

November 2019 GFB Newsletter



November Calendar

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

Friday, November 29, 2019

Saturday, November 30, 2019



Friday, December 20, 2019

Saturday, December 21, 2019

Guilford Land Conservation Trust Walk

Broomstick Ledges Hike

November 16, 2019

10:00 am – 12:30 pm

Bluff Head Trial Head

Join GLCT Director, Bill Bloss (203-623-3434) for a 4-mile hike through GLCT's largest single acquisition, the Broomstick Ledges of North Guilford. Enjoy views of Bluff Head, rocky outcroppings, and unspoiled streams. There are several very steep sections. Park at the Bluff Head trailhead on Rt. 77 about .5 mi. north of Great Hill Rd.

Rain date Nov. 17th.

Please meet 10 minutes ahead of hike start time. Leashed dogs may attend hikes unless otherwise stated in the description above.

Heavy rain cancels hikes.



Free Admission Day

Henry Whitfield State Museum
248 Old Whitfield Street
Guilford, CT

**November 5, 2019
10:00 am-4:30 pm**

Free for anyone wearing an "I Voted" sticker and children ages 12 & younger

Let's celebrate Election Day – free admission to Connecticut's oldest house for anyone wearing an "I Voted" sticker. Explore four centuries of history through the evolution of the Whitfield House – from its 1639 construction during early English colonial days to its historic preservation in the 1930s and today. Self-guided tours include three floors of furnishings in the Whitfield House plus displays in the Visitor Center and Education Building.



GUILFORD RESIDENTS HEATING ASSISTANCE

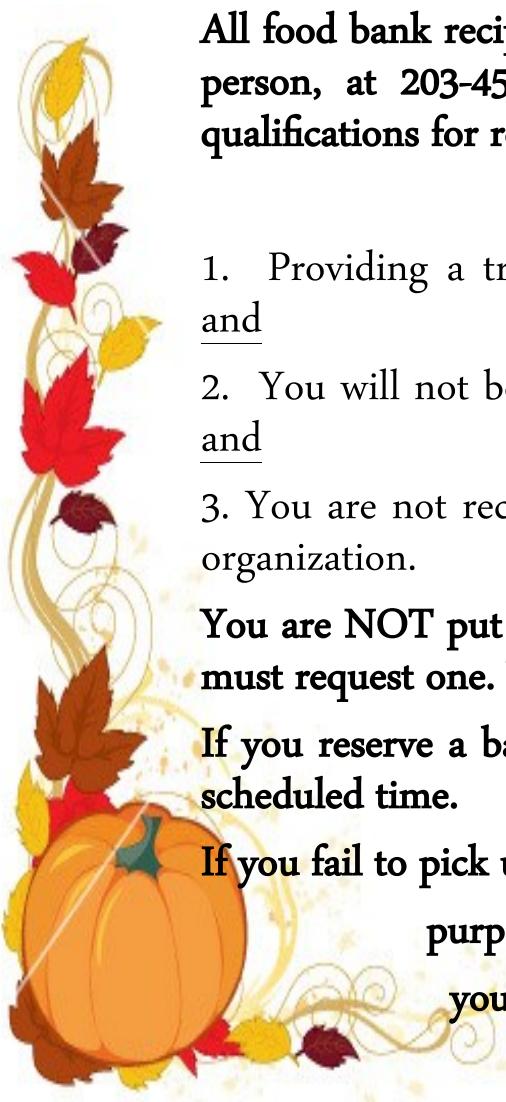
Guilford residents may apply for 2019/2020 State Heating Assistance (LIHEAP, CHAP) Program and for the Operation Fuel Program, by appointment only at the Guilford Social Services Department, 263 Church St. in Guilford. All types of heating sources are considered. (Oil, gas, electric, propane, kerosene and wood.)

Annual household income limits are based on last 4 weeks of income and size of household: 1/ \$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.

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



For help in the Spring of 2020 have your application in by November 15, 2019.

Medicare Open Enrollment

OCTOBER 15-DECEMBER 7, 2019

As a **Medicare** beneficiary, you have from October 15, 2019 to December 7, 2019 to review your coverages and make changes for **2020**. New coverage for changes made during the open enrollment begins January 1, **2020**.



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 or call 1-855-805-4325. Open enrollment starts November 1, 2019 for enrollment in the 2020 Marketplace plan.

Coverage starts as soon as January 1, 2020.

Guilford Free Library Programs

Tween & Teen Event: Beat Saber

November 4, 2019 at 3:30pm

Play *Beat Saber* on the Library's Oculus Quest virtual reality headset!

