

# May 2019 GFB Newsletter

## May Calendar

### Annual Fishing Derby at Mill Pond



May 11th  
8:00am to 10:00am  
Rain date: May 18th  
FREE Event!

Register Online:  
[www.guilfordparkrec.com](http://www.guilfordparkrec.com) / Program #: 21102



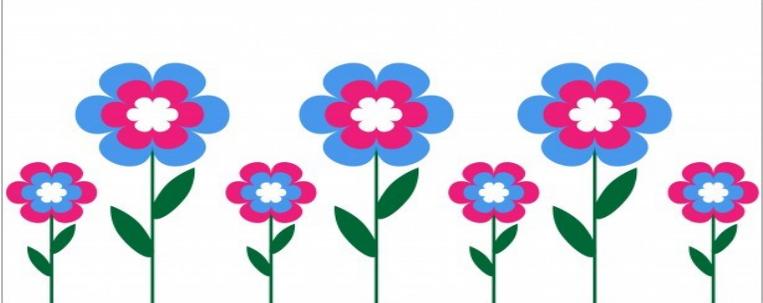
### Little Folk's Fair Saturday, June 1, 2019 10:00 AM – 4:00 PM

Calling kids of all ages and kids at heart! Experience the magic of donkey rides, a petting zoo, train rides, moon bounces, circus games, face-painting, a Winnie the Pooh obstacle course and more at the 64th annual Little Folks Fair on the Guilford Town Green. Enjoy live music and food, and don't forget to browse the tag sale and silent auction. Try your luck at our new 50-50 raffle and much more!!  
This fun filled event supports enrichment and financial aid for local preschoolers at Community Nursery School and is run entirely by Community Nursery School parents and staff.  
This event is rain or shine.

Admission cost: Adults \$3/Children (over 2) \$2  
Games and Ride Tickets or Wristbands and Food for Purchase. All tickets sold at entry

## Fishing Licenses

Those 65 years or older may obtain a CT fishing license **free of charge**, renewable annually. You may apply online for a license through Connecticut's Online Sportsman Licensing System at [www.Ct.wildlifelicense.com](http://www.Ct.wildlifelicense.com) and print it out yourself or in person at Captain Morgan's Bait & Tackle, 21 Boston Post Road, Madison.



## HOMEOWNERS TAX RELIEF PROGRAM



Applications taken at Guilford Assessor's office.

**February 1th to May 15th.**

For Seniors, disabled individuals & Veterans . Call 203-453-8010 for an

**The GUILFORD HOUSING AUTHORITY is currently accepting applications for its efficiency and one bedroom apartments at Guilford Court and Boston Terrace in Guilford, CT.**

Applicants must be age 62 and over or on 100% social security or federal disability and over the age of 18. Applications may be obtained by calling the application line at 203-453-6262, ext. 107. An information packet will also be provided with the application. **Applications will be accepted until May 30, 2019 at 3:00 p.m.** Credit, police, and landlord checks are procured by this Authority.

EQUAL OPPORTUNITY HOUSING



## **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 before May 31, 2019. After April 26, only utility customers will be considered and only if funding is still available.

*Must apply for LIHEAP if potential eligibility.*

## **Quarry Hike at Granite Road**

May 4, 2019

10:00am– 12:00 pm

Come explore the west side of Westwoods with GLCT member Margaret Fikrig and GLCT board member, Spencer Meyer. This wonderful hike scampers up and through a boulder field, follows a stream in a beautiful canyon and then leads to views of the Quarry in Branford. This is not a flat hike and requires rock scrambling. Meet in the little lot off to the right side of the Solstice (formerly the Gables) parking lot, at the end of Granite Rd., off of Moose Hill Rd.

Rain date May 5th.

Guilford Youth & Family + The Guilford Police Department Present:  
**HOME ALONE- A Safety Course For Guilford's Youth Ages 9 and Older**  
 Learn ways to feel more comfortable when you are home alone. Learn how to prevent accidents, handle emergencies, internet safety and much more!

