

# March 2020 GFB Newsletter



## March Happenings

### Turn your clocks ahead!

Daylight Savings time begins



March 8, 2020!



### HOMEOWNERS TAX RELIEF PROGRAM

Applications taken at  
Guilford Assessor's office.  
February 1st to May 15th.  
Seniors, disabled individuals  
& Veterans . Call 203-453-8010 for  
any questions.

### Need Free Help Filing Your Taxes?

Free income tax assistance is provided at numerous facilities for low to moderate income taxpayers of all ages, with special attention to those 60 and older. In Guilford, call 203-453-8086, to schedule an appointment to have your taxes

## **Teens, Tweens & Screens:** *A Workshop for Parents about Today's Social Media*

Join Rosemarie J. Conforti, Ph.D., Associate Professor  
of Communication, Media, & Screen Studies  
at Southern Connecticut State University

**Tuesday, March 3 at 7:00pm**  
**at the Trapasso Community House**  
**46 Church Street, Branford**



*\*This free workshop is open to the public and parents/guardians of all genders.*



#### Parents & Guardians will:

- Discover 5 tips to make sense of media images and apps.
- Practice evaluating media images and messages.
- Leave with practical, easy-to-apply techniques to help your children navigate the media in their lives.

## COMMUNITY DINING ROOM

Servicing the entire shoreline from East Haven to Old Saybrook

30 Harrison Ave. Branford

[www.communitydiningroom.org](http://www.communitydiningroom.org)

### Daily Hot Meals

(including all holidays)

Mon-Friday – 12:00 PM to 1:00 PM

Saturday – 11:00 AM to 12:00 PM (Brunch)

Sunday – 12:00 PM to 1:00 PM



## OPERATION FUEL UTILITY PROGRAM



Applicants may qualify for up to a one time grant of \$500 if household has income below 75% state median income & has not received an Operation Fuel grant during the previous 12 months. Call 203-453-8009 with questions or to schedule an appointment.

*Must apply for LIHEAP if potential eligibility.*

## EVERSOURCE

Guilford Eversource residents who qualify for the LIHEAP energy program and are having difficulty paying their bills may qualify for additional assistance in keeping up with their payments to Eversource.

Call 203-453-8009 for more information.

## ACCESS TO FREE CREDIT REPORTS



The Fair Credit Reporting Act (FCRA) requires each of the nation wide consumer reporting companies—Equifax, Experian and TransUnion – to provide you with a free copy of your credit report, at your request, once every 12 months.

The three nationwide consumer reporting companies have set up a central website, a toll-free telephone number and a mailing address through which you can order your free annual report. To order, visit [annualcreditreport.com](http://annualcreditreport.com), call 1-877-322-8228, or complete the annual Credit Report Request Form (You can print it from [ftc.gov/credit](http://ftc.gov/credit)) and mail it to: Annual Credit Report Request Service, P.O. Box 105281, Atlanta, GA 30348-5281.



## **GUILFORD RESIDENTS HEATING ASSISTANCE**

Guilford residents may apply for 2019/2020 State Heating Assistance (LIHEAP) 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.

**Guilford residents should schedule an appointment  
by calling 203-453-8009.**

## **Medicare Savings Program (MSP)**



**Save the cost of your Medicare B premiums.**

**QMB** provides medical coverage equivalent to Medi-gap and pays your Medicare A&B co-pays and deductibles, and pays your Medicare Part B premium. Monthly income cannot exceed Individual's \$2196.51; couples \$2972.99

**SLMB** pays your Medicare Part B premium, Monthly income may not exceed Individual's \$2404.71; Couples \$3254.79.

**AMLB** pays your Medicare Part B premium, but is subject to available program funding. Monthly income limit may not exceed Individual's \$2560.86; Couples \$3466.14.

**Eligibility for any MSP automatically qualifies you for Extra Help on you Med D (RX) program. No asset limits on any MSP levels.**

### **Lawyer Time at Women and Family Life**

Spend 30 minutes with a volunteer attorney to talk about your legal questions. Discuss general legal information regarding a host of issues, including family law, divorce, domestic violence, real estate, and other legal matters. Open to women and men. No fee, though an appointment is required.

