



# November 2018 GFB Newsletter



## November Calendar

During the upcoming holiday season, the Guilford Food Bank will be closed the following times:

Friday, November 23, 2018  
Saturday, November 24, 2018



Friday, December 21, 2018  
Saturday, December 22, 2018

Guilford Land Conservation Trust Walk

### The Cairn and Cave Hike

**November 3, 2018**  
**10:00 am – 11:00 am**  
**3 Corners Road**

Join GLCT President David Grigsby on this scenic loop that includes “The Missing Piece”. There are some rocky climbs and descents. Meet at the Three Corners Road entrance.

Please meet 10 minutes ahead of hike start time. Leashed dogs may attend hikes, unless otherwise stated in descriptions above. Heavy rain cancels.

Rain date of Nov. 4th.

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 December 3, 2018**
- **Thursday, January 31, 2019**
- **Thursday, March 6, 2019**
- **Thursday, May 2, 2019**

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

**Contact GY&FS at 203-453-8047 to register.**  
**Space Limited to 18 children per session.**



## **GUILFORD RESIDENTS HEATING ASSISTANCE**

Guilford residents may apply for 2018/2019 State Heating Assistance (LIHEAP, CHAP) 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/ \$34,366; 2/\$44,941; 3/\$55,515; 4/\$66,089; 5/ \$76,663; 6/\$87,237; 7/\$89,220; 8/\$91,203

\*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.

## **HOLIDAY BASKET PROGRAM**

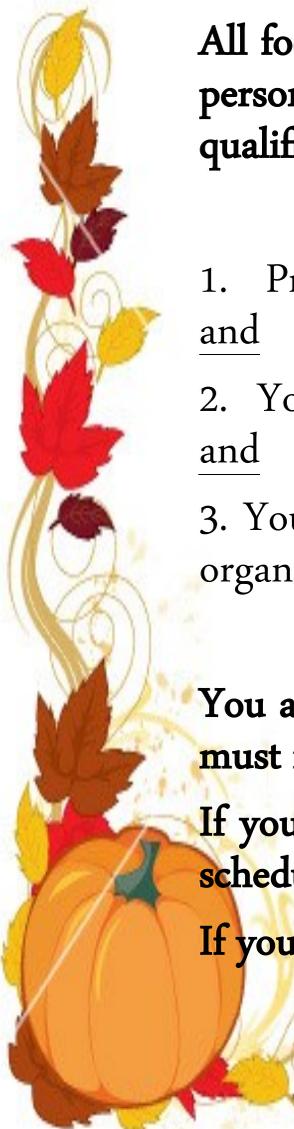
All food bank recipients must speak to a Guilford Social Services staff person, at 203-453-8009 about a holiday basket this season. The qualifications for reserving a basket are:

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.**



# HOMEFRONT



Know anyone who's home needs help? HomeFront Volunteers are ready to repair your home at NO COST to qualified homeowners.

For more information, please call:

HomeFront

**1-800-877-4673 OR Online**

**[www.homefrontprogram.org](http://www.homefrontprogram.org)**

For help in the Spring of 2018 have your application in by November 16, 2018.



## Medicare Open Enrollment

**OCTOBER 15-DECEMBER 7, 2017**

As a **Medicare** beneficiary, you have from October 15, 2018 to December 7, 2018 to review your coverages and make changes for **2019**. New coverage for changes made during the open enrollment begins January 1, **2019**.



### Under 65 and NOT on Medicare...

You shouldn't have to worry about getting sick or hurt. Even if you couldn't qualify for it before due to your health. [www.accesshealthct.com](http://www.accesshealthct.com) or call 1-855-805-4325.

Open enrollment starts November 1, 2018 for enrollment in the 2019 Marketplace plan.

Coverage starts as soon as January 1, 2019.

# Guilford Free Library Programs

## **Tween & Teen Event: Fall Leaf Initial** November 2, 2018 3:30pm-4:30 pm

Create a decorative letter of your initial using faux autumn leaves. Please choose which letter you'd like when signing up.

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

## **Practice SAT Exam**

November 3, 2018 10:00am-1:30 pm

The Princeton Review will administer a free practice ACT exam. Please bring a calculator and snacks.

Free and open to all. Please register.

## **Tween & Teen Event: Broccoli Cheese Casserole**

November 7, 2018 3:30-4:30pm

Eat your veggies in a super cheesy way. Learn how to make this simple broccoli cheese casserole. It's a perfect side dish for Thanksgiving dinner!

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

## **Metropolitan Opera Talk with Janna Baty:**

**"Marnie" by Nico Muhly**

November 8, 2018 7:00-8:00pm

The next Metropolitan Opera Talk features Mezzo-Soprano and Yale Professor Janna Baty. Baty will discuss *Marnie*, the contemporary opera based on Winston Graham's 1961 novel and Alfred Hitchcock's 1964 film. The Metropolitan Opera production of *Marnie* will be shown at the Branford Regal Cinemas on Saturday, November 10.

