



# December 2018 GFB Newsletter



## December Calendar

During the upcoming holiday season, the

Guilford Food Bank will be closed the following times:

**Friday, December 21, 2018**

**Saturday, December 22, 2018**

For those who haven't already, remember to sign up for a Christmas Basket if you need one!

## Guilford Tree Lighting



**November 30th**

at

**5:45 pm**

on the

**Guilford Green.**

## Santa's Workshop

**Friday**



At the

**November 30**

**Community Center**



**4:00—6:00 PM**

Bounce House Holiday Crafts		Visit with Santa and much more!
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**Guilford Tree Lighting**

**At 5:45 PM**



Soup and grilled cheese will  
be available for purchase!



For more information call 203-453-8068 or visit [www.guilfordparkrec.com](http://www.guilfordparkrec.com)

**Skating at Mill Pond Hours:**  
**Weather Permitting**  
 Monday-Friday 3:00-7:00PM  
 Saturday & Sunday 10:00-7:00PM



## **GUILFORD RESIDENTS HEATING ASSISTANCE**

Guilford residents may apply for 2018/2019 State Heating Assistance (LIHEAP, CHAP) 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/ \$34,366; 2/\$44,941; 3/\$55,515; 4/ \$66,089; 5/\$76,663; 6/\$87,237; 7/\$89,220; 8/\$91,203

\*Some asset limits do apply. If a household has liquid assets totaling more than \$12,000 for renters, \$15,000 for homeowners you **MAY** not be eligible, please contact the office for a detailed explanation of eligibility.

## **HOLIDAY BASKET PROGRAM**



All food bank recipients must speak to a Guilford Social Services staff person, at 203-453-8009 about a holiday basket this season. The qualifications for reserving a basket are:

1. Providing a traditional holiday meal causes a financial hardship and
2. You will not be enjoying the holidays as a dinner guest elsewhere and
3. You are not receiving a holiday basket or meal from another local organization.

You are **NOT** put on the list automatically as a food bank client, you must request one. You will receive pick up instructions by mail.

If you reserve a basket, be responsible and pick up the basket at the scheduled time.

If you fail to pick up a reserved basket or it has been determined you purposefully received more than one local holiday offering you will be excluded from future holiday basket offers.



## Under 65 and NOT on Medicare...

You shouldn't have to worry about getting sick or hurt. Even if you couldn't qualify for it before due to your health. [www.accesshealthct.com](http://www.accesshealthct.com) or call 1-855-805-4325.

- November 1, 2018: Open Enrollment starts—first day you can enroll in a 2019 Marketplace plan. Coverage can start as soon as January 1, 2019.
- If you don't enroll in a 2019 plan by January 31, 2019, you can't enroll in a health insurance plan for 2019 unless you qualify for a Special Enrollment Period.



**OCTOBER 15-DECEMBER 7, 2017**

As a **Medicare** beneficiary, you have from October 15, 2018 to December 7, 2018 to review your coverages and make changes for **2019**. New coverage for changes made during the open enrollment begins January 1, **2019**.



The GFB reserves the right to not open in inclement weather. If there is a winter storm forecasted, please plan ahead for your GFB visit. Please like and follow us on

Facebook, where you can find updated information, including closings.

Updates posted on our website: [www.guilfordfoodbank.org](http://www.guilfordfoodbank.org)

or

[www.facebook.com/pages/Guilford-Food-Bank/1378803272347158](https://www.facebook.com/pages/Guilford-Food-Bank/1378803272347158)



## College Admissions 101

December 15, 2018 10:30 am-12:00  
At the Guilford Free Library



Learn key strategies about College Admissions from a Princeton Review expert. Answers tough questions about GPA, standardized tests, rigorous courses, extra-curricular activities, financial aid, and more. Includes open-forum Q&A and a free copy of Rob Franek's *College Admissions 101*. Free and open to all students and parents. Please register.

## 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 after December 3, 2018. Must apply for LIHEAP if potential eligibility.

## Guilford Holiday Activities Surrounding the Tree Lighting

Stroll our beautiful town and enjoy the activities .....