**FOR WHO:** Guilford Youth Ages 9 & Older **WHERE:** The Guilford Police Department Meeting Room

Please choose one session for your child to attend:

**Thursday May 2, 2019**

**Scholarships  
 Available  
 Provided!**

All sessions cost \$5.00 and run from 4:00pm to 6:00pm and include dinner

**Contact GY&FS at  
 203-453-8047  
 to register**

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

## 2019 RENTER REBATE PROGRAM



**APPLICATIONS ACCEPTED**

**APRIL 1 - OCTOBER 1, 2019**

IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2018 AND YOUR TOTAL 2018 INCOME WAS LESS THAN

\$36,000 FOR AN INDIVIDUAL

\$43,900 FOR A MARRIED COUPLE

YOU MAY BE ELIGIBLE FOR A REBATE ON YOUR 2018 RENTAL AND UTILITY EXPENSE

GUILFORD RESIDENTS PLEASE CALL 203-453-8009 FOR DETAILS AND TO SCHEDULE AN APPOINTMENT

# 10 tips

Nutrition  
Education Series

## healthy eating for an active lifestyle



### 10 tips for combining good nutrition and physical activity

For youth and adults engaging in physical activity and sports, healthy eating is essential for optimizing performance. Combining good nutrition with physical activity can lead to a healthier lifestyle.

#### 1 maximize with nutrient-packed foods

Give your body the nutrients it needs by eating a variety of nutrient-packed food, including whole grains, lean protein, fruits and vegetables, and low-fat or fat-free dairy. Eat less food high in solid fats, added sugars, and sodium (salt).

#### 2 energize with grains

Your body's quickest energy source comes from foods such as bread, pasta, oatmeal, cereals, and tortillas. Be sure to make at least half of your grain food choices whole-grain foods like whole-wheat bread or pasta and brown rice.

#### 3 power up with protein

Protein is essential for building and repairing muscle. Choose lean or low-fat cuts of beef or pork, and skinless chicken or turkey. Get your protein from seafood twice a week. Quality protein sources come from plant-based foods, too.

#### 4 mix it up with plant protein foods

Variety is great! Choose beans and peas (kidney, pinto, black, or white beans; split peas; chickpeas; hummus), soy products (tofu, tempeh, veggie burgers), and unsalted nuts and seeds.

#### 5 vary your fruits and vegetables

Get the nutrients your body needs by eating a variety of colors, in various ways. Try blue, red, or black berries; red and yellow peppers; and dark greens like spinach and kale. Choose fresh, frozen, low-sodium canned, dried, or 100 percent juice options.



#### 6 don't forget dairy

Foods like fat-free and low-fat milk, cheese, yogurt, and fortified soy beverages (soymilk) help to build and maintain strong bones needed for everyday activities.

#### 7 balance your meals

Use MyPlate as a reminder to include all food groups each day. Learn more at [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov).

#### 8 drink water

Stay hydrated by drinking water instead of sugary drinks. Keep a reusable water bottle with you to always have water on hand.

#### 9 know how much to eat

Get personalized nutrition information based on your age, gender, height, weight, current physical activity level, and other factors. Use SuperTracker to determine your calorie needs, plan a diet that's right for you, and track progress toward your goals. Learn more at [www.SuperTracker.usda.gov](http://www.SuperTracker.usda.gov).

#### 10 reach your goals

Earn Presidential recognition for reaching your healthy eating and physical activity goals. Log on to [www.presidentschallenge.org](http://www.presidentschallenge.org) to sign up for the Presidential Active Lifestyle Award (PALA+).



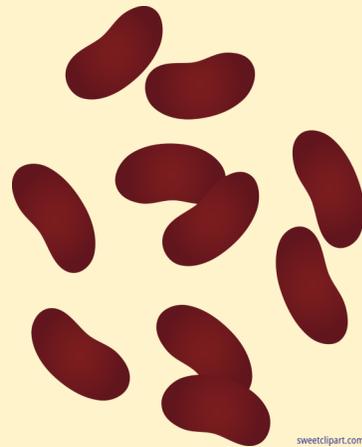
Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) and  
[www.Fitness.gov](http://www.Fitness.gov) for more information.

# Beans 101 - Cheap, Nutritious and Super

Written by Kris Gunnars, BSc

Beans are seeds from plants in the *Phaseolus* genus. They are a type of legume. They are native to Central and South America, and have been grown there for thousands of years. Today, beans are an important food source for people all over the world. Types of beans that are popular in the US include black, kidney, navy, fava and pinto beans. The nutritional profile differs from one bean to another. However, as an example, a cup (171 gram) of boiled pinto beans will provide:

- **Protein:** 15 grams.
- **Fat:** 1 gram.
- **Carbs:** 45 grams.
- **Fiber:** 15 grams.
- **Iron:** 20% of the RDI.
- **Calcium:** 8% of the RDI.
- **Magnesium:** 21% of the RDI.
- **Phosphorous:** 25% of the RDI.
- **Potassium:** 21% of the RDI.
- **Folate:** 74% of the RDI.
- Decent amounts of B-vitamins (B1, B6), vitamin E, vitamin K, zinc, copper, manganese and selenium.



