

Guilford



Food Bank

45 Stone House Lane Guilford CT 06437

Caring For Our Community!

GFB Recipient Guide

Location: 45 Stone House Lane

Hours of Operation:

Food Distribution - Fridays 1:00 to TBD

(by appointment only)

The Guilford Food Bank (GFB) is a food pantry formed in 1995 as a coordinating partnership between the Town of Guilford and Guilford Interfaith Volunteers (GIV).

The GFB is available to Guilford residents in need of nutritional support. Perishable and non-perishable foods are available and distributed according to household size. Cleaning supplies and toiletries are available in limited supply.

Anyone that needs to use the GFB on an ongoing basis is expected to pursue all other potential resources available, such as, SNAP, Energy Assistance, etc. Assistance with applications is available through GSS.

GFB bus deliveries for senior and disabled residents without access to personal transportation may be arranged through the Guilford Senior Center at 203-453-8086.

Food donations are accepted at Palumbos' Automotive & Town Hall during their regular business hours, as well as the GFB on Fridays till noon.

Questions regarding eligibility should be directed to Guilford Social Services (GSS) at 453-8009.

Questions regarding volunteering, donations and food drive events may be directed to GIV at 203-453-5389 or GSS at 203-453-8009.

To reach the GFB during staffed hours, call 203-453-8166 or for more information visit: www.guilfordfoodbank.org.

The GFB is an equal opportunity provider



Guilford Food Bank Distribution Hours of Operation Fridays 1:30-TBD

You are allowed **2** visits per month with an authorization from Guilford Social Services for a specified period of time . If you do not visit for a month or two—we cannot double up on the food . By our agreement with the CT Food Bank, we are only required to give your household enough food for three days each time you visit. We are more generous by our own choosing, however, we expect you to adhere to our schedules and policies.

If you need to use the food bank more than 2 times per month, you must obtain a crisis authorization from Guilford Social Services, 263 Church St., (203) 453-8009.

Must call Guilford Social Services prior to Fridays at 10 am to make an appointment to use the GFB for that week.

Please remember no one will be serviced without a previously scheduled appointment. DO NOT make an appointment or show up for the appointment if you are exhibiting signs of illness, call the GFB to notify them if you are unable to make your scheduled appointment.

Also if there are no appointments scheduled for any given shift, we will not open.



NO SMOKING ON GUILFORD FOOD BANK PROPERTY!
All town properties are Smoke Free Zones & the GFB is on town property
THE GFB IS ON TOWN PROPERTY

GFB Procedures

- ◆ Please arrive at the GFB at your designated Friday appointment time.
- ◆ GFB volunteers **will not work** from a list you brought from home. Staples are put in the pre-packed bags.

Foods Item pre-packed guide
Cold Cereal OR Hot Cereal
100% Juice
Crackers
Veggies corn, peas, green beans
Baked Beans
Misc. Canned Beans
Tuna
Chicken
Soup
Dried box pasta
Rice
Pasta Sauce
Canned Tomato Product
Can Fruit <i>We may use apple sauce as a canned fruit as well</i>

- ◆ You will be given prepared bags according to your family size, and allowed to choose from a limited request sheet.
- ◆ **Volunteers will not hunt for specific brands or flavors on the shelves**
- ◆ We stock limited toiletries and cleaning supplies as well as food.
- ◆ Limited fresh veggies and fruits are offered weekly.
- ◆ GFB volunteers are **not** required to read through ingredients on food labels for you.
- Please give all GFB staff the courtesy of complying with any policy they are required to enforce.
- Anyone who disregards policies and accepted protocols will be prohibited from continued use of GFB services.



If you are on a special diet for medically supervised health reasons,
*You are to provide a doctor's verification of your special diet
to Social Services so your diet may be noted .*
Ultimately it is up to you to be mindful of your diet, not the GFB!

Guilford Food Bank Policies

- The GFB reserves the right not to open in inclement weather. If there is a winter storm forecasted, please plan ahead for your visit. The closing will not be broadcasted.
- You are required to report any changes in household size, address, and phone number to Guilford Social Services at 453-8009.
- If you are categorically and or financially eligible for a benefit program (i.e. SNAP formerly known as Food Stamps) and you do not pursue and verify pursuit of that resource, you will not be eligible for continued service from the GFB. This will include submitting your proof of approval, benefit amount and dates of eligibility or the denial and reason why you were denied. The state will have provided you with this information.
- You will be required to update your need for continued food bank services twice a year at a minimum.
- If you appear at the GFB the last weekend of the month and have not used the GFB all month, that is by your choice, not ours – we do not double up on your food supply to make up for it under any circumstances.
- Guilford Food Bank is an emergency food pantry—**we do not honor specific brand requests or flavors.**



**The Guilford Food Bank was established to assist Guilford Residents in their time of need
IT IS NOT AN ENTITLEMENT**

You will be prohibited from continued use of the Guilford Food Bank:

- If at any time your behavior towards another GFB recipient or volunteer is found offensive in any manner
- If you do not observe the proper policies of the GFB
- If you have given fraudulent information in order to use the GFB services
- If you do not apply for the DSS SNAP program (formerly known as food stamps)

*****Holidays*****

On certain holiday weekends when the food bank is closed— the dates are posted well in advance. Please be aware of all the info we post.

