2022/2023 State Heating Assistance (LIHEAP) Program and for the Operation Fuel Program, by appointment only at the Guilford Social Services Department, 263 Church St. in

Guilford. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Annual household income limits are based on last 4 weeks of income and size of household:

1/ \$39,761; 2/\$51,996; 3/\$64,230; 4/\$76,465; 5/\$88,699; 6/ \$100,933; 7/\$103,227; 8/\$105,521.

**Guilford residents should schedule an appointment
by calling 203-453-8009.**

EVERSOURCE

Guilford Eversource residents who qualify for the LIHEAP energy program and are having difficulty paying their bills may qualify for additional assistance in keeping up with their payments to Eversource.

Call 203-453-8009 for more information.

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 through April 13th.



Medicare Savings Program (MSP)



Save the cost of your Medicare B premiums.

QMB provides medical coverage equivalent to Medi-gap and pays your Medicare A&B co-pays and deductibles, and pays your Medicare Part B premium.

Monthly income cannot exceed Individual's \$2,564; couples \$3,468

SLMB pays your Medicare Part B premium, Monthly income may not exceed Individual's \$2,807; Couples \$3,797

AMLB pays your Medicare Part B premium, but is subject to available program funding. Monthly income limit may not exceed Individual's \$2,989; Couples \$4,043

Eligibility for any MSP automatically qualifies you for Extra Help on you Med D (RX) program. No asset limits on any MSP levels.



The Guilford Food Bank will once again be opening it's doors for GFB recipients!

Starting April 21st, you will still need to call GSS to schedule an appointment time and go over a limited menu, but now you will be able to enter the GFB and pick out items from the Client Choice Room.

When you arrive at your scheduled appointment time, you should ring the bell to let staff know that you are at the GFB. If the previous client has left the building, you will be able to enter the GFB and make your choices in the Client Choice room. Each recipient will be allowed 5 minutes in the client choice room to choose what they wish but you will only be allowed no more than 2 of a similar item. (Example: no more than 2 sweets, cereals, juices, etc.)

If you are more than 5 minutes late to your scheduled Appointment time, you will not be able to pick your extra food in the client choice room.

Guilford Free Library Programs

Practice SAT and ACT Exams April 1, 2023 9:00-1:00pm (Virtual)

Take a full-length practice test under timed conditions. This virtual test will give you the opportunity to work on pacing and endurance in a safe setting that best simulates the test day environment. Students will take the test online with a live proctor through Revolution Prep, and get a baseline score.

Prior to the test, Revolution Prep will send an email with details on how to access the testing materials, scoring app, and online testing room. After, the test scores are received immediately via the Revolution Prep scoring app and you're invited to review your scores, for free, with our dedicated academic Advisor at a time convenient for you. During the session, they will break-down your score to understand areas of strength and weakness and develop a custom preparation plan.

Free and open to all high school students. Please register. To register visit www.revolutionprep.com/partners/138609

Virtual Teen Event: College Info Series: College Admissions 101 April 10, 2023 7:00- 8:00 pm

College Consultant and Guilford native David Wtorkowski, founder of Big Green College Prep, presents a free Zoom series on hot topics in college admissions for students and parents. This weeks presentation is...

College Admissions 101

Topics include: What are the areas of the application that get most students and parents into trouble? How can we take the guesswork out of college admissions? How many colleges should we really apply to? How do we know if we can afford a school? Should I choose a less popular major to improve my odds of getting in? What if I don't have time to visit a school's campus? What if I get accepted Early Decision but then change my mind? Does it look bad if I take a gap year?

Thirty minute presentation with Q&A. Free and open to all students and parents.

Backyard Birding with Joe Attwater April 4, 2023 4:00- 5:00 pm



In this presentation by Joe Attwater, Conservation and Education Coordinator for the Connecticut Audubon Society, participants will learn what birds you can expect to see in your backyard this time of year, how to make your yard a bird-friendly habitat, plus tips, tricks, and everything you need for making the most of your backyard birding!



Tween & Teen Event: Open Gameplay w/ Virtual Reality April 5, 2023 3:30-6:30

Join us for a video game free play event, hosted by Massachusetts eSport and Gaming Venue, One Up Games! Explore virtual worlds with the Oculus Quest, or play the latest titles on Xbox Series S, PlayStation 4, and Nintendo Switch!

Mark Schenker Book Discussion: This is Happiness April 20, 2023 7:00-8:00 pm



Mark Schenker of Yale College returns to the Guilford Free Library this March and April for two programs on recent fiction by two extraordinary Irish writers, Niall Williams (b.1958) and Claire Keegan (b. 1968). The novels of Claire Keegan were discussed at the March program.

Although Williams was born in Dublin and lived for a time in America, he and his wife Christine Breen returned to Ireland in 1985, residing in a cottage in County Clare, a county on the Atlantic coast of the country. There they wrote four non-fiction books (published, 1987-1995) about their experience as dwellers in rural Ireland. This Is Happiness is his ninth novel.