**Friday, November 30th**

Holiday Tree Lighting	<b>5:45pm to 6:45pm</b>	Town Green	
Dance performance, music performances, Santa visit and MORE!			
Santa's Workshop & Fair	4pm to 6pm	Community Center	
Candlelight Walk on Broad Street	6pm to 9pm	Guilford Garden Club	
Friends Holiday Book Sale	Thurs, 11/29, 9am-8pm	Guilford Free Library	
Friends Holiday Book Sale	Fri, 11/30, 9am-6pm	Guilford Free Library	
Friends Holiday Book Sale	Sat, 12/01, 9am-2pm	Guilford Free Library	
The Holiday Boutique	10am to 8pm	St George - Father Sullivan Center	
Handbell Concert	6pm	St George Catholic Church	
Cookies, Cookies and More .....	after Tree Lighting	St George Church Hall	
St George Christmas Fair	Sat, Dec 1, 9am-7pm	St George Church Hall	
St George Christmas Fair	Sun, Dec 2, 8am-2pm	St George Church Hall	
Guilford High School Concerts	Fri, 7:30pm & 9pm	Congregational Church	
Guilford High School Concerts	Sat, Dec 1, 6:30 & 8pm	Congregational Church	
United Girl's Choir Concert	7pm	The Christian Science Church	
Chili Supper	Begins 5pm	Christ Episcopal Church	
Wreath & Cookie Sale	5pm to 7pm	Christ Episcopal Church	
Firelight Festival	4pm to 8pm	Henry Whitfield State Museum	

Sponsored by the Shoreline Chamber of Commerce  
Town of Guilford - Parks and Recreation Department & Economic Development Department  
Updates will be provided on the Guilford Town Website; [www.ci.guilford.ct.us](http://www.ci.guilford.ct.us)



United States Department of Agriculture

**10**  
**tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
Dietary  
Guidelines  
for Americans

# Make celebrations fun, healthy, and active

**Eating healthy and being physically active can be a fun part of parties and events.** Great gatherings are easy to have when tasty, healthy foods from all the food groups are offered in a fun, active environment. Above all, focus on enjoying friends and family.

## 1 Make healthy habits part of your celebrations

Although food and beverages are a part of many events, they do not have to be the center of the occasion. Focus on activities that get people moving and allow people to enjoy each other's company.

## 2 Make foods look festive

Add a few eye-catching vegetables to a favorite dish or a new recipe. Add a sprinkle of herbs or spices to make the dish pop. Cut foods into interesting shapes.

## 3 Offer thirst quenchers that please

Make fun ice cubes from 100% juice or add slices of fruit to make water more exciting.

## 4 Savor the flavor

Take time to pay attention to the taste of each bite of food. Make small, healthy changes to your recipes or try dishes from another culture to liven things up.

## 5 Let MyPlate be your guide

Offer whole-grain crackers, serve a spicy bean dip and a veggie tray, make fruit kabobs, layer yogurt and fruit to create a sweet parfait. Use whole-grain pasta or brown rice and veggies to make a savory, healthy salad.

## 6 Make physical activity part of every event

Being physically active makes everyone feel good. Dancing, moving, and playing active games add fun to any gathering.

## 7 Try out some healthier recipes

Find ways to cut back on added sugars, salt, and saturated fat as you prepare your favorite recipes. Try out some of the recipes on [WhatsCooking.fns.usda.gov](http://WhatsCooking.fns.usda.gov).

## 8 Keep it simple

Have others participate by contributing a healthy prepared dish, helping with the cleanup, or keeping the kids active.

## 9 Shop smart to eat smart

Save money by offering foods that fit your budget. Buy in-season produce when it costs less and tastes better. Plan in advance and buy foods on sale.

## 10 Be a cheerleader for healthy habits

It's never too early for adults to set an example. Keep in mind that children follow what the adults around them do—even at parties.



