

July 2023 GFB Newsletter

STATE OF CONNECTICUT'S OFFICE OF POLICY AND MANAGEMENT'S

2023 RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2023 TO September 29, 2023

IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2022
AND

YOUR TOTAL 2022 INCOME WAS LESS THAN

\$40,300 FOR AN INDIVIDUAL

\$49,100 FOR A MARRIED COUPLE

YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2022 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 8th 7:00– 10:00 pm

Guilford Fairgrounds

Live Music: Cover2Cover

Rain date July 9th



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.

Sounds of Summer

Concerts on the Green

6:30-8:00p.m.



Sunday, June 25—Leaf Jumpers

Leaf Jumpers play rock hits of the past 40 years! If you're a fan of bands like U2, REM, The Police and Matchbox 20, you will love Leaf Jumpers. Come out for this high energy sonic experience!

Sunday, July 23—Beau Bolero - Steely Dan Tribute

The crowd will remember all the Steeley Dan hits like "Rikki Don't Lose that Number," "Reelin in the Years," "Hey Nineteen." A typical statement from audience members is "close your eyes and you will be there."

Sunday, July 30— The Larry Stevens Band

Songs from Bruce Springstein, Van Morrison and MORE!

Sunday, August 6—Magic of Motown:

Four up-front singers perform songs from The Temptations, The Four Tops, The Supremes and their own hits.

Sunday, August 20—Another Tequila Sunrise—Eagles Tribute

This band will play top hits from the Eagles.

Sunday, August 27—Brothers Doobie—Doobie Brothers Tribute

Please Note: Rain dates for the Sunday Concert Series will be September 4, 11, or 25



Concerts at Jacobs Beach

5:00-6:30p.m.

Thursday, July 13: MassConfusion

Thursday, July 20: Daily Planet

Thursdays, July 27: Muddy Rudders

The Muddy Rudders is a Guilford/Stony Creek based band playing Rock n' Roll like you remember and entertaining the Connecticut shoreline with the best British and American dance tunes from the 60's, 70's and beyond!

Thursday, August 3: Foxtrotter

Foxtrotter's blend the heart and soul of rock and pop with elements of country, jazz, funk, and Motown, always performing unique liveshows that leave the crowd wanting more.

Thursday, August 10: The Blue Rhythm Band

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)



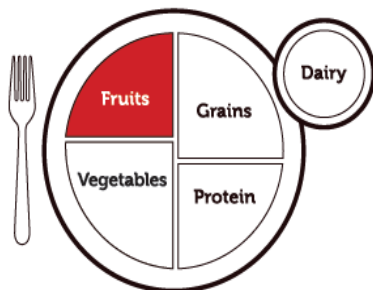
For your safety, ALL Aquarium visits now require a timed ticket and must be reserved online.



WATERMELON

WHAT IS IT?

Commercially grown in 44 different states, watermelon is a flowering plant that grows in the summer months in the U.S.

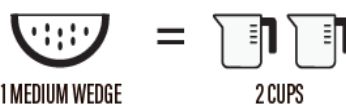


FOCUS ON WHOLE FRUITS

Watermelon is one of the most affordable fruits available and is a simple, sweet way to add fruit to your plate.

HOW IT FITS INTO MYPLATE

A 2,000 calorie diet has a daily Fruit Group target of 2 cups. By eating just 1 medium watermelon wedge, you'll already meet your goal!

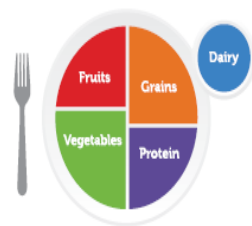


To find your food group targets, go to [ChooseMyPlate.gov/Checklist](https://www.choosemyplate.gov/Checklist)

FUN FACTS & TIPS

- USDA developed the classic variety, called Charleston Grey, in 1954.
- Texas, Florida, Georgia & California grow 66% of the watermelon in the U.S.
- Cool off! Freeze slices of watermelon into "popsicles" for an icy cold sweet treat.

Start simple
with MyPlate



Meal Planning

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When planning meals, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



See what you have

Plan meals that use foods you already have. Look in your freezer, cabinets, and refrigerator, and be sure to check expiration dates.