**Call Women and Family Life Center at 203-458-6699 for an appointment.**

# Guilford Free Library Programs

## Weekend Wildlife: On the Wing

March 7, 2020 11am-12pm

Pet a pigeon, say 'hi' to a hawk, and learn how birds fly, eat, and survive in the wild. See a variety of birds from Earthplace and notice the differences and similarities between all kinds of avian ambassadors. For ages 4 and up, registration is required.

## Tween & Teen Event: DIY Painted Wood Sign

March 13, 2020 3:30pm-4:30pm

Paint a wooden sign to decorate your room or home with. Make it say whatever you'd like!

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



## How To Play: Potion Explosion

March 19, 2020 6:00-8:00pm

Learn how to play Potion Explosion! Brew potions by pulling colored marbles and matching them with the needed ingredients for the potions on the table in front of you. Great for fans of popular mobile matching games! Recommended for ages 8 and up. Free and open to all. Please register.

## Teen Paint Night

March 24, 2020 6:30-8:00pm



Learn how to paint a spring floral scene! Pam from Pam's Picassos will walk you through the entire process. You will leave with a completed masterpiece!

Free and open to all students in grades 7 to 12. Please register.

## Practice SAT and ACT Exams

March 14, 2020 10:00am-1:30pm

C2 Education of Fairfield will host free practice SAT and ACT exams. You may bring a calculator and snacks.

Please let us know which test you are taking when you sign up!

Free and open to all. Registration required.

## Teen Event: To Be Read

March 26, 2020 6:00-7:30 pm

Looking for the next hot read? Something new and exciting? Join us for an exclusive look at some amazing books coming out in the next few months. At TBR you will be the first to get a sneak peek at the best new books BEFORE they hit the stacks! You might also have a chance to leave with a free book! **What's on your TBR pile?** Snacks will be served!

Free and open to all students in grades 7 to 12. Please Register.

## In Be-Tween: String Dolls

March 17, 2020 3:30-4:40 pm

.Make a variety of string dolls to give to your friends or keep for yourself. Make them look like people you know, or get creative and make up your own fantastical string people.

For kids in grades 5 & 6 only.



## Monday Night Movies

7:00-9:00pm

March 2, 2020 A Beautiful Day in the Neighborhood

March 9, 2020 Dark Waters

March 16, 2020 Knives Out

March 23, 2020 Bombshell





## ► KEEP FRUITS HANDY

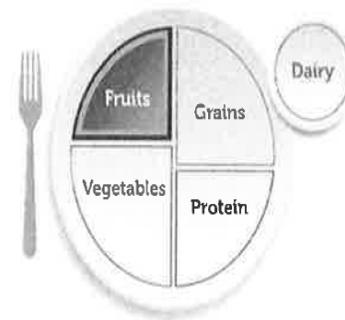
Eat a variety of fruits every day to add vitamins, minerals, and fiber to your meals and snacks. Most fruits are low in fat, sodium, and calories.

Serve different types of fruits like:

- Apples
- Bananas
- Oranges
- Canned peaches or pears packed in 100% juice
- Dried fruits such as raisins, cranberries, or prunes
- 100% orange or grapefruit juice

Adults and children who need 2,000 calories daily should eat about 2 cups of fruit each day. For 1 day, you could eat:

- **½ cup of canned peaches** (counts as ½ cup of fruit).
- **A large banana** (counts as 1 cup of fruit).
- **A small orange** (counts as ½ cup of fruit).



## ► TIPS TO KEEP FRUITS HANDY

### **Put different types of fruits on your shopping list.**

Look for fresh, frozen, canned, and dried fruits at the store. Purchasing canned or frozen store brand fruits can save you more. 💰

**Focus on fruit at meal time.** Slice bananas on top of 100% whole-wheat breakfast cereal, place apple slices in a peanut butter sandwich for lunch, or add canned peaches or raisins to a salad at dinner. Younger children can help you pick the fruits for family meals or snacks.