# Guilford Free Library Programs



## Weekend Wildlife: Amazing Adaptations December 1, 2018 6:30-8:00 pm

White Memorial Conservation Center will teach you all about different adaptations that animals possess to help them survive a variety of habitats. Meet a porcupine, an owl, turtles, and more. Saturday, December 1st, from 11:00am-12:00pm. Ages 4 & up. Registration required.

Funded by the Allan Louis Loeb Foundation.

## Make One, Take One Greeting Cards December 11 and 12, 2018 9 am-5 pm

Make a card for local rehabilitation center residents and then make your own card to take home. Drop-in all day, either day. Make as many cards as you like. All ages welcome.

Tuesday and Wednesday, December 11 and

## Black Bears in Connecticut with Wildlife Biologist Jason Hawley December 4, 2018 6:30-8:00 pm

Join Jason Hawley, Wildlife Biologist with the State of Connecticut, to learn about the natural history of bears in Connecticut, bear biology, current research by DEEP and the dos and don'ts of living in bear country. There have been a number of bear sightings in Guilford in 2018. Co-sponsored by the Library and the Guilford Land Conservation Trust.

## Tween & Teen Event: Wooden Painted Ornaments December 13, 2018 3:30-4:30 pm

Create a hand-painted ornament to hang on your tree or anywhere you like. They also make great gifts!

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

Please register.

## Gingerbread House Workshop December 5, 2018 3:30-5:00 pm

Guilford Resident Jodi Marra will help children create gingerbread houses that will be displayed in the children's department. Registrations is required. Space is limited. Ages 9 & up. Registration for this program begins Wednesday, November 13, 2018, starting at 9:00 AM.



## Teen Event: To Be Read Holiday Party December 18, 2018 6:00-7:30 pm

Come meet fellow book lovers at the To Be Read holiday party! Make a mason jar book light to take home and participate in a book swap. Bring a wrapped book that you loved to participate in the book swap! Refreshments will be served.

**What is To Be Read?** To Be Read is a traveling book club where you get an exclusive first look at upcoming books before they're released!

Free and open to all students in grades 7 to 12. Please register.

## Magic Conductor Holiday Show December 7, 2018 4:30-5:15pm



Steve Woyce will bring magic and wonder to children young and old on Friday, December 7 from 4:30pm to 5:15pm.. Get ready for snowmen, sleigh bells, and holiday cheer. Registration required. Open to all ages.

## Game Night

December 20, 2018 6:00-8:00 pm

Play games with friends, family, or strangers. You do you. Bring your own or play one of the Library's!

Free and open to all. No registration required.

As published on SNAP4CT.org

## The Easiest Holiday Gift

We've got the perfect gift idea for the friends, neighbors, teachers, and coworkers in your life. You want to give them something to let them know you care, and you also don't want to break the bank. Food is a good choice, but many people are overloaded (and overstuffed) with cookies, cakes, candies, and other treats this time of year.

Our gift of choice? Popcorn! There are tons of flavor choices, and you can throw it together for less than \$2 per gift. \$2 DOLLARS! All you need is popcorn kernels, canola oil, a gift bag, and seasoning (see recipes below for options). As an added bonus - popcorn is a whole grain that is high in fiber and makes a [healthy snack](#)!

### Basic Popcorn Recipe

Makes: about 16 cups

#### Ingredients

- ½ cup popcorn kernels
- ¼ cup canola oil

#### Instructions

1. Heat oil in a large pot over medium-high heat (pot should have a lid). Add 3-4 kernels of popcorn.
1. Once all the kernels pop, add the rest of the kernels.
2. Put the lid on the pot and constantly shake the pot back and forth quickly over the heat (to keep popcorn from burning).
3. Remove from heat once popping has nearly stopped.



#### Stumped on picking a container?

Here are some ideas:

- coffee tin wrapped with wrapping paper
  - paper lunch sack
- large plastic storage bags
  - cellophane bags

Tie on ribbon or twine to make it pretty, if you'd like. You can even have the kids color the package or add stickers as a final touch.



### Taco Popcorn

Follow directions for basic popcorn. Add 4 Tbs (more or less) of our [Taco Seasoning](#) to the pot after removing from heat in step 4. Stir to coat.