Say No to Raw Dough

From Center of Disease Control



What You Need to Know

- Don't taste or eat raw (unbaked) dough or batter.
- Don't let children handle or play with raw dough, including play clay and dough for crafts.
- Uncooked flour and raw eggs can contain germs that can make you sick if you taste raw dough.
- Wash your hands, bowls, utensils, and countertops after handling raw flour, eggs, or dough.

Baking is a great way to celebrate special occasions. When making cookies, brownies, cakes, or bread, you might be tempted to taste a bite before it's fully baked.

But you can get sick after eating or tasting raw (unbaked) dough or batter. Children can get sick from handling or eating raw dough used for crafts or play clay, too. Follow these safety tips to help you and your loved ones stay healthy when preparing and handling raw dough.

Raw Dough Can Contain Germs That Make You Sick

Flour doesn't look like a raw food, but most flour is raw. That means it hasn't been treated to kill germs that cause food poisoning, such as [Escherichia coli](#) (*E. coli*). These harmful germs can contaminate grain while it's still in the field or flour while it's being made. Steps like grinding grain and bleaching flour don't kill harmful germs—and these germs can end up in flour or baking mixes you buy at the store. You can get sick if you eat unbaked dough or batter made with flour containing germs. Germs are killed only when flour is baked or cooked.

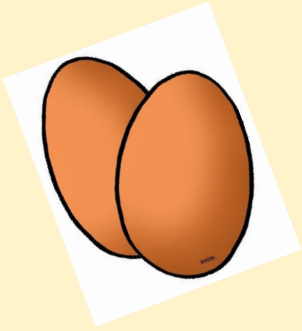
CDC investigated outbreaks of [E. coli](#) infections linked to raw flour or cake mix in [2016](#), [2019](#), and [2021](#). Some of these investigations led to recalls. Flour and baking mixes containing flour have long shelf lives, meaning they do not go bad quickly. It's a good idea to check your pantry to see if you have any flour or baking mixes that have been recalled in recent years. Throw away any recalled flour or baking mixes you have.

Raw eggs are another ingredient in dough and batter that can make you or your loved ones sick. Raw and lightly cooked eggs can contain [Salmonella](#), a germ that causes food poisoning.

Some companies make edible cookie dough and brownie batter that you can find in stores. These products are made with heat-treated flour and pasteurized eggs or no eggs. Read the label carefully to make sure the dough is meant to be eaten without baking or cooking.

Stay Safe When Handling Flour and Other Raw Ingredients

Follow these practices to prevent food poisoning when you are baking and cooking with flour and other raw ingredients.



- Do not taste or eat any raw dough or batter. This includes dough or batter for cookies, brownies, cakes, pie crusts, tortillas, pizza, biscuits, pancakes, or crafts made with raw flour, such as homemade play dough or holiday ornaments.
- Do not let children play with or eat raw dough, including dough for crafts.
- Bake raw dough, such as cookie dough, and batter, such as cake mix, before eating.
- Follow the recipe or package directions for cooking or baking. Use the temperature and cooking time given in the recipe or directions.
- Do not make milkshakes with products that contain raw flour, such as cake mix.
 - Do not use raw homemade cookie dough in ice cream.
- Cookie dough ice cream sold in stores contains dough that has been treated to kill harmful germs.
- Keep raw foods, such as flour and eggs, [separate](#) from ready-to-eat foods. Because flour is a powder, it can spread easily. Follow label directions to [refrigerate](#) products containing raw dough or eggs until they are baked or cooked (for example, store-bought cookie dough).

[Clean up](#) thoroughly after handling flour, eggs, or raw dough.

[Wash your hands](#) with soap and water after handling flour, raw eggs, or any surfaces they have touched.

- Wash bowls, utensils, countertops, and other surfaces with hot, soapy water.

Recognize Food Poisoning Symptoms

[Food poisoning symptoms](#) may range from mild to severe and can differ depending on the germ you swallowed.



Symptoms of [E. coli](#) infection include stomach cramps that can be severe, diarrhea that can be bloody, and vomiting. Symptoms usually start 3 to 4 days after swallowing the germ and usually go away within 1 week. However, some people develop a serious illness called hemolytic uremic syndrome (HUS), which can result in kidney failure, stroke, and even death.

Symptoms of [Salmonella](#) infection include diarrhea, fever, and stomach cramps. Symptoms usually start 6 hours to 6 days after swallowing the germ and usually go away within 4 to 7 days.

Some groups of people have a greater chance of infection and severe illness. These groups include children younger than 5, adults aged 65 and older, and people who have health problems or take medicines that lower the body's ability to fight germs and sickness.

Disclaimer: The information contained in this newsletter is provided by Guilford Social Services as a service. Although we try to provide quality information, we do not guarantee any results obtained from the use of this information. In addition, we do not assume liability to any party for damage by errors, omissions or any other inconsistency herein.

Inclusion in this booklet does not imply endorsement or recommendation of any agency, organization or business.

Egg-stra Care for Spring Celebrations



It's spring — the season to enjoy the great outdoors and celebrate special occasions, like Easter, Passover, and graduation! While eggs are used all year 'round, they are especially important for many spring and summertime activities. They are used for cooking festive delights and for decorating and hiding just before the big Easter egg hunt.