Sponsored by the Library and Shoreline Village CT.

Please register.

## **Shoreline Village Art Talk: The Ethical Art of Ben Shahn** November 13, 2018 2:00-3:00 pm

Ben Shahn's legacy includes photos, paintings, prints, and book illustrations that mirror the course of most of the 20th century. Extremely socially conscious, he was an advocate for anyone whose rights he felt were being threatened. His favorite subjects reveal the trials of Sacco and Vanzetti and of Alfred Dreyfus, civil rights, nuclear testing, and anti-war imagery. His formal vocabulary was personal, unique, and thought-provoking, even in his religious works.

**Marcie Slepian** has a Ph.D. in the History of Art from Yale University, and has taught courses at Wesleyan University, Fairfield University, and SUNY Purchase.

## **Tween & Teen Event: Fantastic Beasts Perler Beads** November 14, 2018 3:30pm-5:00pm

Celebrate the release of the new film *Fantastic Beasts: The Crimes of Grindelwald*. Use perler beads to create your own Niffler or Pickett.

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

## **Thanksgiving Story & Craft** November 15, 2018 4:15pm-5:15pm

Children will hear a story read by library staff, and volunteer Linda Srebnik of Guilford will help them create a holiday decoration to take home. For children ages 6-8 only. Registration required.



## DIY Holidays

### Potato Soup Mix in a Jar



- 1 3/4 cups instant mashed potato flakes
  - 1 1/2 cups dry milk powder
  - 2 tablespoons chicken bouillon granules
  - 2 teaspoons dried minced onion
  - 1 teaspoon dried parsley
  - 1/4 teaspoon ground white pepper
  - 1/4 teaspoon dried thyme
  - 1/8 teaspoon ground turmeric
  - 1 1/2 teaspoons seasoning salt
1. Combine potato flakes, dry milk, bouillon granules, onion, parsley, pepper, thyme, turmeric and seasoning salt in a bowl and stir to mix. Pour into a 1 quart jar.
  2. Attach the following instructions: To serve, place 1/2 cup soup mix in bowl. Stir in 1 cup boiling water until smooth.

### Peppermint Sugar Scrub

Take two cups of white granulated Sugar and mixed in a 1/4 cup to 1/3 cup Almond Oil (Coconut Oil will work too). Add the oil slowly till you have a nice soft consistency that is soft but not too oily. Then add a few drops of Peppermint Essential Oil. Once you have it all mixed together you will want to divide the scrub into two equal parts and in separate containers. You will need to add some color to one of the containers. You can use a little bit of food coloring OR you can add some raspberry juice by taking a couple of drops of juice from a bag of frozen raspberries... the perfect organic red colorant.





For these recipes: go to <http://go.usa.gov/xnTVB>



### SHEPARD'S TURKEY PIE

- + Turkey breast
- + Onions
- + Garlic
- + Vegetable oil
- + Whole wheat flour
- + Chicken broth
- + Carrots
- + Tomatoes
- + Potatoes
- + Dried rosemary

### TURKEY & RICE SOUP

- + Turkey roast
- + Celery stalks
- + Carrots
- + Onion
- + Green beans
- + Chicken bouillon cube
- + Rice
- + Water
- + Margarine
- + Pepper to taste



### TURKEY TOSTADAS

- + Turkey
- + Taco seasoning
- + Corn tortillas
- + Water
- + Refried beans
- + Cheddar or Jack cheese
- + Tomatoes
- + Lettuce
- + Onion
- + Taco sauce

### TURKEY POTATO SALAD

- + Turkey
- + Potato
- + Onion
- + Green pepper
- + Salad dressing, mayo
- + Celery
- + Mustard
- + Salt



### TURKEY TETRAZZINI

- + Turkey
- + Light butter
- + Mushrooms
- + All-purpose flour
- + Chicken broth
- + Skim milk
- + Peas
- + Parmesan cheese
- + Dried thyme

## Timetables for Turkey Roasting (325 °F oven temperature)

Use the timetables below to determine how long to cook your turkey. These times are approximate. Always use a food thermometer to check the internal temperature of your turkey and stuffing.

