



July 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.

Be on the look out for GFB renewals in your mailbox.

**Renewals will be mailed out on July and should be
returned in a timely manner to have continued GFB usage.**

Community Picnic

July 8th 4:00-7:00 pm

Town Green

Live Music: The Community Band



Community Fireworks

July 9th 7:00– 5:00 pm

Guilford Fairgrounds

Live Music: Night Shift

Rain date July 10th



AMERICA THE BEAUTIFUL

National Parks & Federal Recreational Lands Pass/ Access Pass

Life time passes 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 US. Passes are obtained in person at the entrance of federally operated recreation areas .



ALICE[®]

S A V E S

Start saving with ALICE Saves and **EARN \$60!**

It's Easy.

Join ALICE Saves and you'll be enrolled in SaverLife which helps you learn how to save money. Plus, you'll have access to FREE financial counseling through Trusted Advisor, a program which helps you get on the path to financial security.

Just put aside \$20 a month for six months and you'll earn a \$60 reward from SaverLife and access to Trusted Advisor.

For more information, visit CTALICESaves.org or contact your local United Way.

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.



FREE ADMISSION TO MYSTIC AQUARIUM FOR SNAP EBT HOLDERS



Enjoy Complimentary Admission to the Mystic Aquarium
 Free general admission for SNAP EBT Card Holder and up to 3 guests.
 (Must show EBT card, valid matching Id, and tickets at the door)



**MYSTIC
 AQUARIUM**

**WONDER
 WITHIN REACH**

For your safety, ALL Aquarium visits now require a timed ticket and must be reserved online.

Guilford Community Cares Looking for Volunteers to Help with

ACTS OF KINDNESS

Be the reason someone smiles today.

For additional information contact:
 Tammy DeFrancesco - Director, Guilford
 Social Services, 203-453-8009
 Terry Buckley - Guilford Seniors
 Supervisor, 203-453-8086



Sponsored by Guilford Rotary

Tips for Every Aisle

Use the tips below to fill your cart with budget-friendly and healthy options from each food group.

Fruits and Vegetables

Find fruits and vegetables in the produce section, frozen foods, and in the canned and pantry food aisles. Compare prices to find the best buys.

Buy “in season” produce which is usually less expensive and at peak flavor. Buy only what you can use before it spoils. For more info check out the [Seasonal Produce Guide](#) from SNAP-Ed Connection.

- Choose fruit canned in 100% fruit juice and vegetables with “low-sodium” or “no salt added” on the label. These products are just as nutritious as fresh, and often cost less.
- If you have the freezer space, stock up on frozen vegetables without added sauces or butter. Frozen vegetables are as good for you as fresh and may cost less.
- Canned and frozen fruits and vegetables last much longer than fresh and are a quick way to add fruits and vegetables to your meal.

Grains

Find grains in many areas of the store, including the bread, cereal, snack, and pasta and rice aisles.

- Make half your grains whole grains. Types of whole grains include whole wheat, brown rice, bulgur, buckwheat, oatmeal, whole-grain cornmeal, whole oats, and whole rye.
- While shopping, check ingredient lists and pick the items that have a whole grain listed first.
- Rice and pasta are budget-friendly grain options.
- Choose hot cereals like plain oatmeal or whole-grain dry cereal.
- Try new whole-grain snack ideas, like switching to whole-wheat crackers or popping your own popcorn.

Protein Foods

Find protein foods throughout the entire store. They can be found in the fresh meat case, frozen foods section, dairy case, and canned and pantry food aisles.

- Some great low-cost protein foods include beans, peas, and lentils, such as kidney beans, lima beans, split peas, and garbanzo beans (chickpeas). Beans, peas, and lentils cost far less than a similar amount of other protein foods.
- To lower meat costs, buy the family-sized or value pack and freeze what you don't use. Choose lean meats like chicken or turkey. When choosing ground beef, make sure it's lean (at least 93% lean) ground beef.
- Seafood doesn't have to be expensive. Try buying canned tuna, salmon, or sardines – these store well and are a low-cost option.
- Don't forget about eggs! They're a great low-cost option that's easy to prepare.

Dairy

Find dairy foods in the refrigerated and pantry aisles.

- Choose low-fat or fat-free milk. These products provide just as much calcium, but fewer calories than whole and 2% milk.
- Buy the larger size of low-fat plain yogurt instead of individual flavored yogurt. Then add your own flavors by mixing in fruits.
- When it comes to cheese, look for "reduced fat," or "low-fat" on the label.
- Always check the sell by date to make sure you're buying the freshest dairy products.

Other

- Drink water instead of buying sodas or other sugary drinks. Water is easy on your wallet and has zero calories. A reusable water bottle is a great way to have water with you on the go.
- Save time, money, and calories by skipping the chip and cookie aisles.
- Choose the checkout lane without the candy, especially if you have kids with you.



