

# August 2022 GFB Newsletter

STATE OF CONNECTICUT'S OFFICE OF POLICY AND  
MANAGEMENT'S

**2022**

## RENTER'S REBATE PROGRAM



**APPLICATIONS ACCEPTED**

**APRIL 1, 2022 TO SEPTEMBER 30, 2022**

**IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2021**

**AND YOUR TOTAL 2021 INCOME WAS LESS THAN**

**\$38,100 FOR AN INDIVIDUAL**

**\$46,400 FOR A MARRIED COUPLE**

**YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2021 RENTAL AND UTILITY  
EXPENSES**

**GUILFORD RESIDENTS PLEASE CALL**

**453-8009 FOR DETAILS AND TO SCHEDULE AN APPOINTMENT.**

## **SENIOR FARMER'S MARKET NUTRITION Program**



Senior Farmer's Market Nutrition Program (SFMNP) booklets are available for seniors 60 years of age and older with a maximum annual income of not more than: \$25,142 for a household of 1, \$33,874 for a household of 2, \$42,606 for a household of 3. Proof of income is required.

Each eligible participant receives one booklet of (6) \$4 checks to purchase fruits, vegetables, fresh cut herbs and honey at participating SFMNP authorized locations throughout Connecticut— the maximum benefit being \$24 to spend.

If you are eligible and would like to receive a book or have any questions, please call Guilford Social Services at (203) 453-8009 for more information.

## **Tax Free Week**

**Begins Sunday, August 21**

**through**

**Saturday, August 27th**

During the "sales tax holiday" week, most individual items of clothing and footwear priced under \$100 are exempt from Connecticut Sales and Use Tax. For items costing \$100 or more, sales tax is calculated on the full purchase price.

For more information go to [www.ct.gov/drs](http://www.ct.gov/drs)

# Operation Fuel Summer Program



Applicants may qualify for up to a one time emergency grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel Grant during the previous 12 months. Program will begin July 11, 2022 and run through October 28, 2022 or until funds last. Call (203) 453-8009 for more information or for an appointment.



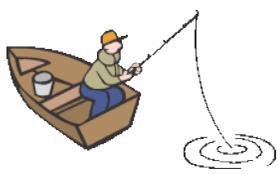
## AMERICA THE BEAUTIFUL

### National Parks and Federal Recreational Lands Senior Pass/Access Pass

Life time passes are available for a one-time fee of \$80 for US citizens or permanent residents who are 62 or older (free to permanently disabled citizens and veterans) to visit federal parks, monuments and recreation areas throughout the United States. Passes are obtained in person at the entrance of federally operated recreation areas or by mail.

### Fishing Licenses

Those 65 years or older may obtain a CT fishing license **free of charge**, renewable annually. You may apply online for a license through Connecticut's Online Sportsman Licensing System at [www.Ct.wildlifelicense.com](http://www.Ct.wildlifelicense.com) and print it out yourself or can apply in person at Captain Morgan's Bait & Tackle, 21 Boston Post Road, Madison.



### SENIOR CITIZEN

### TUITION WAIVER

Senior citizens, age 62 and older are welcome on Ct public college campuses— in fact, they may take courses and earn degrees tuition-free at any public college or university. UCONN and 12 community colleges are available to seniors. Waivers are available at most colleges when space exists in a class after regular registrations are completed. Cost for books and supplies are not waived. For specific details, contact the college or university of your choice and remember to bring documentation of your age when registering.



# FAIR SEASON

## IN CONNECTICUT

### Potato and Corn Festival, North Branford

#### **August 4-7, 2022**

Three-day, family friendly event with hayrides, raffles, amusements, entertainment and of course, everything from French fries and onion rings to fried dough, funnel cake, steak and cheese subs, apple fritters, kettle corn, and more.

### Chester Fair

#### **August 26-28, 2022**

The Chester Fair is a time honored tradition in a quintessential small New England town that never disappoints. Come see Robinson's Racing Pigs and all the favorites you'd expect, like tractor pulls, frog jumping contests and arts and crafts exhibits.

### Haddam Neck Fair

#### **September 3-6, 2022**

The Haddam Neck Fair is celebrating its 104th year and is known for its family-friendly atmosphere and beautiful setting. The many events offer something for everyone including tractor and truck pulls, horse and oxen pulling contests and a horse show. Animal exhibits and contests, like women's skillet throwing, are popular. Vendors are on hand to offer vegetables, flowers, canned goods and handmade arts and crafts. There's live music and delicious food, too!