Unstuffed		Stuffed	
4 to 8 pounds (breast)	1½ to 3¼ hours	4 to 6 pounds (breast)	Not usually applicable
8 to 12 pounds	2¾ to 3 hours	6 to 8 pounds (breast)	2½ to 3½ hours
12 to 14 pounds	3 to 3¾ hours	8 to 12 pounds	3 to 3½ hours
14 to 18 pounds	3¾ to 4¼ hours	12 to 14 pounds	3½ to 4 hours
18 to 20 pounds	4¼ to 4½ hours	14 to 18 pounds	4 to 4¼ hours
20 to 24 pounds	4½ to 5 hours	18 to 20 pounds	4¼ to 4¾ hours
		20 to 24 pounds	4¾ to 5¼ hours

### Storing Your Leftovers

- Discard any turkey, stuffing, and gravy left out at room temperature longer than 2 hours; 1 hour in temperatures above 90 °F.
  - Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling.
  - Use refrigerated turkey, stuffing, and gravy within 3 to 4 days.
- If freezing leftovers, use within 2 to 6 months for best quality.

### Reheating Your Turkey

Cooked turkey may be eaten cold or reheated.

#### In the Oven

- Set the oven temperature no lower than 325 °F.
- Reheat turkey to an internal temperature of 165 °F. Use a food thermometer to check the internal temperature.
- To keep the turkey moist, add a little broth or water and cover.

#### In the Microwave Oven

- Cover your food and rotate it for even heating. Allow standing time.
- Check the internal temperature of your food with a food thermometer to make sure it reaches 165 °F.
- Consult your microwave oven owner's manual for recommended times and power levels.

**COOK**

Your bird is not safe until it reaches 165 °F — you cannot tell by the color. Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!

Use three places to check the temperature.

- Thickest part of breast
- Innermost part of wing
- Innermost part of thigh

When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

## Recipes of the Month

### Vegetarian Tortilla Casserole

There are so many reasons to love this recipe: It's budget friendly, quick, healthy and gluten free!

#### Ingredients

- 1 medium yellow squash, sliced into 1/4-inch-thick rounds
- Kosher salt
- 1 cup shredded part-skim mozzarella
- 1/4 cup grated Parmesan
- Cooking spray
- Twelve 6-inch corn tortillas
- 4 scallions, sliced
- 1 cup salsa verde
- 1 large ripe tomato, sliced 1/4 inch thick
- One thawed 9-ounce package frozen chopped spinach,



#### Directions

Preheat the oven to 425 degrees F. Arrange the squash on a baking sheet and sprinkle with 1/8 teaspoon salt. Bake until just soft, about 10 minutes, flipping the squash once about halfway through. Combine the mozzarella, Parmesan and 1/2 teaspoon salt in a small bowl.

Spray an 8-inch square baking dish with cooking spray. Arrange 4 of the tortillas in the bottom of the dish so they overlap and top with the squash and half the scallions. Drizzle 1/3 cup of the salsa verde over the vegetables and top with 1/3 of the cheese mixture. Add another 4 overlapping tortillas, top with the sliced tomatoes and spinach, drizzle 1/3 cup of the remaining salsa verde over the vegetables and top with half of the remaining cheese mixture. Finish building the casserole with the remaining 4 tortillas, salsa verde and cheese mixture. Bake, uncovered, until the casserole is golden brown and hot, 20 to 25 minutes. Garnish with the remaining scallions.



### Baked Apples

#### Ingredients

- 4 large baking apples, such as Honeycrisp
- 4 tablespoons (1/2 stick) butter, softened
- 1/2 cup brown sugar
- 1/2 cup brown sugar
- 3/4 teaspoon cinnamon
- 1/4 cup chopped pecans

1. Preheat the oven to 375 degrees F.
2. Wash and core apples, leaving enough of the core at the base of the apple to contain the filling.
3. Combine the butter, brown sugar, cinnamon and chopped pecans in a small bowl. Roll log shapes of the mixture and press enough into each apple to fill the core.
4. Fill a 2-quart baking dish with about 3/4 cup water, or enough to cover the bottom. Place the apples upright in the dish. Bake until the apples are soft and the filling is browned, 1 hour.

### Yummy Sweet Potato Casserole

#### INGREDIENTS

- 4 cups sweet potato, cubed
- 1/2 cup white sugar
- 2 eggs, beaten
- 1/2 teaspoon salt
- 4 tablespoons butter, softened
- 1/2 cup milk
- 1/2 teaspoon vanilla extract
- 1/2 cup packed brown sugar
- 1/3 cup all-purpose flour
- 3 tablespoons butter, softened
- 1/2 cup chopped pecans

#### DIRECTIONS

1. Preheat oven to 325 degrees F (165 degrees C). Put sweet potatoes in a medium saucepan with water to cover. Cook over medium high heat until tender; drain and mash.
1. In a large bowl, mix together the sweet potatoes, white sugar, eggs, salt, butter, milk and vanilla extract. Mix until smooth. Transfer to a 9x13 inch baking dish.
2. In medium bowl, mix the brown sugar and flour. Cut in the butter until the mixture is coarse. Stir in the pecans. Sprinkle the mixture over the sweet potato mixture.
3. Bake in the preheated oven 30 minutes, or until the topping is lightly brown.