During the Christmas and Thanksgiving weekends we are most assuredly closed, however, we do offer special accommodations for those holiday meals . You may sign up for a special holiday basket **in advance** at the Guilford Social Services office.

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 purposely received more than one local holiday offering you will be excluded from future holiday basket offers.

BE MINDFUL of where our supplies originate.

The GFB is made possible to Guilford residents only through the generosity of community donations. Our volunteer staff is able to purchase items through the CT Food Bank and wholesalers on a very limited basis- **most of what is supplied comes directly through food drives throughout the community.** The town sponsors two large town-wide food drives per year, in May and September. Most of the items you are able to choose from the client choice room are from drives.

We all do our absolute best to sort through the thousands of pounds of food we receive to weed out items that are past their expiration date. **Be assured the GFB staff has stricter guidelines for when something is past the date then does the CT Food Bank and for that matter, we have stricter guidelines for you than we do in our own personal pantries.**

With that said, we would like you to note a few things:

When food is close to the stamped expiration date we put the item from our storage shelves into the client choice rooms, this allows you to choose if you want it or not. Please see following page, it gives you valuable information on when food should be discarded according to the stamped date and what the various stamps mean.

You will occasionally, find food in the client choice room, that is stamped “best/better if used by” and has a date that is past, we strive for no more than 3 months past- but by all accounts- most canned food may last 2-5 years past its expiration date.

For a month or so after a food drive, you will find more items than usual in the client choice room, therefore at those times, you are more likely to find more items in the choice room that has a “ Best/Better if used by” past date stamped. We leave it up to you, the choice is yours to make, take the item or not.

If you find anything in your bags that we have packed for you that are past the expiration, please be aware it is never intentional. We do our best to sort and resort and then sort again, but occasionally things slip by us. Please do not be insulted, just return it to us at your next visit and we will replace the item.

Please take home a copy of *THE FOOD KEEPER*, located in the Choice Room.

SNOW & TROPICAL STORMS

The GFB reserves the right to not open in inclement weather. The supervisor of the shift with the questionable weather forecast makes the call to open or not.



Like us on [Facebook](#) to keep up with all GFB related activities

Consumption Guidelines

DAIRY

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Milk</i>	<ul style="list-style-type: none"> Chilled at 40 °F 	<ul style="list-style-type: none"> Half & half – 3 days past expiration Whipping \ Heavy Cream – 3 days past expiration Egg Nog – 5 days past expiration Whole Milk – 5 days past expiration 2% Milk – 6 days past expiration 1% Milk – 7 days past expiration Skim Milk – 10 days past expiration 	<ul style="list-style-type: none"> Damaged or compromised packaging Off odor or discoloration
<i>Yogurt, sour cream, cottage cheese, sour cream based dips</i>	<ul style="list-style-type: none"> Chilled at 40 °F 	<ul style="list-style-type: none"> 14 days past expiration 	<ul style="list-style-type: none"> Mold, off color or smell, damaged packaging
<i>Cheese</i>	<ul style="list-style-type: none"> Cheese will last up to 3 months past the expiration date if chilled at 0 °F 	<ul style="list-style-type: none"> Soft cheeses (cream, ricotta) 7 days past expiration Hard cheeses (cheddar) 3-4 weeks past expiration 	<ul style="list-style-type: none"> Opened or compromised packaging, mold
<i>Eggs</i>	<ul style="list-style-type: none"> 40 °F or below 	<ul style="list-style-type: none"> Eggs in shell – 3 - 5 weeks past expiration Hard Cooked – 1 week past expiration Pasteurized or substitute – 10 days past expiration Frozen egg substitutes \ egg whites – 180 days 	<ul style="list-style-type: none"> Off odor, color or taste

