



# December 2023 GFB Newsletter



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

**Friday, December 22, 2023**

**Friday, December 29, 2023**

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

# Hungry?

Call the End Hunger CT! SNAP Info Line  
**866.974.SNAP**  
(7627)



**ctsnap.org**

Get Help with SNAP  
Applications and  
Redeterminations

Funding from the Walmart Foundation  
USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

# Hungry no more.



## **GUILFORD RESIDENTS HEATING ASSISTANCE**

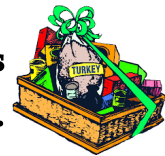
Guilford residents may apply for 2023/2024 Connecticut Energy Assistance (CEAP) Program by appointment only at the Guilford Social Services Department, 263 Church St. in Guilford. All types of heating sources are considered: oil, gas, electric, propane, kerosene and wood.

Annual household income limits are based on last 4 weeks of income and size of household: 1/ \$41,553; 2/\$54,338; 3/\$67,124; 4/\$79,910; 5/\$92,695; 6/\$105,481; 7/\$107,878; 8/\$110,275

Guilford residents should schedule a phone appointment by calling  
203-453-8009.

## **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 or church.

**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.**



## 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, 2023: Open Enrollment starts—first day you can enroll in a 2024 Marketplace plan. Coverage can start as soon as January 1, 2024.
- If you don't enroll in a 2024 plan by January 31, 2024, you can't enroll in a health insurance plan for 2024 unless you qualify for a Special Enrollment Period.



### **OCTOBER 15-DECEMBER 7, 2023**

As a **Medicare** beneficiary, you have from October 15, 2023 to December 7, 2023 to review your coverages and make any changes. New coverage for changes made during the open enrollment begins January 1, **2024**. 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](http://www.guilfordfoodbank.org)

or

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

# A HEALTHY HOME HOLIDAY

This will be a holiday season unlike others! These food safety tips will help you put health first.



## Proper Handwashing Steps



**WET**  
your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



**LATHER**  
your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



**SCRUB**  
your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.



**RINSE**  
your hands well under clean, running water.



**DRY**  
your hands using a clean towel or air dry them.

Learn more about food safety and get holiday recipes at [StoryofYourDinner.org](http://StoryofYourDinner.org)





# Guilford Holiday Activities Surrounding the Tree Lighting

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

## Friday, December 1, 2023

**Holiday Tree Lighting**

**5:45pm to 6:30pm Town Green**

**Music performances, Santa visit and MORE!**

Horse Drawn Carriage Rides	4:15pm-6:15pm	Park St. - Registration Required
Santa's Workshop	4pm to 5:30pm	Community Center
Candlelight Walk on Broad Street	6pm to 9pm	Guilford Garden Club
The Holiday Boutique (Guilford Garden Club)	10:00am-8:00pm	St. George Church Hall
Friends Holiday Book Sale	Fri, 12/01, 9am-6pm	Guilford Free Library
Friends Holiday Book Sale	Sat, 12/02, 9am-5pm	Guilford Free Library
Cubscouts 475 - Hot Cocoa	5:30-7:00pm	Guilford Green
Soups, Pizza, Wishing Tree	5:00-8:00p.m.	Front of St. George Church
Cookies, Cookies and More ....	after Tree Lighting	St George Church Hall
St George Christmas Fair	Sat, 12/02, 9am-6pm	St George Church Hall
St George Christmas Fair	Sun, 12/03, 9am-2pm	St George Church Hall
Guilford High School Concerts	Fri, 12/01 7:30pm & 9pm	Congregational Church
Guilford High School Concerts	Sat, 12/02, 6:00 & 7:30 pm	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
Santa Breakfast	Sat, 12/02, 9am-12:00pm	First Church Guilford

**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)

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

# Holiday Healthy Eating Guide

By the American Heart Association



These easy tips and recipes will help you stay healthy and mindful as you celebrate the holidays with friends and family. You can eat well and be well this holiday season, with these tasty treats, party tricks and simple strategies.

## **Enjoy in moderation.**

Is it even possible to eat healthy during the holidays? Yes! And you can do it without FOMO or a lot of effort.

Grandma's fudge is a family tradition, and your coworker's cookies are calling you from the breakroom. Indulging a little won't hurt — so lighten up! No, we mean that literally. Enjoy holiday treats in smaller portions, make healthy substitutions where you can, and plan ahead for merry meals that are healthy, too.

## **Include lots of seasonal, colorful fruits and vegetables.**

Do you decorate for the holidays with a lot of color? Treat your plate the same way. Fruits and vegetables will add flavor, color and nutrients to holiday favorites. And they help you feel fuller longer so you can avoid the temptation to overeat.

## **Slash unwanted calories with easy swaps and substitutions.**

Learn where excess calories, sodium, saturated fat and added sugars are hiding in traditional holiday foods and beverages, and some easy swaps to avoid them. Our guide will show you how.

## **Navigate holiday parties like a boss.**

From the obligatory workplace parties to family get-togethers, your calendar may be bursting with opportunities to eat and drink outside of your regular routine. Make a plan that will help you resist plowing through the buffet table, like having a healthy snack beforehand.

## **Sprinkle in opportunities to be active.**

Keep the inevitable indulgences in check by staying active. Enjoy some winter sports for a change of pace, or schedule in a quick walk or workout before you head to the next party.

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# 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](http://StoryOfYourDinner.org)

## Recipes of the Month

### Easy Sugar Cookie Recipe {only 3 ingredients!}

- 1 cup unsalted butter , room temperature
- 2/3 cup + 3 tablespoons granulated sugar , divided
- 2 cups + 1 tablespoon all-purpose flour , spooned and leveled
- 1 teaspoon vanilla (optional, but recommended)
- rainbow sprinkles or nonpareils (optional, but recommended)



1. Preheat oven to 325 degrees F. Line 2 large baking sheets with parchment paper.
2. In a medium bowl, using a handheld electric mixer, beat together butter and 2/3 cup sugar until combined. (It will be a little gritty – that's ok.)
3. Add in flour and blend well (then blend in the vanilla, if using.)
4. Using a cookie scoop, roll the dough into 1-inch balls.
5. Gently roll the balls in the remaining 3 tablespoons of sugar until lightly coated; transfer to the baking sheets 2 inches apart.
6. With the bottom of a measuring cup or glass, press down on the balls to flatten. Sprinkle with some nonpareils (if using) and lightly press down again just so they stick. (The dough should end up being between an 1/8-1/4 inch thick, so 3/16 to be exact. They will look pretty small in circumference, but they will spread a bit to a normal size cookie.)
7. Bake for 14-16 minutes or until just slightly golden around the edges and on the bottom.
8. Remove from the oven and let rest on the baking sheets for at least 10-15 minutes (don't skip this step!) Then eat or transfer to a cooling rack to cool completely.

### 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)
- 1/3 cup jam or preserves of your choice

- 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.