



December 2019 GFB Newsletter



December Calendar

During the upcoming holiday season, the Guilford Food Bank will be closed the following times:

Friday, December 20, 2019

Saturday, December 21, 2019

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

Guilford Tree Lighting



December 6, 2019
at
5:45 pm
on the
Guilford Green.

Santa's Workshop

FRIDAY

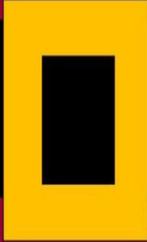
DECEMBER 6

At the

Community Center

4:00—6:00 PM

Bounce House
Holiday Crafts



Visit with Santa
and much more!



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

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 2019/2020 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/ \$36,171; 2/\$47,300; 3/\$58,430; 4/\$69,559; 5/\$80,688; 6/\$91,818; 7/\$93,905; 8/\$95,991

*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 or call 1-855-805-4325.

- November 1, 2019: Open Enrollment starts—first day you can enroll in a 2020 Marketplace plan. Coverage can start as soon as January 1, 2020.
- If you don't enroll in a 2020 plan by January 31, 2020, you can't enroll in a health insurance plan for 2020 unless you qualify for a Special Enrollment Period.



OCTOBER 15-DECEMBER 7, 2019

As a **Medicare** beneficiary, you have from October 15, 2019 to December 7, 2019 to review your coverages and make any changes. New coverage for changes made during the open enrollment begins January 1, **2020**. You can make as many changes as you need to your Medicare coverage during Medicare's Open Enrollment. The changes you make include:

- Joining a new Medicare Advantage Plan
- Joining a new Part D prescription drug plan
- Switching from Original Medicare to a Medicare Advantage Plan
- Switching from a Medicare Advantage Plan to Original Medicare (with or without a Part D plan)

Even if you are happy with your current health and drug coverage, Medicare's Open Enrollment Period is the time to review what you have, compare it with other options, and make sure that your current coverage still meets your needs for the coming year.

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

or

www.facebook.com/pages/Guilford-Food-Bank/1378803272347158

Guilford Holiday Activities

Surrounding the Tree Lighting

Stroll our beautiful town and enjoy the activities

Friday, December 6, 2019

Holiday Tree Lighting	5:45pm to 7:00pm	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, 12/05, 9am-8pm	Guilford Free Library
Friends Holiday Book Sale	Fri, 12/06, 9am-6pm	Guilford Free Library
Friends Holiday Book & Bake Sale	Sat, 12/07, 9am-2pm	Guilford Free Library
The Holiday Boutique	10am to 8pm	St George - Father Sullivan Center
Handbell Concert	5pm	St George Catholic Church
Cookies, Cookies and More	after Tree Lighting	St George Church Hall
St George Christmas Fair	Sat, 12/07, 9am-6pm	St George Church Hall
St George Christmas Fair	Sun, 12/08, 9am-1pm	St George Church Hall
Guilford High School Concerts	Fri, 7:30pm & 9pm	Congregational Church
Guilford High School Concerts	Sat, 12/07, 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

Guilford Free Library Programs

Tween & Teen Event: Sloppy Joes

December 5 , 3:30-4:30pm

Learn how to make Sloppy Joes from scratch and enjoy them afterwards!

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

Make-One, Take-One Greeting Cards

Thursday, December 12 9:00-5:00pm

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 as you would like.



Weekend Wildlife: Bird Brains

December 7, 2019 11:00-12:00

Did you know that birds actually possess sophisticated cognitive abilities? Indeed, responding to changing conditions by changing the way they act is often crucial to their survival. Join Horizon Wings Raptor Rehabilitation Center as we compare and contrast the fascinating qualities of avian intelligence among four different species of birds: an American Crow, a Peregrine Falcon, an Owl, and a Parrot.

Ages 4 & up, registration is required.



Crafternoon

Wednesday, December 18 3:30-6:30pm

Drop in after school and build a craft or your own design using different materials we set out for you. All ages welcome, but children ages 8 and younger should be accompanied by an adult for these self-guided projects.