ALTERNATIVE DAIRY AND MEAT PRODUCTS

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Refrigerated Soy Products</i>	<ul style="list-style-type: none"> Refrigerated at 40 °F 	<ul style="list-style-type: none"> Refrigerated Soy Milk – 7 days past expiration Soy Yogurt – 14 days past expiration 	<ul style="list-style-type: none"> Damaged or compromised packaging Off odor or discoloration
<i>Refrigerated Meat Substitutes (Tofu, tempeh, seitan, etc.)</i>	<ul style="list-style-type: none"> Refrigerated at 40 °F or below Frozen at 0 °F or below on or before the expiration date 	<ul style="list-style-type: none"> Up to the expiration date if refrigerated Consume up to 1 year past expiration date if frozen on or before expiration date 	<ul style="list-style-type: none"> Damaged or compromised packaging Unfrozen past the expiration date Swollen or bulging container
<i>Shelf-stable Non-Dairy Beverages (rice milk, soy milk, oat milk, etc.)</i>	<ul style="list-style-type: none"> Cool, dry and clean area 	<ul style="list-style-type: none"> Up to 6 months past expiration date if stored properly 	<ul style="list-style-type: none"> Damaged or compromised packaging Off odor or color Swollen or bulging container

MEAT

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Processed, Packaged Meats (such as fully cooked lunch meats, and hotdogs)</i>	<ul style="list-style-type: none"> Refrigerated at 40 °F or below, up to expiration date Frozen at 0 °F or below on or before the expiration date 	<ul style="list-style-type: none"> Consume up to one year past expiration date if frozen on or before the expiration date After thawing – 4 days unopened, 3-5 days opened Do no defrost and refreeze product 	<ul style="list-style-type: none"> Defrosted product Severe freezer burn Discolored product Damaged or compromised packaging
<i>Fresh or Frozen Meat</i>	<ul style="list-style-type: none"> Refrigerated at 40 °F or below up to the expiration date Frozen at 0 ° or below on or before the expiration date 	<ul style="list-style-type: none"> Consume up to one year past expiration date if frozen on or before the expiration date Do no defrost and refreeze product 	<ul style="list-style-type: none"> Defrosted product Severe freezer burn Discolored product Unfrozen past expiration Damaged or compromised packaging

CANNED AND DRY FOODS

Product	Storage	Expiration \ Code Date Extensions	Not acceptable
<i>Powdered Milk</i>	<ul style="list-style-type: none"> Chilled at 40 °F 	<ul style="list-style-type: none"> 6 months if refrigerated 	<ul style="list-style-type: none"> Damaged or compromised packaging
<i>Canned Foods</i>	<ul style="list-style-type: none"> Room temperature 	<ul style="list-style-type: none"> High acid foods (i.e. tomatoes) 12 – 18 months Low acid foods (canned meat, most vegetables) 2 – 5 years 	<ul style="list-style-type: none"> Bulging, leaking cans
<i>Food in Jars</i>	<ul style="list-style-type: none"> Room temperature 	<ul style="list-style-type: none"> 12 months past expiration 	<ul style="list-style-type: none"> Mold, leaking jars
<i>Dry Cereal</i>	<ul style="list-style-type: none"> Room temperature 	<ul style="list-style-type: none"> 6-12 months unopened 	<ul style="list-style-type: none"> Compromised packaging
<i>Rice \ pasta (dry)</i>	<ul style="list-style-type: none"> Room temperature 	<ul style="list-style-type: none"> 1 year 	<ul style="list-style-type: none"> Compromised packaging

The Guilford Food Bank is a member of the CT Food bank and the following is their guidelines for food safety.



CANNED FOODS:

Discard...

- All home canned foods.
- All rusted cans.
- Cans with any severe dents).
- Cans with bulging or puffed ends.
- Leaking cans.
- Cans with spills or stains from an unknown source.
- Cans with missing food labels.

DRY PACKAGED FOODS:

Discard...

- Dry foods with opened, punctured or torn inner packages.
- Punctured, torn, opened or otherwise damaged containers of dry foods.
- Packages with rodent droppings, bugs or insects.
- Packages with rodent gnaw (teeth) markings.
- Packages with missing food labels.
- Packages with spills or stains from an unknown source.

BABY FOODS AND FORMULA:

DO NOT USE BABY FORMULA PAST THE EXPIRATION DATE!

Discard...

- All baby foods and formula 1 month **BEFORE** the expiration date.
- All baby foods with opened jars or evidence of tampering.
- Baby cereal with opened, punctured or torn packages.

OTHER:

Discard...

- All home prepared foods.
- All repackaged foods.
- All moldy and opened packages of bread, cheese, fruits and vegetables.
- All goods with questionable color, odor or texture.
- All food packaged in garbage liners.

Expiration or "Use By" date: Last day the product should be eaten or used for assured quality.

Phrase most often used: "Do not use after (date)," Includes baby formula and baby foods.