### Ranch Popcorn

Follow directions for basic popcorn. Add 4 Tbs (more or less) of our [Healthy Ranch Dressing Mix](#) to the pot after removing from heat in step 4. Stir to coat.



### Kettle Corn

- Extra ingredients:  
¼ cup sugar

Follow directions above for basic popcorn, but add sugar in with kernels in step 2.



### Chili Popcorn

Follow directions for basic popcorn. Add 4 Tbs (more or less) of our [Chili Seasoning Mix](#) to the pot after removing from heat in step 4. Stir to coat.

## Recipes of the Month

### CHIPOTLE CHICKEN CHILI

This chipotle chicken chili has smoky chipotle peppers, shredded chicken, and hearty beans for a meal that will fill you up and satisfy your taste

#### INGREDIENTS

- 2 Tbsp olive oil
- 1 medium yellow onion
- 2 cloves garlic
- 3/4 lb chicken breast
- 32 oz V8 juice
- 14.5 oz can diced tomato
- 15 oz can kidney beans
- 15 oz can black beans
- 1 cup frozen corn kernels
- 1/2- 4 oz can chipotle peppers  
in adobo sauce
- 1 Tbsp chili powder
- 1/2 Tbsp cumin powder
- 1 tsp oregano

#### DIRECTIONS

1. Dice the onion and mince the garlic. Cook both in a large pot with olive oil over medium heat until soft and transparent (about 5 minutes).
2. Add the chicken breast, V8 juice, diced tomatoes, beans (drained), corn, chili powder, cumin, and oregano. Stir to combine. Open the can of chipotle peppers and take two out. Mince them and add to the pot. Take two spoonfuls of the adobo sauce from the can and add to the pot as well. Stir it on up.
3. Bring the pot up to a boil over medium-high heat with a lid. Once reaches a boil, reduce the heat to low and let the pot simmer for one hour (lid on).
4. After an hour, carefully remove the chicken breast and shred the meat using two forks. Return the shredded meat to the pot. Give the chili a taste and add more chipotle peppers if desired. Add salt as needed. I added about one teaspoon of salt, but this will depend on how salty your beans were, so start with a little and add more as

### Caramelized Sweet Potato Wedges

- 3 oz. Freshly squeezed Orange Juice
- 1/4 c. light brown sugar
- 2 tbsp. granulated sugar
- Salt and freshly ground pepper
- Zest of 1 orange
- 2 Tbsp. Butter
- 2 Medium sweet potatoes, peeled, cut lengthwise and each cut in 8 1/2 inch wedges

#### DIRECTIONS

1. In a large sauté pan over medium-high heat, melt butter. Add potato wedges to the pan, and stir until coated with butter. Add 1 cup water and the orange juice; cover, and cook until potatoes are fork-tender, about 5 minutes.
2. Remove cover, reduce heat to medium, and continue cooking, tossing occasionally, until most of the liquid has evaporated, 3 to 4 minutes more.
3. Combine sugars, and sprinkle over potatoes; toss until coated. Continue cooking until the sugar starts to caramelize and potatoes have a brown glaze, 5 to 6 minutes, tossing occasionally to prevent potatoes from burning. When caramelized sugar bubbles and browns around the edges, remove potatoes from pan. Season with salt and pepper, garnish with orange zest, and serve immediately.

### Fiesta Hummus

*Try this recipe with vegetables, pita bread or on sandwiches!*

Makes: 6 servings

#### Ingredients

- 1 can (15 oz) **garbanzo beans**
- 1/2 tsp **cumin**
- 1/4 tsp **salt**
- 1 dash **cayenne pepper**
- 2 **garlic clove**, minced
- 1/2 cup **yogurt**, plain, non-fat

*Optional: lime juice, sesame oil, jalapeño, fresh [cilantro](#)*

#### Instructions

1. Drain and mash garbanzo beans in blender, food processor or with fork.
2. Add remaining ingredients.
3. Blend until smooth. Serve chilled on crackers or tortilla chips. Promptly refrigerate leftovers.