Map out your meals

Write out the meals you plan to eat for the week and use it as a guide. Be sure to list beverages and snacks, too.



Find balance

Plan your meals so you eat from all five food groups—fruits, vegetables, grains, protein foods, and dairy or fortified soy products—every day. When planning, be aware of added sugars, saturated fat, and sodium by reading the [Nutrition Facts](#) label.



Think about your schedule

Prepare meals and sides—including whole grains, vegetables, and beans—on the weekends when you may have more time. This will help during busy weekdays.



Make a grocery list

Start by listing ingredients for the meals you plan to make and then cross off items you already have. Buying for the week can help you make fewer shopping trip.



Love your leftovers

Prepare enough of a dish to eat multiple times during the week or freeze some to enjoy later. Making leftovers part of your plan can save you time and money.

Food Safety at Barbecues & Picnics

► **Store and marinate meats carefully.** Store meats in a fridge kept at 35-38°F. If you'll not be using the meats right away, then freeze them. Ground meat and poultry should be frozen within 1 or 2 days and other meats should be frozen within 4 to 5 days. Thaw meats in the refrigerator or thaw sealed packages in cold water. Do not leave these items out to thaw at room temperature. Marinate meats in the fridge. If you are going to use some marinade as a sauce on cooked foods, then reserve a portion of the marinade *before* placing raw meat in it. Meats can be transported to a cookout location in an insulated cooler kept at 40°F or below.

► **Cook meats thoroughly.** Cook meats to safe internal temperatures. Never assume meats are done because of how long they have been cooking or because of how they look. Use a food thermometer to verify that the items have reached safe minimum internal temperatures.

Steak/roast	145°F
Fish	145°F
Pork	145°F
Ground beef	160°F
Chicken breasts	165°F
Whole poultry	165°F
Ground turkey or chicken	165°F
Hot dogs	165°F
Shrimp, lobsters, & crabs	Cook until pearly & opaque
Clams, oysters, & mussels	Cook until the shells are open

► **Keep hot foods hot.** Meats and other warm foods should be kept hot (140°F or warmer) until they are served. These foods can be kept warm by setting them to the side of a grill rack (not directly over the coals) or by placing them on a warming tray or in a chafing dish or slow cooker. Do not allow these foods to sit out for more than 2 hours (1 hour if the temperature is above 90°F).

► **Keep cold foods cold.** Transport cold foods in insulated coolers with enough ice or ice packs to keep the foods at 40°F or below. Keep coolers out of direct sunlight and open the lids as infrequently as possible. Consider packing beverages in one cooler and perishable foods in another, as the beverage cooler will be opened frequently. If possible, keep cold foods on ice while they are out on a serving table. Do not allow these foods to sit out for more than 2 hours (1 hour if the temperature is above 90°F).

► **Keep clean.** Wash surfaces and hands before preparing and setting out foods. If running water is not available at a cookout site, then bring a water jug, soap, and paper towels or moist towelettes to complete these tasks. Have plenty of clean utensils and platters on hand so you can use different utensils and platters for raw and cooked meats.



HAVE A FOOD SAFE SUMMER



While the warmer weather conditions may be ideal for outdoor picnics and barbecues, the summer months typically see a spike in reports of foodborne illness. Make sure your fun in the sun doesn't get cut short by following some simple summer entertaining tips:

1 in 6

Approximate number of Americans stricken with food poisoning each year



128,000

Estimated annual hospitalizations from foodborne illnesses



Did You Know?

U.S. beef sales are highest during the week of July 4th, when Americans are expected to buy about **\$400 MILLION WORTH OF IT—25% MORE THAN AN AVERAGE WEEK** (according to the National Cattlemen's Beef Association).



Basic Tips

CLEAN



CLEAN SURFACES, UTENSILS AND HANDS WITH SOAP AND WATER. If you're at a picnic, bring moist towelettes to use!



Wash all produce under plain running water before eating, cutting or cooking, even if you plan to peel them!

SEPARATE



SEPARATE PLATES AND UTENSILS.

When grilling, use separate plates and utensils for raw and cooked meat and poultry and ready-to-eat foods (like raw vegetables).

COOK



USE A FOOD THERMOMETER.

Burgers: 160°F



Just because your burger is brown, not pink, doesn't mean it's safe to eat!