### North Haven Fair

#### **September 8-11, 2022**

Bring the kids to Old MacDonald's Farm for a kids pie eating contest then visit the animals in the petting zoo. Enjoy live musical performances, agricultural exhibits, arts and crafts and great fair food.

### Orange Country Fair

#### **September 17-18, 2022**

From the classic car show and tractor pulls to arts and crafts and animal displays, there is truly something for everyone at the Orange Country Fair. Enjoy live entertainment and all types of mouthwatering fair food.

### Guilford Fair

#### **September 17-19, 2022**

The Guilford Fair offers midway rides, games and food, Cattle, Poultry, Sheep & Goats, Vegetables, Baking, Canning, Flowers, Arts & Craft, Needlework and Photography exhibits. Antique tractor Pull and Show.

### Durham Fair

#### **September 22-25 2022**

Begun in 1916, the Durham Fair continues its tradition today as Connecticut's largest agricultural fair. With rides and games, tractor pulls, three livestock barns, crafts, exhibits featuring baking, canning, photography and horticulture, and a wide selection of fair food, there's a huge harvest to take in.

### Wolcott Country Fair

#### **September 23-25 2022**

Begun in 1979, the Wolcott Country Fair is the area's largest agricultural and family fun event of the summer. During the course of the annual three-day event, more than 30,000 people come to enjoy the fair's sights and sounds. Attendees are treated to a traditional country fair complete with antique farm equipment displays, tractor pulls, pig racing, thrill rides and plenty of food and entertainment.

You can see the full calendar for 2022 at <http://www.ctagfairs.org>

## **Outdoor Summer Concert: The Subliminals**

On August 4, at 7:00 pm on the Library patio, there will be a performance by the jazz ensemble, The Subliminals. The Subliminals is a instrumental jazz/ groove project from southeastern Connecticut. The group is a collective of diverse musicians who bring years of experience to each performance. Party jazz is a way of describing the band's sound, by taking on compositions from Herbie Hancock, Miles Davis, Roy Hargrove, John Scholfield and many other influential artists. In the event of bad weather, the concert



# GRILLING ESSENTIAL: FOOD THERMOMETERS

You cannot determine if food is fully cooked just by looking at it. The only way to make sure food has reached a safe minimum internal temperature is to use a food thermometer. Before using any food thermometer, read the manufacturer’s instructions.

## Tips for Using a Food Thermometer:

- 🔥 These thermometers are not designed to remain in food while it is cooking.
- 🔥 To ensure safety and prevent overcooking, check the internal temperature of the food toward the end of the cooking time, before the food is expected to finish cooking.
- 🔥 The food thermometer should be placed in the thickest part of the food and should not be touching bone, fat, or gristle. Check the temperature in several places to make sure the food is evenly heated.
- 🔥 Clean your food thermometer with hot water and soap before and after each use!

## The best types of food thermometers for grilling:

### Digital Instant-Read (Thermistor)

- Reads in 10 seconds
- Place at least 1/2” deep
- Can measure in thin and thick foods

### Thermometer-Fork Combination

- Reads in 2-10 seconds
- Place at least ¼” deep in thickest part of food
- Sensor in tine of fork must be fully inserted
- Can be used in most foods, convenient for grilling

Safe Minimum Internal Temps	
160 °F	Ground Beef
165 °F	Poultry, including ground poultry.
145 °F <small>Plus 3 min stand time for safety.</small>	Beef, veal, lamb, steaks & roasts.



## Be sure to include safe food handling in your cookout plans!

- CLEAN** – Wash hands and surfaces often.
- SEPARATE** – Don’t cross-contaminate!
- COOK** – Cook to proper temperature.
- CHILL** – Refrigerate promptly!



## New and exciting happenings at the Guilford Food Bank!

In 2022 we received a grant to redesign the client choice room! All new shelving, refrigeration, paint, flooring will be waiting to welcome you back when the door opens this fall!

You may have also noticed that the grounds around the GFB were spruced up in June, thanks to the United Way's crew of volunteers!

Along with an updated look, the CT Food Share has introduced a new program called Supporting Wellness at Pantries (SWAP.) SWAP is a Stoplight Nutrition Ranking System designed to help promote healthy food choices at food banks.