This is coming with only 245 calories, making pinto beans one of the most nutrient-dense foodson earth. Many other types of beans are just as impressive in the nutrient department. Take note of the high protein content of beans, which is rare among plant foods. For this reason, they are considered to be an important protein source on a vegetarian diet.

## Beans Can Help You Lose Weight

Beans may be among the most weight loss-friendly foods you can eat. They are high in both protein and fiber, but low in calories. Protein and fiber are two of the most powerful nutrients for weight loss . One study found that people on a high-fiber diet with beans had reduced feelings of hunger. They also lost 3 pounds (1.4 kg) in 4 weeks. Another study found bean consumption to be associated with improved nutrition, a lower body weight and reduced belly fat.

## Beans Can Promote Heart Health



Heart disease is a leading cause of death worldwide. Interestingly, eating beans and other legumes regularly may help reduce this risk. A review of 26 studies found that a diet rich in beans and other legumes can lower LDL cholesterol significantly, which is an important risk factor for heart disease. Eating beans may also lead to improvements in other heart disease risk factors. They

have been linked to lower blood pressure, higher HDL ("good") cholesterol levels and reduced inflammation.

## Beans Can Help Fight Type 2 Diabetes

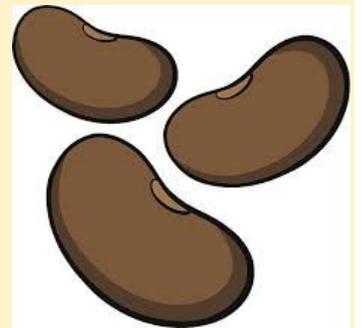
There is also evidence that beans are a good food choice for diabetics. Beans are high in fiber, averaging around 5 to 8 grams per serving. They also have a very low glycemic index.

Foods low on the glycemic index raise blood sugar slowly, which is important for diabetes management.

A diet rich in beans can therefore lower blood sugar and HbA1c levels, which measure blood sugar control over time. In one study, blood sugar, [insulin](#) and triglyceride levels all decreased significantly when diabetics ate beans as a substitute for [red meat](#). A review of 41 controlled trials also found that beans and other legumes can lower fasting blood sugar, insulin levels and HbA1c.

## Some Beans Contain Harmful Substances

Although beans are a healthy food overall, some do contain toxins. Fava beans, for example, have toxins that affect people who lack an enzyme called G6PD. For these people, eating fava beans can cause a condition called favism. Favism can cause anemia, through the destruction of red blood cells. Other beans -- especially red kidney beans -- contain a toxic lectin called phytohemagglutinin, which is present in raw or undercooked beans. It can cause nausea, vomiting and stomach pain. You can avoid phytohaemagglutinin by thoroughly cooking beans before eating.



Beans also contain a substance called phytic acid, which can reduce the absorption of minerals. However, this can also be degraded using the right preparation

## Beans Can Cause Flatulence for Some People



For some people, beans can cause flatulence, stomach pain or bloating.

The reason, is that beans contain little sugars called oligosaccharides, which can cause digestive problems. However, using products like Beano, soaking beans or thoroughly boiling dry beans can all reduce the oligosaccharide levels by up to 75%. One study found that consumer perception of beans and flatulence may be exaggerated. Only around

## Beans Are Incredibly Healthy and Nutritious

At the end of the day, beans are pretty close to being the perfect food. They are highly nutritious, incredibly healthy and contain at least a little bit of almost every nutrient that the body needs. Although beans may cause digestive problems for some people, most of these can be avoided with the right cooking and preparation methods. Another important fact is that beans are very cheap compared to most other nutritious, whole foods. This makes beans one of the most nutrient-dense foods on earth, both *per calorie* and *per dollar*.

# Guilford Free Library Programs

## Tween & Teen Event: Make Your Own Queso May 2 at 3:30 pm



Learn how to make queso from scratch! Once you've mastered it, you can make it at home and serve with chips or as a taco topping. We will be taste testing with chips! Free and open to all students in grades 5 to 12. Please register.

## Adult Technology Class: Smartphone Photography May 13, 2019 6:30 pm

Learn how to take and edit quality photos with your smartphone. Please bring your smartphone and any passwords you may need to download applications.

All classes are free. Class size is limited to 10 adults. Sign up online or by calling the Reference Department.