- **Think outside the store.** Farmers markets and farm stands can be great options for picking up fresh produce at a discount. Check the [National Farmers Market Directory](#) for locations near you.

Save More at the Store

- **Ask around.** Ask friends, family, or post a question on social media to see where others shop and find great bargains! Grocery stores, ethnic markets, dollar stores, retail supercenters, and wholesale clubs may offer good deals.
- **Read the sales flyer.** Sales flyers usually come out mid-week and can be found at the store's entrance, in the newspaper, on their website, or social media pages.
- **Eat before you shop.** Grocery shopping while hungry can lead to impulse buying and unhealthy food choices. This is a simple, yet effective way to keep you on task.
- **Join your store's loyalty program.** Most stores offer a free loyalty program. Get special offers, coupons, and discounts for being a member.
- **Get fresh produce delivered to your door.** Search online for low-cost produce delivery services in your area. Or support local farms by joining a Community Supported Agriculture (CSA) program. Find one in your area by visiting the [USDA's CSA Directory](#).

Understanding the Price Tag



The price tag on the shelf includes a lot of helpful information. Learn what the numbers mean!

Retail Price – This is the price you pay for each item.

Unit Price – This tells you how much an item costs per pound, ounce, quart, etc. It can be very useful when comparing two items.

This image shows two different price tags on a shelf. Based on the unit price, you can see that the larger container is a better buy because you are getting more for your money.

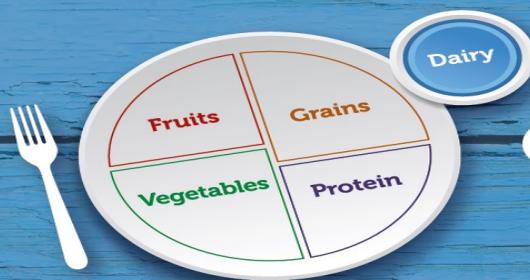
How is the unit price found?

TOTAL PRICE ÷ SIZE = UNIT PRICE

Example: What is the unit price of a 6 oz. yogurt that has a retail price (the price you pay) of \$0.72?

$\$0.72 \div 6 \text{ oz.} = \0.12

The unit price of this yogurt is \$0.12 per oz.



Yogurt

5 WAYS

MOVE TO LOW-FAT OR FAT-FREE DAIRY!

Red Potato Salad

- + Plain yogurt (fat-free)
- + Mayonnaise (low-fat)
- + Yellow mustard
- + Red potatoes
- + Celery
- + Onion
- + Salt & pepper



Strawberry Kiwi Pops

- + Vanilla yogurt (low-fat)
- + Kiwi
- + Strawberries
- + Ice cube tray or paper cups



Cucumber Yogurt Dip

- + Plain yogurt (low-fat)
- + Cucumbers
- + Sour cream (low-fat)
- + Lemon juice
- + Dill
- + Garlic clove
- + Cherry tomatoes
- + Broccoli florets
- + Baby carrots



Greek Salad with Chicken

- + Romaine lettuce
- + Cherry tomatoes
- + Cucumber
- + Red onion
- + Black olives
- + Cooked chicken breast
- + Feta cheese
- + Plain Greek yogurt (fat-free)
- + Lemon juice
- + Olive oil
- + Garlic clove
- + Oregano
- + Salt & pepper



Peanut Butter Banana Smoothie

- + Bananas (frozen, ripe)
- + Milk (low-fat)
- + Vanilla yogurt (low-fat)
- + Peanut butter
- + Unsweetened cocoa powder
- + Ice



Find these yogurt recipes here: <https://go.usa.gov/xN5tQ>
For more recipes go to: www.whatscooking.fns.usda.gov

What's?
Cooking
USDA MIXING BOWL



RECIPES

Chickpea and Zucchini Summer Stew

Serves 2

INGREDIENTS:

2 Tbsp. olive oil
 2 garlic cloves, finely chopped
 1 large green zucchini, diced
 1 (28 oz) can whole peeled tomatoes, undrained
 1 (15 oz.) can chickpeas, drained and rinsed
 2 tsp. kosher salt
 1/2– 1 tsp. crushed red pepper
 2 Tbsp. chopped fresh parsley
 Hot rice, to serve

DIRECTIONS:

1. Heat oil in a large skillet over medium-high heat. Add garlic and zucchini. Cook, stirring frequently, until garlic is fragrant, about 1 minute. Add tomatoes, crushing slightly with the back of a wooden spoon.
2. Stir in chickpeas, salt and red pepper. Bring to boil, reduce heat to medium low, and simmer, stirring occasionally, until slightly thickened and stew like in texture, 25-30 minutes. Remove from heat; garnish with parsley. Serve with hot rice.



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
 1/4 cup chopped fresh basil



Directions

1. Cut off a 1 1/2-inch piece of the baguette and pulse in a food processor to make bread crumbs. 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 table-spoon 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.