Freshness or "Sell By" date: Last recommended date of sale that allows ample home storage time.

Phrase most often used: "Sell by (date)" Includes milk, yogurt, and eggs.

"Best if Used By" date: Date after which a product is not likely to be at peak quality or flavor. Includes prepared packaged foods, Rice/Soy Dream, and most dry goods.

Interpreting dates

Product	Throw out after
Milk*	4 – 7 days past stamped date
Yogurt*	7 – 10 days passed stamped date
Soft Cheeses * (cottage, cream, ricotta)	1 week past stamped date
Hard Cheeses* (such as cheddar)	3 – 4 weeks past stamped date
Luncheon meat*	4 – days unopened, 3 – 5 days if opened
Powdered milk*	6 months past date if refrigerated
Eggs*	3 – 5 weeks past stamped date
Dry cereal	6 – 12 months unopened
Food in jars	12 months past stamped date
Canned foods	
Acidic; (e.g., tomato products)	2 months past stamped
Non-acidic; (vegetables, soups)	2 – 5 years past stamped
Bread products	7 days after date, if refrigerated at first sign of mold
Rice/pasta (dry)	1 year after receiving

***All refrigerated products must be kept at 40° F or cooler at all times**



**30 Harrison Avenue
Branford, CT 06405
(203) 488-9750**

[The Community Dining Room](#) is committed to serving the community by feeding the hungry and helping with other basic human needs. We strive to promote public awareness of the impact of hunger and isolation in our society. We are dedicated to helping our guests with their practical needs through referrals and fellowship.

The Community Dining Room serves the south-central Connecticut shoreline from East Haven to Old Saybrook including the towns of Branford, North Branford, East Haven, Guilford, and Madison.

The Community Dining Room serves:

LUNCH

Sunday-Friday: 12:00 - 1:00 p.m.

TUESDAY NIGHT TAKE OUT DINNER

Pick-up from 5:30pm-6:30pm

BRUNCH

Saturdays: 11:00am- 12:00pm

TUESDAY FAMILY DINNER & STORYTIME

(for families with children)

Tuesdays at 5:30 p.m.

All are welcome!

DAILY LUNCH PROGRAM:

From 12 noon until 1:00, every day, Sunday through Friday the CDR serves a hot, nutritious lunch in our dining room. This well-balanced meal begins with soup followed by a main course including protein, carbohydrate and vegetable; finishing always with dessert. Those who attend this community lunch help themselves to a cold beverage or coffee and find a seat with friends or welcoming others. CDR volunteers serve lunch directly with a friendly greeting. A blessing is offered by dining room volunteers at every meal. Many hungry and lonely individuals structure their day with a visit to the Community Dining Room and sharing a meal.

TUESDAY FAMILY DINNER:

Every Tuesday at 5:30 the CDR hosts a family dinner for families with children. This program offers a kid-friendly menu and story time with discussion which encourages reading and develops literacy. Free books are given out each evening. Promoting social diversity, periodically this dinner will highlight a different culture through the foods offered for dinner, books chosen to read, world maps, verbal presentations and other creative additions. Offering families an opportunity to "go out to dinner" together is an important component of this program. Many hard working families in our shoreline neighborhoods are having trouble making ends meet. This program offers help and support.

TUESDAY NIGHT TAKE OUT DINNER

Lost hours at work or been laid off? Feeling the difficulties of the economic downturn? Unable to come to our daily lunch. Order your family dinner to ease your budget. Call (203) 488-9750 for more information.

You may have supported us in the past; let us lend a hand during these difficult times. Use this dinner for any meal or as an after school snack. Call and order this nutritious and delicious food for your family.

HOME DELIVERY AND VISITATION PROGRAM:

This program provides a home delivered, hot lunch for each day of the week. Individuals who are unable to access the CDR due to physical or health reasons or are recuperating from an illness or surgery may qualify to participate. Through referrals and intake assessments, individuals become eligible for this program which serves the Branford area. Our home visitation program, helping to dispel isolation and loneliness, offers additional assistance. Providing nutritional and social support to these individuals will improve their quality of life, assist in their recovery and help them remain in their own homes, in some cases delaying entry to nursing facilities.

VOCATIONAL ASSESSMENT PROGRAM:

This program provides an opportunity for individuals with disabilities to try kitchen and food preparation work as a vocation. Area agencies participate in this exciting hands-on teaching opportunity.

COMMUNITY SERVICE SATURDAYS:

Each first and second Saturday of the month, students from area schools can meet their school volunteer requirements at the Community Dining Room. We offer youth an opportunity to learn the merits and joys of volunteering while helping others with basic human needs.