As the GFB is transitioning to SWAP, you will start to see a difference in the way the prepacked bags are packed. The goal is to create a healthier distribution of food for all GFB recipients.

The prepacked bags will only contain items that contain green and yellow foods, while we continue our COVID protocol, red food items will be on our choice list menu as an option.

Once you begin to enter the building again, all red food items will be in the CC room, not packed in bags for you.

We look forward to sharing this exciting physical and nutritional transformation with you!

### Supporting Wellness at Pantries (SWAP)

#### What is SWAP?

- Supporting Wellness at Pantries (SWAP) is a Stoplight Nutrition Ranking System designed to help promote healthy food choices at food banks and food pantries.

**The goal of SWAP** is to create an easy to use, easy to understand nutrition ranking system to categorize food offered in food pantries, and to encourage clients to choose healthy items.

#### Why is this important?

- More than half of the families who visit food pantries have a household member with high blood pressure and one-third have a member with type II diabetes.
- These chronic diseases can often be prevented, managed, and reversed through the foods we eat.
- This system will help clients make healthy choices, and influence the types of food donated to the pantry.

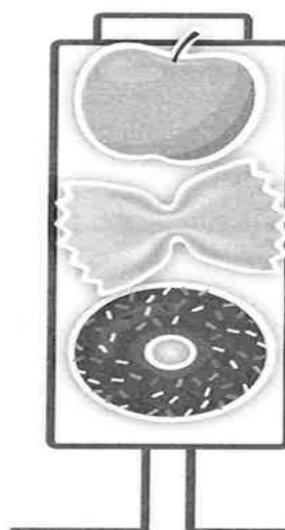
#### How does SWAP work?

To rank foods, SWAP uses this information from the nutrition food label:

- Saturated fat
- Sodium
- Sugar

#### Why only these nutrients?

- These nutrients are the most dangerous ones for chronic diseases
- These are listed as "nutrients to limit" in the United States Dietary Guidelines for 2015.



## SWAP

SUPPORTING • WELLNESS • AT • PANTRIES

#### GREEN

Choose often; low in saturated fat, sodium and sugar; supports health

#### YELLOW

Choose sometimes; medium levels of fat, sodium or sugar; can contribute to good health

#### RED

Choose rarely; high levels of fat, sodium or sugar; think of as treats; limited health benefits

**FOODSHARE**

Hunger is big. Our community is bigger.

# Simple Rules of Thumb for SWAP

## Food that is Green

- All fresh fruits and vegetables
- Whole eggs
- Whole grain bread, pasta, tortillas
- Brown rice
- Skim, 1% and 2% milk
- Plain water, coffee, tea

## Food that is Yellow

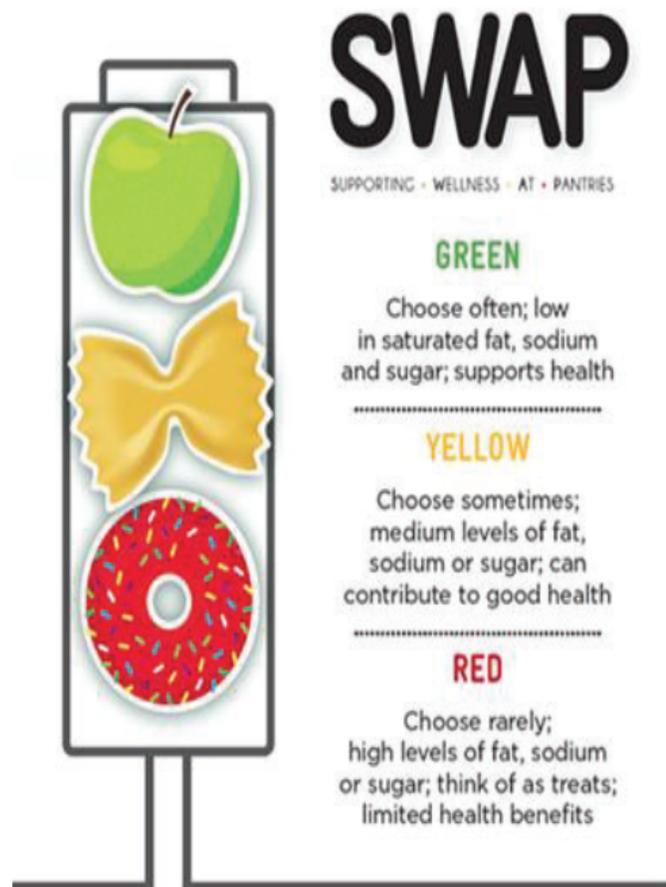
- 100% fruit juice
- Regular “white” bread, pasta, tortillas
- White rice
- Whole milk
- Most peanut butter
- Plain dried fruit such as raisins