**Buy fruits in season.** While most fruits are in the grocery store all year long, some cost less when they are purchased in season. Use your SNAP benefits to buy fruits at a local farmers market. 💰

**Make fruit easy to see and eat.** Keep a bowl of fruit like apples, oranges, and bananas on the kitchen counter for quick snacks. Fill half your plate with fruits and vegetables during meals.

**Serve 100% juice.** Look at the label to check if a drink is 100% fruit juice. Offer no more than 1 cup per day to children. If kids are still thirsty, serve water or milk. Look for canned fruit packed in 100% juice such as peaches and mandarin oranges.

**Give your kids new fruits to try.** Buy cantaloupes, strawberries, watermelons, grapes, and blueberries when they are on sale. Let your child see you enjoying different kinds of fruits during meals and snacks. 💰

### 💰 BUDGET-FRIENDLY TIP

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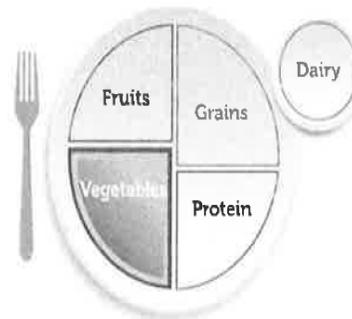
## ► CHOOSE YOUR VEGGIES

Everyone can benefit from eating more vegetables. Vegetables are full of vitamins and minerals. Find ways to add vegetables to most meals and snacks to help your family get the nutrition they need. Serve different types of vegetables like:

- Dark green—broccoli, spinach, and dark-green leafy lettuces
- Red and orange—red peppers and tomatoes; carrots and sweet potatoes
- Others—beans, peas, green beans, cauliflower, zucchini, squash, corn, and green peas

Adults and children who need 2,000 calories daily should eat about 2½ cups of vegetables each day. For 1 day, 2½ cups of vegetables might include:

- 1 cup of cooked green beans (counts as 1 cup)
- 1 cup of raw spinach (counts as ½ cup)
- One medium, baked sweet potato (counts as 1 cup)



## ► TIPS TO CHOOSE VEGGIES EVERY DAY

**Buy vegetables that can help you save money and time.** Frozen and low-sodium canned vegetables often cost less than fresh and can save time in the kitchen—no washing, slicing, or chopping. 💰

**Choose fresh vegetables when they are in season or grow your own.** When you purchase in season, vegetables are at the peak of flavor and usually cost less. You can also grow your own vegetables such as tomatoes, peas, and squash. If you receive SNAP, you can use your benefits to purchase seeds. 💰

**Set an example for your kids.** Make half your plate vegetables and fruits at meal time. Serve veggies as part of your child's meal. Offer carrot sticks or cucumber slices as a snack.

**Spice up your vegetables with herbs and seasoning.**

Cook vegetables like sliced zucchini, carrots, and onions with your favorite herbs or add a store brand seasoning for flavor. Store brand herbs and spices may cost less than name brand choices. 💰

**Serve vegetables in ways that your family will enjoy.**

Try a baked sweet potato or roasted squash. Mix broccoli and carrots with brown rice for a side dish. Place slices of tomato and lettuce in sandwiches. Add frozen vegetables to low-sodium soups.

**Keep sliced vegetables in the fridge.** Place sliced bell peppers, cauliflower, carrots, and celery in air-tight containers and store them in your refrigerator. For a quick meal, mix whole-wheat pasta with sliced and steamed bell peppers, carrots, and chickpeas.

### 💰 BUDGET-FRIENDLY TIP

To find the right amount of vegetables for members of your family, visit <http://choosemyplate.gov/supertracker-tools/daily-food-plans.html> or [SuperTracker.usda.gov](http://SuperTracker.usda.gov).

HANDOUT:  
VEGETABLES AND FRUITS—SIMPLE SOLUTIONS

# STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

## From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



### Fruit and Vegetable Safety at the Store or Market



#### Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



#### Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



#### Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

### Fruit and Vegetable Safety at Home

Get fruits & vegetables home and in the fridge in 2 hours or less



#### Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled “prewashed” do not need to be washed again at home.



#### Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



#### Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

For more information, call 1-800-CDC-INFO or visit [www.cdc.gov](http://www.cdc.gov).

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 Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>



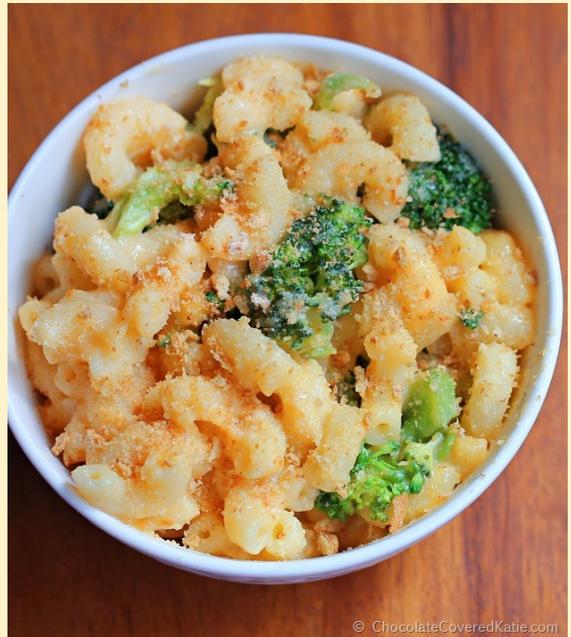
U.S. Department of Health and Human Services  
 Centers for Disease Control and Prevention

## Recipes of the Month

# Healthy Mac and Cheese

### Ingredients

- 12 oz fusilli or elbow pasta
- 1 1/2 tbsp buttery spread
- 1/4 cup minced onion
- 1/4 cup flour
- 2 cups milk of choice
- 1 cup vegetable broth
- 2 cups shredded cheddar, or vegan cheddar
- 12 oz fresh broccoli florets
- 2 tbsp parmesan-type grated topping (K note: nutritional yeast also works)
- 1/4 cup seasoned bread crumbs
- cooking spray
- salt and pepper to taste



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**Healthy Mac and Cheese Recipe:** In a large pot of salted water, cook the pasta and broccoli together, according to package directions for al dente. Spray a baking dish with cooking spray, and set aside. Preheat oven to 375 F. In a large, heavy skillet, melt the buttery spread, then add the onion and cook over low heat for 2 minutes. Add the flour and cook 1 minute or until flour is golden and well-combined. Whisk in milk and broth, raise heat to medium-high until it comes to a boil, then cook an additional 5 minutes or until smooth and thick. Season with salt and pepper if desired. Remove from heat, add cheese, and stir until melted. Stir in the cooked pasta and broccoli, then pour into the prepared baking dish. Top with the breadcrumbs and parmesan or nutritional yeast. Spray a little more cooking spray on top. Bake 15-20 minutes, then broil a few minutes until the breadcrumbs are golden.

# Sheet Pan Chicken Fajitas

- 1 tablespoon chili powder
- Kosher salt and freshly ground black pepper
- 1 pound baby bell peppers (12 to 15 peppers), halved, stemmed and seeded
- 1 large yellow onion, halved and thinly sliced
- 2 tablespoons extra-virgin olive oil
- 1 1/2 pounds boneless, skinless chicken breast
- Juice of 1 lime, plus lime wedges, for serving
- 8 fajita-size flour tortillas, warmed
- Shredded Monterey Jack cheese, guacamole, hot sauce, salsa and sour cream, for serving



1. Preheat the broiler to high. Line a rimmed baking sheet with foil.
2. Combine the chili powder, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 tablespoon of the oil and season with half the chili powder mixture. Broil until softened and starting to char, about 10 minutes.
3. Meanwhile, cut the chicken into 1/4-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 tablespoon oil.
4. After the peppers are softened and starting to char, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more. Drizzle with the lime juice.
5. Serve with the warmed tortillas, Monterey Jack cheese, guacamole, hot sauce, salsa, sour cream and lime wedges.