Reminiscent of games such as Dance Dance Revolution and Guitar Hero, *Beat Saber* is a VR rhythm game where you slash the beats of adrenaline-pumping music as they fly towards you, surrounded by a futuristic world.

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

Tellabration! with Margie Warner

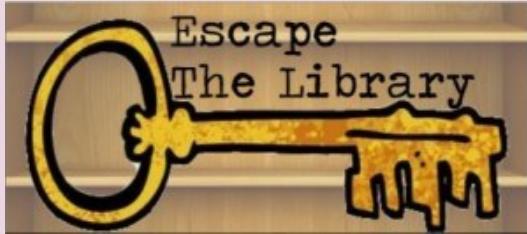
November 6, 2019 4:30-5:30 pm

Celebrate storytelling with this fabulous story experience. Everyone in the family will find something to love about this great performance from renowned storyteller, Margie Warner.

All ages are welcome. Registration is required.

Escape the Library, Thursday Teen Session

November 7, 2019 4:00-5:00pm



Can you find the missing document? The original deed to the land of Guilford has been misplaced! Discover clues and solve puzzles to try to uncover its location.

An escape room is an immersive, interactive live puzzle game. Find clues and solve puzzles to achieve victory! Each session will have 10 participants.

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

Crafternoon

November 13, 2019 3:30-6:30pm

Drop in after school and build a craft or your own design using different materials we set out for you. All ages welcome, but children ages 8 and younger should be accompanied by an adult for these self-guided projects. Open to all ages.

Registration not necessary.

Practice SAT and ACT Exams

November 16, 2019 10:00am-1:30 pm



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 students.
Please register.

Thanksgiving Story & Craft

November 20, 2019 4:30-5:30 pm

Children will hear a story read by the library staff, and volunteer Linda Srebnik of Guilford will help create a holiday decoration to take home.

Open to ages 5 to 8.
Registration is required.

Weekend Wildlife: For Goodness Snakes

November 23, 2019 11:00am-12:00pm



Meet the snakes of Connecticut. Discover what's so special about each of our state's 14 species of snakes, including habitats and natural history. What kinds of snakes are you likely to find in your back yard? What should you do if you encounter a venomous snake? Why are people so afraid of these really cool reptiles? Learn all this and more from Meigs Point Nature Center while getting up close and personal with live Connecticut snakes.

Healthy Holidays 101: Tips, Tricks, and Recipes

Written by Ana Gotter –Medically reviewed by Natalie Butler, RD, LD

The holidays are full of family, friends, great food, and great memories. But they aren't always compatible with a healthy lifestyle. When the holiday season rolls around, it's easy to get a little lax on the healthy eating and exercise that we typically maintain.

Coupled together, all those festive parties and the stress the holidays can bring, can mean a hit to our overall well-being from November to New Year's. But it doesn't have to be this way. Fortunately, with a few tricks, it's possible to maintain a healthy lifestyle year-round.

It's no secret that holiday living doesn't always go hand-in-hand with healthy living. The indulgent, decadent recipes that adorn Thanksgiving, Hanukkah, and Christmas tables may not follow the diets we stick to the rest of the year. But with these 10 tips, you'll be able to stay mentally and physically healthy throughout the holiday season.

Find healthy alternatives to your favorite dishes



[Healthy eating](#) doesn't mean you have to give up your holiday favorites — all they need are a few modifications. You can use less butter and bacon in green bean casseroles, [yogurt](#) instead of mayonnaise in the devilled eggs, and bake the turkey instead of deep frying it. With these simple tricks, you can keep all your favorites on your plate without all the excess calories.

It's all about moderation

Moderation will be your saving grace during the holiday season. There's nothing wrong with enjoying an indulgent, festive dinner — but you'll want to make sure that your meals surrounding it are healthy and nutrient-dense. Have a light lunch like salad with olive oil dressing, and opt for a [healthy breakfast](#) the next morning like avocado on whole wheat toast. By eating healthy during the holiday season, you can afford to go all out for a few big events.

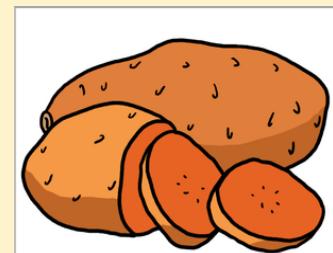
Opt for homemade instead of processed foods

Homemade everything can be difficult when you have a lot going on, but it can also ensure that you're eating much healthier. Canned, [processed](#), and premade foods are full of excess salt and sugar that you can avoid by making the dishes yourself. Reduce your sodium intake by making your own cream of mushroom soup, and reduce your sugar by making cranberry sauce from scratch. Both take only moments to stir in a pot before letting them simmer.