## Food that is Red

- Desserts such as ice cream, cookies, cake
- Candy
- Most processed / packaged snacks
- Regular soda and juice drinks

## Food that is NOT ranked with SWAP

- Condiments like salad dressings and sauces
- Cooking Staples such as flour, sugar, oil, spices
- Baby food
- Nutrient supplements such as Ensure or protein powders



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

# Concerts on the Green

## 6:00-7:30p.m.

Sunday, July 24 - The

Chicklettes

Three up-front women performing hits from  
Aretha Franklin, The Pointer Sisters, The Supremes and more...

Sunday, July 31 - "All Summer Long"

Beach Boys Tribute

Enjoy this band's amazing harmonies as they bring back all the Beach Boys' Greatest Hits

Sunday, August 7 Magic of Motown

Four up-front singers perform songs from The Temptations, The Four Tops, The Supremes and many other Motown hits. *This concert will be the conclusion of the Guilford Cultural Arts Festival to be held all afternoon.*

Sunday, August 21 Dizzy Fish-The 1970's Band

This band will play top hits from the Beatles, Rolling Stones, the Eagles, John Denver, Bob Dylan and more!

Sunday, August 28 Beau Bolero - Steely Dan Tribute

This amazing group plays all the great hits of Steely Dan

*Please Note: Rain dates for the Sunday Concert Series will be September 4, 11, or 25*

# Concerts at Jacobs Beach

## 5:30-7:00p.m.

Thursday, July 28 Mass-Conn-Fusion

Thursday, August 25 Cover 2 Cover

Cover2Cover is a band whose repertoire includes an eclectic collection of tunes to suit all audiences. From songs such as 'Vehicle' by The Ides Of March to the latin rhythms of Santana's 'Evil Ways', Cover2 Cover will keep you up and dancing.



## Recipes of the Month

### Grilled Chicken Parmesan

#### Ingredients

- 1 10-inch piece baguette
- 1 1/2 pounds tomatoes (about 5), quartered
- Kosher salt
- 2 tablespoons extra-virgin olive oil
- 2 cloves garlic, thinly sliced
- Pinch of red pepper flakes
- 4 6-ounce skinless, boneless chicken breasts
- 1/2 teaspoon dried oregano
- 4 ounces part-skim mozzarella cheese, thinly sliced
- 3 tablespoons shredded parmesan cheese



#### DIRECTIONS

1. Cut off a 1 1/2-inch piece of the baguette and pulse in a food processor to make breadcrumbs. Add the tomatoes and 1/4 teaspoon salt and pulse until the tomatoes are finely chopped but not pureed. Heat 1 1/2 tablespoons olive oil in a medium skillet over medium heat; add the garlic and cook until just golden, about 1 minute. Add the red pepper flakes and tomato mixture and bring to a simmer; cook until the sauce thickens slightly, 8 to 10 minutes.
2. Meanwhile, preheat a grill to medium high. Toss the chicken with the remaining 1/2 tablespoon olive oil, the oregano and 1/4 teaspoon salt. Split the remaining baguette in half lengthwise and then cut in half to make 4 pieces.
3. Grill the bread, cut-side down, until lightly toasted. Grill the chicken until cooked through, about 5 minutes per side, topping with the mozzarella and covering during the last 2 minutes.
4. Spoon some tomato sauce onto the bread pieces and top with half of the parmesan. Top each with a chicken breast, then the remaining sauce. Sprinkle with basil and the remaining parmesan.



### Grilled Parmesan Zucchini

#### Ingredients

- cooking spray
- 3 tablespoons butter, melted
- 1 clove garlic, minced
- 1 large zucchini, very thinly sliced
- 1/2 cup shredded Parmesan cheese

#### Directions

1. Preheat an outdoor grill for medium-high heat. Lightly oil a 9x12-inch foil pan with cooking spray.
2. Mix butter and garlic together in a bowl.
3. Lay zucchini slices in rows in the foil pan, overlapping if necessary. Brush butter on each slice and sprinkle with Parmesan cheese.
4. Cook on preheated grill until cheese melts and zucchini is tender, 12 to 15 minutes.