Mutt-i-grees:

Shelter Pet Blankets

December 19, 2019 4:30-6:30pm

Families are encouraged to work together to create no-sew fleece blankets which the library will then donate to animal shelters in need, providing warmth and comfort to pets awaiting their forever homes. We provide the materials and instruction, you provide the helping hands. Generously funded by the Guilford Fund for Education. All ages welcome with adult supervision.

Registration required.

Tween & Teen Event: A Very Harry Christmas

December 11, 3:30-4:30pm

Have yourself a very Harry Christmas! Paint a wooden holiday ornament to decorate your tree, room, or whatever you'd like! We will show a Harry Potter film on while you paint.

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



United States Department of Agriculture

10 tips Nutrition Education Series



MyPlate MyWins

Based on the
Dietary
Guidelines
for Americans

Make healthier holiday choices

The holidays are often filled with time-honored traditions that include some of our favorite meals and foods. As you celebrate, think of little changes you can make to create healthier meals and active days.

1 Create MyPlate makeovers
Makeover your favorite holiday dishes. Use My Recipe on SuperTracker to improve holiday recipes and get healthier results. Go to [SuperTracker.usda.gov/myrecipe.aspx](https://supertracker.usda.gov/myrecipe.aspx).



6 Tweak the sweet
For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Invite your guests to make their own parfait with colorful sliced fruit and low-fat yogurt.



2 Enjoy all the food groups at your celebration
Prepare whole-grain crackers with hummus as an appetizer; add unsalted nuts and black beans to a green-leaf salad; include fresh fruit at the dessert table; use low-fat milk instead of heavy cream in your casseroles. Share healthier options during your holiday meal.

7 Be the life of the party
Laugh, mingle, dance, and play games. Focus on fun and enjoy the company of others.

3 Make sure your protein is lean
Turkey, roast beef, or fresh ham are lean protein choices. Trim visible fat before cooking. Try baking or broiling instead of frying. Go easy on sauces and gravies.

8 Make exercise a part of the fun
Make being active part of your holiday tradition. Have fun walking and talking with family and friends after a holiday meal. Give gifts that encourage others to practice healthy habits such as workout DVDs, running shoes, and reusable water bottles.

4 Cheers to good health
Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.

9 Enjoy leftovers
Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets, sandwiches, or stews. The possibilities are endless!

5 Bake healthier
Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try reducing the amount of sugar listed in recipes. Use spices such as cinnamon, allspice, or nutmeg to add flavor.



10 Give to others
Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank or volunteer to serve meals at a shelter during the holiday season.



Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](https://www.choosemyplate.gov)
for more information.

Disclaimer: The information contained in this newsletter is provided by Guilford Social Services as a service to its users. 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.



FOOD SAFETY BASICS FOR BAKING

Follow these food safety steps when baking at home to keep your family safe and happy.



WASH HANDS, BAKING TOOLS AND SURFACES WITH SOAP AND WATER before and after handling raw flour and eggs.



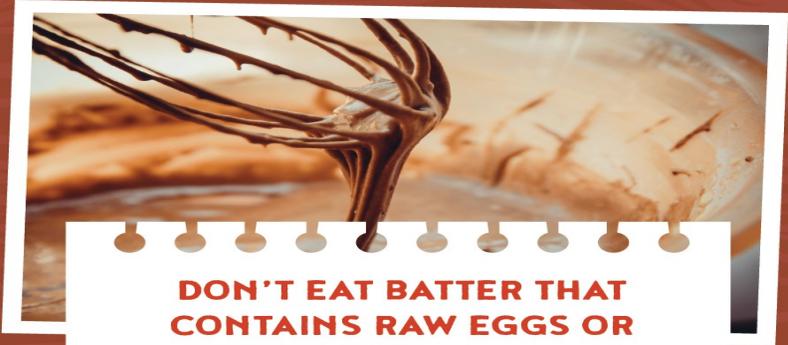
97 percent of consumers failed to wash their hands properly when preparing a meal.*

* According to a 2018 study, U.S. Department of Agriculture

DID YOU KNOW?



1 in 6 Americans get a foodborne illness each year.



DON'T EAT BATTER THAT CONTAINS RAW EGGS OR RAW FLOUR! Raw eggs and raw flour may contain harmful bacteria that could make you or your family sick.