Making the food from scratch will also make you much more aware of what you're eating and when, giving you more control and awareness in the long run.

Add more vegetables

It's easy to go all-out with our favorite recipes, but sometimes eating better is as simple as keeping more healthy choices on hand. Increase the number of vegetable dishes on the dinner table, finding small twists to dress them up without making them unhealthy. Roasted asparagus can be beautiful on its own, and [roasted carrots](#) or [sweet potatoes](#) are rich in taste and a bright pop of color.



When in doubt, serve vegetables first — like a salad before dinner or a vegetable-based appetizer earlier in the afternoon. This will help everyone make sure they get the vegetables they need instead of filling up on buttery mashed potatoes.

Slow down during meals

While the decadent food might make us eager to eat, a key tip to staying healthy over the holidays is to slow down during mealtime. [Multiple studies have shown](#) that eating slowly can give our stomachs enough time to send the hormonal signal to our brain telling us that we're full, which will stop us from accidentally overeating. This can help us maintain better portion control as a result.

Remember portion control

Speaking of portion control — portion control will be your best friend throughout the holiday season. Eat small snacks during the day, and have three medium meals instead of three extra-large ones. This will improve your digestion and reduce the amount you're eating, both during meal times and overall. If you're worried about portion control, you can use smaller plates or reduce the number of dishes you serve at each meal.



Take a walk after dinner

Walking after a meal can give you several distinct benefits. First, you can get exercise at a time when you might not otherwise be exercising as frequently. It can also provide some quiet alone time to de-stress and aid your digestion all at once. All of these factors combined are good for your physical and mental health, and can contribute to weight loss. To maximize these benefits, research suggests that walking immediately after a meal is better than waiting even an hour.

Don't forgo exercise



There's a million other things to do, and if you're away from your home gym, working out can seem even more difficult. Despite that, it's important to maintain [regular exercise](#) for both your mental and physical health. Exercise is good for your body and can also [relieve the stress](#) that's so commonplace during the holiday season.

Even if you can only exercise in small bursts throughout the day, make time to do some jumping jacks on the patio or go ice skating with your family.

Try to stick to your typical sleep schedule

This can be particularly challenging with the increase in parties and family in town. But sticking to your [sleep schedule](#) will improve your quality of sleep both now and after the holidays. [Studies have shown](#)[Trusted Source](#) that, unsurprisingly, irregular sleep schedules can lead to poor sleep quality, fatigue, poor eating habits, and daytime sleepiness that can take time to reverse. Avoid this by going to bed and waking up as close to the same time as you usually do.



Take time for yourself

The holidays are full of family and friends, and while this can be a great thing, it can also be draining and stressful. Whether you're staying with family over the holidays or just attending a large number of events, remember to take time every day for yourself. Go for a walk, [meditate](#) once a day, or offer to go to the store for a few minutes of quiet. Even extroverts need time to recharge.



A Safe Holiday Feast,



1 in 6 AMERICANS
WILL GET A
FOODBORNE ILLNESS THIS
YEAR.

FOOD SAFETY is IMPORTANT!

Follow these simple rules to ensure a **SAFE** holiday feast.

SHOPPING for your FEAST



Make room for your feast in the fridge and freezer.

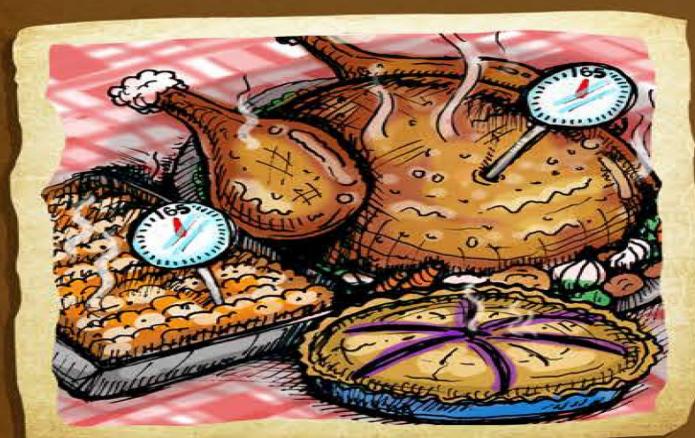
Keep fresh fruits and vegetables separate from raw meat and poultry, and keep all food away from household chemicals in your shopping cart and in bags.

Refrigerate perishable foods as soon as you get them home from the store.