Supplemental Nutrition Assistance Program (SNAP)

Supplemental Nutrition Assistance Program (SNAP), formerly known as the Food Stamp Program, is a nutrition program that helps low-income individuals and families buy food.

People in Household	Gross Monthly Income	Gross Annual Income
1	\$2,430	\$29,160
2	\$3,287	\$39,444
3	\$4,144	\$49,728
4	\$5,000	\$60,000
5	\$5,857	\$70,284
6	\$6,714	\$80,568

The rules for getting SNAP in Connecticut require that a person must be a resident of Connecticut whose income is within set limits. For some households, there is also an asset limit.

For income: (please note, all standards below are updated as of October 2012). Income limits are for gross income. Gross income is the amount of income before taxes and deductions. The gross income limit does not apply to households in which at least one person is 60

years of age or older, or receives disability income.

If you have been previously denied food stamps or have had them discontinued, reapply. Individual SNAP benefits have increased. Time limited penalty, asset test, mandatory face to face interviews have been lifted.

How to apply?

The State of CT Department of Social Services (DSS) administers SNAP and grants cases to eligible households.

Guilford residents, call DSS in Middletown, 855-626-6632 ask them to send you an application. You can also print an application off line and mail it in to:

DSS- Intake
117 Main Street Ext
Middletown, CT 06457

Or you may apply online at www.connect.ct.gov

Documents needed to apply:

Identification: This includes birth certificate, driver's license, or other proof of identity (passport).

Social Security number: You will need the SS# for all household members.

Proof of income: Pay stubs showing income for the past 5 weeks, or a written statement from the employer showing earnings. Sources of income include: worker's comp; unemployment; SSI; cash assistance; rental income; and, child support.

Rent or Mortgage: Mortgage, tax & insurance statements, if you own. Or, rent receipts or lease agreements, if you rent.

Utility bills: Gas, electric, heating, and phone bills.

Bank statements: Proof of bank accounts. These include, checking, savings, credit unions, bonds, and CD's.

Medical expenses: These are needed if you, or someone in the household is over 60 years old, or disabled and you have medical expenses of more than \$35.00 per month.

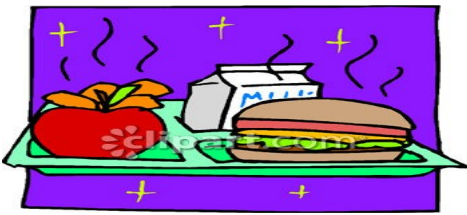
IF applicable, you will also need:

Alien registration card, or proof of immigrant status

Childcare expenses, SSI Award letter, Rental Income



The GFB is not a grocery store, choice of food items is a luxury grocery stores provide. SNAP (food stamps) provides you the option of choice in your food selections at the grocery store. The GFB is available to assist you in surviving your economic hardship and is tailored to help you in combination with additional resources such as SNAP and WIC. As a condition of GFB use, you must pursue SNAP as a resource.



Free or Reduced School Lunch

Free or reduced price breakfasts and lunches are served in elementary and secondary schools to enrolled students whose family income is at or below 130% (free meals) or at or below 185% (reduced price meals). Schools are not required to provide breakfast or lunch.

The School Lunch and Breakfast program is funded by the United States Department of Agriculture and administered in Connecticut by the [State Department of Education's Bureau of Health, Nutrition, Family Services, and Adult Education](#).

WHO IS ELIGIBLE?

- Enrolled students in elementary and secondary schools that participate in the program.
- It is not necessary that the student be a United States citizen or legal resident.
- Free meals are for students with family income at or below 130% FPL
- Reduced price meals are for students with family income between 130% and 185% FPL

HOW TO OBTAIN SERVICE: Ask at child's school to see if the school offers this program; if so, obtain an application form from the school. Forms can be mailed to parents or sent home with the children. Parents who receive TFA or SNAP (food stamps) can put their State Assistance ID # on the form. They do not have to fill out the income section because if eligibility has been determined already for TFA or SNAP they are categorically eligible for free school meals.

TIMETABLE: Parents/guardians can apply for free/reduced meals at any time during the school year.



[W.I.C.](#)

The Special Supplemental Nutrition Program for **W**omen, **I**nfants, and **C**hildren – better known as the WIC Program – serves to safeguard the health of low-income women, infants, & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care.

Who is eligible?

- Pregnant women (through pregnancy and up to 6 weeks after birth or after pregnancy ends).
- Breastfeeding women (up to infant's 1st birthday).
- Non-breastfeeding postpartum women.
- Infants (up to 1st birthday).

Children up to their 5th birthday (Fathers, grandparents, foster parents or other guardians may apply for WIC for their children).