Like meat, poultry, seafood and produce, eggs are perishable and need to be handled properly to prevent foodborne illness. Occasionally, eggs with clean, uncracked shells can be contaminated with bacteria, specifically *Salmonella* Enteritidis. Here's what YOU can do to have a safe and egg-cellent spring!

Clean Up, Clean Up...

- Clean hands are key! Always wash hands with warm water and soap for 20 seconds before and after food handling.
- Beware of cross-contamination. Foodborne illness can occur when kitchen equipment is not thoroughly washed between uses. Always wash food contact surfaces and cooking equipment, including blenders, in hot water and soap.

Cook and Keep Cool...

- Bacteria love to grow in moist, protein-rich foods. Refrigeration slows bacterial growth, so it's important to refrigerate eggs and egg-containing foods. Your refrigerator should be at 40 °F or below. Use a thermometer to monitor.
- Remember the 2-Hour Rule: Don't leave perishables out at room temperature for more than two hours.
- Whether you like your breakfast eggs scrambled or fried, always cook eggs until the yolks and whites are firm.
- Tasting is tempting, but licking a spoon or tasting raw cookie dough from a mixing bowl can be risky. Bacteria could be lurking in the raw eggs.
- Cook cheesecakes, lasagna, baked pasta and egg dishes to an internal temperature of 160 °F. Use a food thermometer.

Easter Egg Hunt Know-How

- Only use eggs that have been refrigerated, and discard eggs that are cracked or dirty.
- When cooking, place a single layer of eggs in a saucepan. Add water to at least one inch above the eggs. Cover the pan, bring the water to a boil, and carefully remove the pan from the heat. Let the eggs stand (18 minutes for extra large eggs, 15 minutes for large, 12 minutes for medium). Immediately run cold water over the eggs. When the eggs are cool enough to handle, place them in an uncovered container in the refrigerator where they can air-dry.
- When decorating, be sure to use food-grade dyes. It is safe to use commercial egg dyes, liquid food coloring, and fruit-drink powders. When handling eggs, be careful not to crack them. Otherwise, bacteria could enter the egg through the cracks in the shell.
- Keep hard-cooked Easter eggs chilled on a shelf inside the refrigerator, not in the refrigerator door.
- Hide the eggs in places that are protected from dirt, pets and other potential sources of bacteria.
- Remember the two hour rule, and make sure the "found" eggs are back in the refrigerator or consumed within two hours.
- Remember that hard-boiled eggs are only safe to eat for one week after cooking.

If you have more questions or concerns about food safety, contact:
The U.S. Department of Agriculture (USDA) Meat and Poultry Hotline at 1-888-MP
Hotline (1-888-674-6854). TTY 1-800-256-7072
Gateway to Government Food Safety Information at www.foodsafety.gov

Recipe of the Month

CARROT BUNDT CAKE WITH CREAM CHEESE GLAZE

- 2 cups **all-purpose white flour**
- 2 teaspoons **baking soda**
- 2 teaspoons **baking powder**
- 1 teaspoon **salt**
- 1 teaspoon **ground cinnamon**
- ½ cup **raisins**
- ½ cup **walnuts, chopped**
- 4 large **eggs**
- ¾ cup **olive oil**
- 2 cups **light brown sugar, packed**
- 1 teaspoon **vanilla extract**
- 5 **medium carrots** (2 cups), *finely grated*

For the cream cheese glaze:

- 4 oz. **cream cheese** (½ package), *at room temperature*
- 2 tablespoons **butter**, *softened to room temperature*
- 1 cup **confectioners' sugar**
- 1-2 tablespoons **milk**
- ¼ cup **walnuts, chopped**



Preheat oven to 350°F. Coat a 10-cup bundt pan with nonstick cooking spray and set aside. In a large mixing bowl, whisk together flour, baking soda, baking powder, salt, cinnamon, raisins and walnuts. Whisk together until evenly distributed and combined.

In another mixing bowl, whisk together eggs, olive oil, sugar, vanilla and carrots until smooth.

1. Pour the wet mixture into dry flour mixture and fold together using a spatula until just combined and no dry ingredients are visible.
2. Pour the batter into the prepared bundt cake pan and bake for 60-65 minutes, or until a toothpick inserted into the center of the cake comes out clean.

Let the carrot cake cool for 10-15 minutes in the bundt pan on a wire cooling rack, then turn it upside down onto the wire cooling rack to remove. Allow the cake to cool completely before frosting.

For the cream cheese glaze:

In a medium mixing bowl, use a hand mixer to beat together cream cheese and butter until smooth and creamy. Add sugar and milk (½ tablespoon at a time) and beat until smooth and desired consistency is reached. The icing should be thin enough to pour but thick enough to coat the back of a spoon. If the icing is too thin, add in a little more sugar. If it is too thick, add in a little more milk.

Use a spoon to slowly drizzle the cream cheese glaze over the cooled bundt cake and sprinkle chopped walnuts on top.