**ALWAYS PAY ATTENTION to
“SELL BY” & “USE BY” DATES.**

BUY A FOOD THERMOMETER!

PREPARING your FEAST



WASH HANDS, SURFACES & UTENSILS between EACH FOOD-PREP STEP.

THAW FORMULA: 4 LBS. PER 24 HOURS
Thaw frozen turkey in a refrigerator in its original packaging. Stuff turkey just prior to cooking.

COOK TURKEY BREAST & STUFFING to 165°F

Temperature is the only indicator that food is cooked for quality and safety. Turkey thighs are best at 175°F.

Keep hot foods above 140°F. Refrigerate all cold foods until ready to serve (40°F).

Rinse fresh fruits and vegetables just before using or consuming unless labeled “ready-to-eat” or “pre-washed.”

EATING your LEFTOVERS



Leftovers cool more quickly in shallow containers. Bring gravy to a boil before re-serving.

REHEAT LEFTOVERS to 165°F

**EAT or FREEZE LEFTOVERS within 3 to 4 DAYS.
EAT or FREEZE GRAVY within 2 DAYS.**

**FIND MORE INFO at
HOLIDAYFOODSAFETY.ORG
EATTURKEY.COM**

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Inclusion in this booklet does not imply endorsement or recommendation of any agency, organization or business.

Recipes of the Month

Leftover Turkey Shepherd's Pie

Trying to figure out what to make with all those Thanksgiving leftovers? This comfort food favorite dinner recipe uses ALL your leftovers, including the leftover turkey!

Ingredients

- 3 cups leftover turkey
- 1 large onion, chopped
- 2 1/2 cups frozen peas and carrots
- 4 tablespoons butter
- 3 tablespoons flour
- 2 cups chicken broth
- 1/2 cup whole milk
- 1/2 jarred gravy (or leftover if you have it)
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 4 cups leftover mashed potatoes



Instructions

1. Preheat the oven to 375 degrees.
2. Add the butter to a large skillet over medium heat.
3. Add the onion and cook for 5 minutes until softened.
4. Next add the peas and carrots, stirring in with the onions.
5. Add the salt, pepper and flour. Stir and cook for 2 minutes then whisk in the chicken broth.
6. Once the mixture comes to a boil pour in the milk and gravy. Stir and cook for 2-3 minutes until thickened.
7. Taste for seasonings then stir in the cooked turkey.
8. Spoon the turkey mixture into a 2 quart baking dish then top with the mashed potatoes.
9. Bake for 15 minutes, then place under the broiler for 5 minutes if desired.

Potluck German Apple Cake

Ingredients

- 3 large eggs
- 2 cups sugar
- 1 cup vegetable oil
- 1 teaspoon vanilla extract
- 2 cups all-purpose flour
- 2 teaspoons ground cinnamon
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 cups chopped peeled tart apples
- 3/4 cup chopped pecans

FROSTING:

- 1 package (8 ounces) cream cheese, softened
- 2 teaspoons salted butter, softened
- 2 cups confectioners' sugar

Directions

1. In a large bowl, beat the eggs, sugar, oil and vanilla. Combine the flour, cinnamon, baking soda and salt; add to egg mixture and mix well. Fold in apples and nuts. Pour into a greased 13x9-in. baking dish. Bake at 350° for 55-60 minutes or until a toothpick inserted in the center comes out clean. Cool on a wire rack.
- 2..In a small bowl, beat cream cheese and butter. Add confectioners' sugar, beating until smooth. Spread over cake.

After-Thanksgiving Turkey Soup

Ingredients

- 1 leftover turkey carcass (from a 12- to 14-pound turkey)
- 3 medium onions, chopped
- 2 large carrots, diced
- 2 celery ribs, diced
- 1 cup butter, cubed
- 1 cup all-purpose flour
- 2 cups half-and-half cream
- 1 cup uncooked long grain rice
- 2 teaspoons salt
- 1 teaspoon chicken bouillon granules
- 3/4 teaspoon pepper

Directions

- Place turkey carcass in a soup kettle or Dutch oven and cover with water. Bring to a boil. Reduce heat; cover and simmer for 1 hour. Remove carcass; cool. Set aside 3 qt. broth. Remove turkey from bones and cut into bite-size pieces; set aside.
- In a soup kettle or Dutch oven, saute the onions, carrots and celery in butter until tender. Reduce heat; stir in flour until blended. Gradually add 1 qt. of reserved broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- Add cream, rice, salt, bouillon, pepper, remaining broth and reserved turkey. Reduce heat; cover and simmer for 30-35 minutes or until rice is tender.