KEEP RAW FOODS SUCH AS FLOUR AND EGGS SEPARATE FROM READY-TO-EAT FOODS. Raw flour can spread easily and contaminate other foods.



Children under age 4 are 4.5 times more likely to get sick from contaminated food compared to adults.



Learn more at StoryOfYourDinner.org

Recipes of the Month

Hoppin' John

Serves 6, 1 1/3 cups per serving



- 2 medium celery stalks
- ½ large red bell pepper
- 1 medium onion
- 2 cloves garlic
- 1 (6-ounce) slice smoked, lean, lowsodium ham
- 1 (15-ounce) can black-eyed peas
- 1 Tablespoon canola oil
- 1 teaspoon dried thyme
- 1½-3½ cups low-sodium chicken broth*
- 2 cups instant brown rice
- ¼ teaspoon cayenne pepper, or to taste
- Pinch salt
- Pinch ground black pepper

*The amount of broth needed will vary depending on the type of instant rice you use. Check your package to find out how much you need.

Optional Ingredients

- Hot sauce, to taste

DIRECTIONS

1. Rinse and dice celery and bell pepper. Peel, rinse, and dice onion. Peel and mince garlic.
2. Dice ham.
3. In a colander, rinse and drain black-eyed peas.
4. In large pot over medium heat, heat oil. Add celery, bell pepper, onion, garlic, and thyme. Cook, stirring occasionally, until vegetables are softened, 5-7 minutes.
5. Add broth to pot. Bring to a boil. Add rice. Reduce heat to simmer. Cover and cook for 10 minutes.
6. Stir in ham, black-eyed peas, cayenne, salt, and pepper. Simmer, uncovered, for 5 minutes. Remove from heat. Cover and let stand 5 minutes before serving. Serve with hot sauce, if desired.

Cheesy, Savory Potato Pancakes

Ingredients

- 3 cups leftover mashed potatoes
- 1 beaten egg
- 1 cup cheddar cheese
- Handful of chives or scallions
- 1 tablespoon butter
- 1 tablespoon canola oil
- Sour cream for garnish

Directions

- Fold egg, cheese and chives into the leftover mashed potatoes and mix to combine evenly.
- Heat canola oil and butter in a skillet.
- Form potato and cheese mixture into pancakes.
- Put into the hot skillet and fry until browned on both sides.

Thumbprint Cookies

- 1 cup unsalted butter
- 1/3 cup sugar
- 1/3 cup light brown sugar, tightly packed
- 1 large egg yolk
- 3/4 teaspoon vanilla extract
- 2 1/4 cup all purpose flour
- 2 teaspoons cornstarch
- 1/2 teaspoon salt
- 1/2 cup sugar for rolling (optional)

- Place butter in the bowl of a stand mixer (you may instead use a large bowl and an electric hand mixer) and beat until creamy.
- Scrape down the sides of the bowl, add sugars, and beat, gradually increasing mixer speed to medium-high until ingredients are well-combined (about 30-60 seconds).
- Add egg yolk and vanilla extract and beat well. In a separate bowl, whisk together flour, cornstarch, and salt.
- With mixer on low speed, gradually add flour mixture to wet ingredients until completely combined. This dough will seem very dry and crumbly, so be sure to pause occasionally to scrape the sides and bottom of the bowl. If it starts to strain your mixer you can use your hands to finish working the dough together.
- Scoop cookie dough into 1 Tablespoon-sized balls and roll very well (so that the dough is round and there are no cracks/seams in the cookie dough -- this will help keep your thumbprints from cracking).
- Roll in granulated sugar (if using) and place on a wax-paper covered plate or small cookie sheet. Use your thumb or the rounded back of a teaspoon to gently press an indent in the center of the cookie dough. Repeat until all of the dough has been used.
- Transfer cookie dough to freezer and chill for 30 minutes.
- Once dough is done chilling, preheat oven to 375F (190C) and place your jam in a small microwave-safe bowl. Heat briefly (about 5-10 seconds) or until jam is not hot but is no longer firm and is easy to stir.
- Spoon jam into each thumbprint, filling each indent to the brim.
- Once oven is preheated, place cookies at least 2" apart on a parchment paper-lined cookie sheet and bake on 375F (190C) for 11 minutes or until edges are just beginning to turn golden brown.