What are the eligibility requirements?

- Must meet the [income guidelines](#), which are set at or below 185 % of the federal poverty income limit (WIC counts an unborn infant as a household member).
- Be at nutritional risk; WIC uses 2 broad categories of risk: medically based such as low birth weight and diet based, such as poor eating habits.

Must live in Connecticut (WIC does not require proof of citizenship or alien status and participation in WIC will not affect your immigration or naturalization status).

**Recipients of the food stamp program, assistance under the temporary family assistance (TFA) program or the Husky A/Medicaid program are automatically income-eligible for the WIC program. A person who documents that he/she is a member of a family that contains a TFA recipient or that contains a pregnant woman or an infant who receives Husky A/Medicaid shall also be determined adjunctively income eligible for WIC.

Guilford residents call 860-358-4082 for WIC info.

Providing Food and Fellowship to Those in Need

Pantries located in Old Saybrook, Westbrook, Clinton, Old Lyme and East Lyme provide enough food for three meals for three days for those who attend, and those in their household. The food distributed includes both fresh meat, vegetables, fruit, and dairy and non-perishable canned and packaged food and heat-n-eat meals. Those in need are welcome to attend one distribution per week.

Meal sites are located in Centerbrook, Essex, Deep River, Chester, Old Saybrook, Westbrook, Clinton, and Old Lyme. Hot nutritious meals are prepared by volunteers and served family style. Those in need are welcome to attend all meal sites.

All who enter the doors will be welcomed and served. Those who attend the pantry and meal sites do not need to prove they are in need; only come and be served.



Weekly Food Pantries and Daily Meal Sites

[Baptist Church of Essex, 10 Prospect Street, Essex](#)

Meal Site: Mondays - 5:30 to 6:30 p.m.

[Deep River Congregational Church, 1 Church Street, Deep River](#)

Meal Site: Thursdays - 5:00 to 6:00 p.m.

[First Church of Christ Congregational, 55 Church Street, Clinton](#)

Food Pantry: Wednesdays - 5:45p.m. to 7:45 p.m.

[First Church of Christ in Saybrook, 366 Main Street, Old Saybrook](#)

Food Pantry: Tuesdays - 3:00 to 5:00 p.m.

[First Congregational Church, 2 Ferry Road, Old Lyme](#)

Food Pantry: Saturdays - 9:00 to 11:00 a.m.

Meal Site: Saturdays - 9:00 to 10:00 a.m.

[Grace Episcopal Church, 336 Main Street, Old Saybrook](#)

Meal Site: Wednesdays - 12:00 to 1:00 p.m.

[St. John's Episcopal Church, 400 Main Street, Niantic](#)

Food Pantry: Thursdays - 5:00-6:00 p.m.

[St. John's Episcopal Church, 23 Main Street, Essex](#)

Meal Site: Tuesdays - 5:00 to 6:00 p.m.

[St. Mark's Church, 222 McVeagh Road, Westbrook](#)

Food Pantry: Tuesdays - 1:30 to 2:30 p.m.

[Trinity Lutheran Church, 109 Main Street, Centerbrook](#)

Meal Site: Fridays 12:00-1:00 p.m.

[United Church of Chester, 29 West Main Street, Chester](#)

Meal Site: Sundays - 5:00 to 6:00 p.m.

[United Methodist Church, 12 Commerce Street, Clinton](#)

Meal Site: Wednesdays - 5:00 to 6:00 p.m.

[Westbrook Congregational church, 1166 Boston Post Road, Westbrook](#)

Meal Site: Wednesdays - 5:00 to 6:00 p.m.

Guilford Meals on Wheels

The Guilford Meals on Wheels program provides a hot nutritious meal to ANY Guilford resident having significant difficulty preparing themselves a well balanced meal. Meals are prepared at the Community Center kitchen and are delivered Monday through Friday at 11 AM. Weekend meals are delivered on Friday. All meals are low sodium, low fat and sugar free desserts are provided when needed. The cost per meal is on a sliding scale from \$4.00 per down. This program has NO age or financial restrictions. No state or federal funds are used – it is a community supported program based on our motto, “Neighbor Helping Neighbor.”

Friendly Visiting Program

Friendly Visiting is a social out reach program that carefully matches volunteer visitors with people wishing a friendly visit. Our primary objective is to enhance ones quality of life through weekly “friend to friend” connections. The program is designed as a social program not as a respite or transportation program. Trained and caring volunteers visit any Guilford resident wishing a social visit once a week for a year or longer. There is no fee and scheduling of visits is flexible. Visits can be structured, centered on a specific activity or can be as casual as having a cup of tea or taking a walk.