CHILL



Don't leave food at room temperature for longer than two hours (or 1 hour if it's above 90°F). If planning a picnic, perishable food should be kept in an insulated cooler packed with ice or ice packs.

CHILL RAW AND PREPARED FOODS PROMPTLY

if not consuming after cooking.

What Are You Making?

Here are some food safety tips for preparing a few signature summer dishes.

BARBECUE

Cook all meat and poultry to recommended internal temperatures.

Burgers: 160°F.

Chicken and Turkey: 165°F.



Sausage: 160°F.

Steaks: 145°F with a 3-minute rest time.

FRUIT SALAD

Rinse all produce before peeling or chopping.



Chop all produce with clean knives on cutting boards not used with raw meat to avoid cross-contamination.



DEVEILED EGGS

Refrigerate prepared eggs until they're ready to be served and once out, keep them nestled in ice to keep them cool.



ADDITIONAL SOURCE CDC



For more summer food safety tips, go to

FoodSafety.gov

USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

RECIPES

GUACAMOLE

The fresh flavor of homemade guacamole can't be beat! This simple avocado dip is creamy, zesty, and so deliciously fresh.



INGREDIENTS

- 1 fresh lime (2 Tbsp juice) (\$0.89)
- 2 Roma tomatoes (\$0.44)
- 1 jalapeño (\$0.09)
- 1/4 red onion (\$0.11)
- 2 Tbsp chopped fresh cilantro (\$0.15)
- 3 medium avocados (or 4 small) (\$5.00)
- 1/2 tsp salt (\$0.02)

INSTRUCTIONS

1. Prepare the guacamole add-ins first. Juice the lime. Finely dice the tomatoes, jalapeño (remove seeds), and red onion. Roughly chop the cilantro.
2. Remove the peels and pits from the avocados. Place the avocados in a bowl, then mash them with a fork.
3. Add the diced tomato, onion, and jalapeño to the mashed avocados, along with the chopped cilantro, about 1 Tbsp of lime juice and ¼ tsp salt.
4. Stir the ingredients together, then taste the guacamole. Add more lime and salt to your liking. Serve and enjoy!



PASTA PRIMAVERA

Pasta Primavera is the perfect Spring dish packed with fresh seasonal vegetables tossed with pasta in a light lemon and butter sauce.

- 8 oz. [penne pasta](#) (\$0.63)
- 2 Tbsp [olive oil](#) (\$0.32)
- 1 zucchini (\$0.75)
- 1 yellow squash (\$0.85)
- 1 carrot (\$0.14)
- 1/2 red onion (\$0.38)
- 1/2 cup frozen peas (\$0.21)

- 1 cup grape tomatoes (\$1.00)
- 3 cloves garlic, minced (\$0.24)
- 1/2 cup grated Parmesan (\$0.89)
- 1 tsp dried oregano (\$0.10)
- 1/2 tsp salt (\$0.02)
- 1/2 tsp [Freshly cracked black pepper](#) (\$0.02)
- 2 Tbsp Fresh lemon juice (\$0.13)
- 2 Tbsp butter (\$0.28)

1. Start by prepping your vegetables. Wash the vegetables, then cut and slice each vegetable into equal size pieces. Cut the zucchini and yellow squash into half moons, slice the carrots into thin rounds, cut the grape tomatoes in half and slice the red onion into strips.
2. Next bring a large pot of salted water to a boil. Cook the pasta according to the package instructions, or until al dente. Reserve some of the starchy pasta water before draining the pasta in a colander.
3. While the pasta is boiling, saute the vegetables. In a large deep skillet add olive oil and saute carrots and onion over medium heat for 1-2 minutes. Next add zucchini and yellow squash and saute for an additional 1-2 minutes.
4. Next add the minced garlic, grape tomatoes and frozen peas. Season the vegetables with salt, pepper and dried oregano. Saute for an additional 1-2 minutes, then turn the heat off.
5. Add the butter to the skillet along with the fresh squeezed lemon juice and stir well to combine. Either add the cooked and drained pasta to the skillet, or transfer the pasta and vegetables to a large bowl. Add grated parmesan cheese and some of the reserved pasta water. Stir the vegetables with the pasta until well combined. Serve with fresh chopped parsley (optional garnish) and enjoy!