Basic keyboard and mouse skills are required.

## Tween & Teen Event: Rockstar For A Day May 6 at 3:30 pm

Ever wanted to see what it's like to be in a band? Are you already in a band but just like to play with musical equipment? Come jam with fellow wannabe rockstars! Play the Library's electronic drum set, electric guitar, and electric bass guitar. Play your favorite songs or try to write your own. But please, no diva moments allowed. Save the drama for yo' mama!

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

## Tween & Teen Event: DYI Mini Succulent Planters May 14 at 3:30 pm

Decorate a succulent planter. We will have succulents for you to plant as well. Succulents are very easy to take care of and can be added to any room!

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



## Adult Technology Class: Google Search Terms 5/6/19 May 6, 6:30 pm

Have no idea what a "Boolean Phrase" is? Do your internet searches yield a ton of results but no answers? If you answered 'yes' to any of these questions, come learn how to get the most of your Google search.

All classes are free. Class size limited to 10 adults. Sign up online or by calling the Reference Department.

Basic keyboard and mouse skills are required.

## Half day Scavenger Hunt May 22 1:00 pm– 3:00pm



Race against the clock to be the first team to complete all the tasks in this multi-location scavenger hunt! Teams can have no more than 4 members. The winning team will receive a grand prize. The second and third place teams will receive runner-up prizes. Prizes are TBD.

No pre-registration required. Signups begin at 1 pm at the Library. Game starts at 1:45 pm.

Free and open to all students in grades 5 to 8. Co-sponsored with Guilford Youth and Family Services & Guilford Parks and Recreation.

## Weekend Wildlife: Busy Bees May 11 at 11:00 am



Learn about bees from beekeeper Ray and view a real, working hive! Discover the differences between wild, native bees and those people keep to make honey. Learn how bees help the environment and things people can do to help them thrive. Saturday, May 11th, from 11:00am-12:00pm. Ages 4 & up. Registration required.

## Recipes of the Month

### Tomato & Garlic Butter Bean Dinner

#### Ingredients

- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 2 cans (14-1/2 ounces) no-salt-added petite diced tomatoes, undrained
- 1 can (16 ounces) butter beans, rinsed and drained
- 6 cups fresh baby spinach (about 6 ounces)
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon pepper



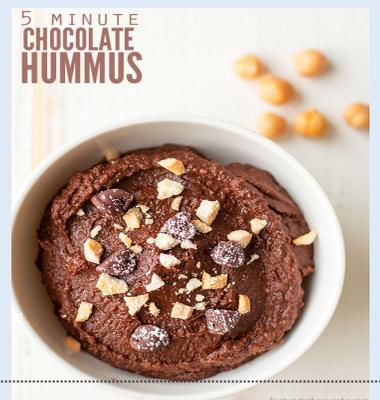
#### Directions

- In a large skillet, heat oil over medium-high heat. Add garlic; cook and stir until tender, 30-45 seconds. Add tomatoes, beans, spinach, Italian seasoning and pepper; cook until spinach is wilted, stirring occasionally. If desired, serve with pasta and cheese. **Freeze option:** Freeze cooled bean mixture in freezer containers. To use, partially thaw in refrigerator overnight. Heat through in a saucepan, stirring occasionally and adding a little water if necessary.

## 5 MINUTE CHOCOLATE HUMMUS

### INGREDIENTS

- 1 1/2 cup cooked garbanzo beans\* ([how to soak and cook dry beans](#)) OR 1 can of garbanzo beans, strained and rinsed 3 times
- 3 1/2 - 4 Tbsp maple syrup
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 4 Tbsp unsweetened baking cocoa
- 2 Tbsp water (optional)



### INSTRUCTIONS

1. In a blender or in a food processor, combine all the ingredients except water, using just 3 1/2 Tbsp of maple syrup.
2. Puree until the mixture is smooth, about 30-60 seconds. Add water 1 Tbsp at a time to create the desired consistency. Taste the chocolate hummus and add remaining maple syrup if desired.

### NOTES

\* This recipe with great northern beans, garbanzo beans and black beans. One preference is to use black beans since the "bean" flavor is more subtle and they produced a creamier texture, but you can really use whatever you happen to have.

\* If you use canned beans and there's salt already added, reduce the salt in this recipe to just a pinch.

\*\* If you choose garbanzo beans, remove the skin from the bean first. You can do this by pinching the bean between your thumb and index finger, and the skin will peel off. This helps to create a creamier texture when using garbanzo beans.