Charlie’s Closet

Charlie’s Closet’s is a medical equipment clearinghouse. Our mission is to take donations of used medical equipment, clean the equipment, check it for safety and then provide the equipment to anyone requesting it. The equipment that we provide ranges from hospital beds and lift chairs to commodes and canes. Large pieces, such as hospital beds and lift chairs are sometimes delivered and set up in our client’s home by our volunteers. For liability reasons, the clients sign a release form and pay a fee of \$1 for each piece of equipment.

Charlie’s Closet’s clients range from people recuperating from surgery, to the elderly needing items to enable them to safely remain in their homes, to those under Hospice care. We provide red-tape free equipment. Many health care professionals such as physical therapists, nurses, home health care aides and hospice workers turn to us for hassle-free equipment.



Domestic violence involves a pattern of abusive behavior in intimate relationships or between family or household members where one partner tries to control or dominate the other.

All services are free and confidential

Warning signs of an unhealthy relationship:

Are you afraid to disagree with your partner because of his/her temper? Do you make excuses to yourself or to others for your partner's behavior? Does your partner accuse you of flirting or cheating? Does your partner destroy things that you care about? Does your partner grab, pull, or push you and/or hit in places where the bruises won't show? Does your partner threaten to harm or kill you, your child, your pet, or your family? Does your partner force you to have sex or do sexual things that make you feel uncomfortable? Does your partner humiliate you in public or private? Has your partner displayed a weapon or destroyed things to scare you? Does your partner control the family finances and deny you money and/or credit cards? Are you not allowed to have house or car keys of your own? Does your partner make it difficult or impossible for you to go to work or school? Has your partner manipulated you with "head games"? Has your partner punished or deprived your children to get back at you? If your partner abuses drugs or alcohol, is he or she more likely to do any of the above things when drunk or high?

Does your partner threaten to "out" you?

If you answered yes to any of these questions, you may be in an abusive relationship.

If you or someone you know is in danger in South Central Connecticut call the DVS hotline at 203.789.8104 or the state-wide hotline at 888.774.2900



GUILFORD TRANSPORTATION SERVICES

(203) 453-8086

*Door to door transportation services provided to Guilford residents who are 55+ or disabled, to medical appointments, errands, shopping & the Community Center.

To schedule: Call 24-48 hours in advance. Provide the following:

***Name, Address & Phone Number/ *Date, Time, Estimated Appointment Length/ *Name, Address & Phone Number of Appointment**



Veyo is the company that arranges your non-emergency Medicaid transportation (NEMT) for the State of Connecticut, and Guilford Residents who have full Medicaid benefits.

Please call 2 business days in advance before your appointment to schedule transportation.

The Reservation phone number is [1-855-478-7350](tel:1-855-478-7350). Confirmed appointments may be booked 24 hours a day, 7 days a week.

To book your trip you will need to provide: *Your name, address, and phone; Your Medicaid number; The doctor/clinic's full name, address (including suite or office number) and phone number; The time and date of your appointment.

VEYO does not handle emergency transportation, call 911 in case of an emergency.

My Ride Regional Rides Transportation Program

Door to door bus service transportation to those of 60 or disabled residents. No limitation on trip purpose. \$3 per one way trip fare charged, you may be accompanied by an aide or guest. Service area encompasses the towns of: Bethany, Branford, East Haven, Guilford, Hamden, New Haven, North Branford, North Haven, Wallingford, West Haven and Woodbridge. Call 203-288-6282 for more info.



Each year, nearly 16 million Americans receive job placement assistance from our nation's "One-Stop Career Center." In Connecticut alone, over 80,000 residents received assistance ranging from help with their resume and interview skills to obtaining training - most with certifications and job placement.

Additionally, many businesses receive support from One-Stops with services ranging from recruitment assistance to specialty training, tax credit programs and rapid response teams for staffing adjustments.

Visit your nearest [CTWorks](#) One-Stop Career Center

More information for job seekers:

www.ctdol.state.ct.us

www.capitalworkforce.org

www.careeronestop.org



ConneCT

DSS launched a new web-based service that gives the agency's clients the ability to check on the status of their benefits online, and provides members of the general public with a pre-screening tool to learn about which services they may be eligible for.

The service can be found online by visiting www.connect.ct.gov



BHcare Clothing Bank

**33 Harrison Avenue, Branford, CT 06405
203-483-2643**

Do you have clothing in good condition you'd like to donate?

Are you in need of clothing? Call for details.

Care 4 Kids



Making child care Affordable™

[Care 4 Kids](#) helps low to moderate income families in Connecticut pay for child care costs. This program is sponsored by the State of Connecticut's Department of Social Services (also called DSS).

To learn more about Care 4 Kids, take a look at the website. It has information for both parents and child care providers. You can look at the site to find out how the program works, who is eligible, and more. You can also print the forms you need to apply for the program.

gram.



CELLULAR LIFELINE SERVICE

Free cell phone and wireless service for Connecticut residents facing economic hardship.

"At this point, cell phones are not a luxury. They are doorways to opportunity; they provide safety and security; they strengthen interpersonal connection."

CT Residents who may eligible for free wireless include those who participate in:

Food Stamps/SNAP

Supplemental Security Income (SSI)

Assistance or Section 8

Veterans Pension benefit or Survivors Pension benefit

Medicaid

Federal Public Housing

For shipment for your FREE phone you must live at a residence that can receive mail from the U.S. Post Office, P.O. Boxes cannot be accepted.

Two Free Cellular Services in Connecticut



SafeLink Wireless Service

Call at **1-800-977-3768** or visit website at www.safelinkwireless.com.

Assurance Wireless Service

please call (toll-free) 800-395- 2171 or visit www.assurancewireless.com.

14 Sycamore Way, Branford, CT 06405

203-483-2648 / www.bhcare.org

BHcare is a non-profit community behavioral health agency dedicated to providing a comprehensive range of behavioral health services to adults with serious and persistent mental illness and/or substance abuse disorders.

Services include: Clinical Services, Community Support Services, and Social & Vocational Rehabilitation .



WALK-IN CASE MANAGEMENT APPLICATION ASSISTANCE

the first & third Wednesday of the month; 1:00 p.m. to 2:30 p.m.

First Come, First Served.

[Office of the Healthcare Advocate](#)

State of Connecticut Healthcare Can Be Confusing - the Answers Start Here



Help is available to resolve your healthcare and insurance related issues. Find out how to save time, money and frustration. OHA is a free service of the State of

Connecticut. OHA helps you find the answers when you need it most. We hold insurance companies accountable to you, the consumer, and help you successfully resolve your healthcare issues

For Help call the Office of the Healthcare Advocate today at:

1-866-466-4446

OHA Business hours are 8:00 a.m.—5:00 p.m. or visit ct.gov/OHA

[United Way of Connecticut \(UWCT\)](#)

2-1-1 Navigator: Helping People Screen for Eligibility for Benefits

The United Way 2-1-1 Navigator represents the latest chapter in United Way of Connecticut's (UWCT) work connecting people in Connecticut to the health and human services they need. The 2-1-1 Navigator leverages UWCT's 35 years of experience as the place to turn in Connecticut to learn about, and access, health and human services. The navigator is a self-assessment tool that provides an immediate list of available programs and services for which the resident may qualify. Numerous different state and federal programs are listed including the Earned Income Tax Credit, the Child Dependent Care Tax Credit, Medicare, SNAP (Supplemental Nutrition Assistance

Program), utility assistance, and child care subsidies.

The United Way 2-1-1 Navigator can be accessed at <http://navigator.211ct.org>.

If you do not have access to a computer— dial 211 and receive assistance by phone.

Why is Budgeting Important?

Because it helps your family get what it needs and wants out of life.

Budgeting keeps you in control of your spending, instead of letting your spending control how you live.

Budgeting can help you plan how to manage your money wisely. Planning today helps your family reach its goals and enjoy greater financial security tomorrow.

You can make budgeting work for you! Below is a sample table for you to use.

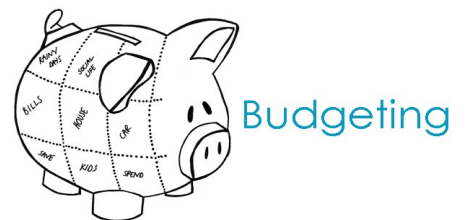
Total Monthly Expenses

Don't forget expenses that come up every few months. Divide these by the number of months they cover to get the average monthly expense.

Fixed Monthly Expenses (same each month)	
Rent or Mortgage	
Insurance	
Taxes	
Car Payment (s)	
Car Taxes	
Loan Payment (s)	
Child Care	
Credit Card Payment (s)	
Other:	
Other:	
Subtotal	



Variable Monthly Expenses (may be different each month)	
Food	
Clothing	
Gas, bus fare etc.	
Utility: Electric	
Utility: Heat	
Utility: Water	
Utility:	
Phone:	
Cell Phone:	
Cable:	
Medical or Dental	
Entertainment	
Personal Hygiene	
Other:	
Other:	
Subtotal	



Total Monthly Expenses:
\$ _____

Total Monthly Income:
\$ _____