

November 2020 GFB Newsletter



November Calendar

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

**Friday,
November 27, 2020**

**Friday,
December 25, 2020**

**Friday,
January 1, 2021**



Guilford Residents: Book an Appointment for a Public Computer or Study Space



Guilford Free Library is now offering 1-hour appointments in the building for **Guilford residents** to use a public computer or reserve a space for quiet study. Appointments also include the option to book a study room for a maximum of 2 people.

You do NOT need an appointment to come in and browse the collection briefly. The Children's Department will be open for browsing however the play area remains closed at this time. Call 203-453-8282 to book an appointment or go to book an appointment online.

Times available for appointments Monday – Friday:
 10 am to noon
 1 pm – 3 pm
 4 pm – 6 pm (Monday – Thursday)
 Saturdays 10 am to 1 pm

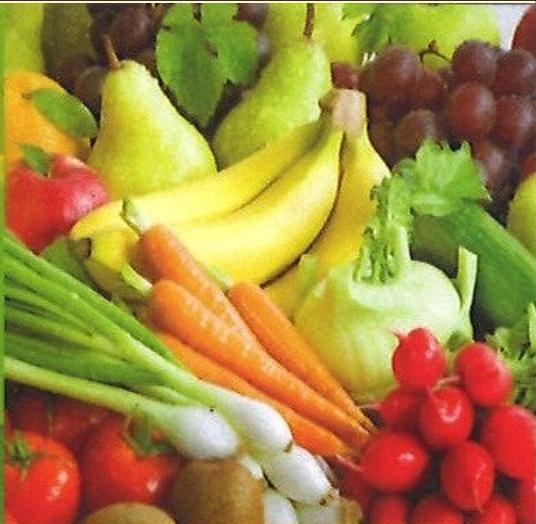
Please Read our Safety Rules
 You must check in before entering the building.
 Please do not enter the building if you are feeling unwell (cough, fever etc.)
 You must wear a mask at all times.
 No food or drink will be allowed in the building. (You are welcome to enjoy your coffee or snack in the Library courtyard.)

Hungry?

Call the End Hunger CT! SNAP Info Line

866.974.SNAP

(7627)





ctsnap.org

Get Help with SNAP Applications and Redeterminations





Funding from the Walmart Foundation
 USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

Hungry
no more.



GUILFORD RESIDENTS HEATING ASSISTANCE

Guilford residents may apply for 2020/2022 State Heating Assistance (LIHEAP, CHAP) Program and for the Operation Fuel Program, by phone 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/ \$37,645 2/\$49,228; 3/\$60,811; 4/\$72,364 5/\$83,977; 6/\$95,560;

7/\$97,732; 8/\$99,904

*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 a phone 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:

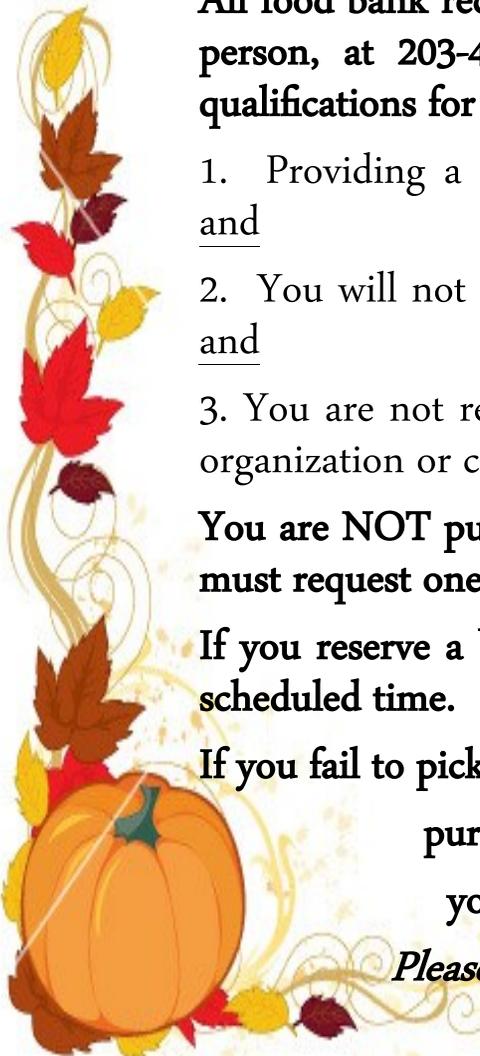
1. Providing a traditional holiday meal causes a financial hardship and
2. You will not be enjoying the holidays as a dinner guest elsewhere and
3. You are not receiving a holiday basket or meal from another local organization or church.

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.

Please be aware that the basket program may not look the same as previous years due to COVID.



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 2021 have your application in by November 20, 2020.



Medicare Open Enrollment

OCTOBER 15-DECEMBER 7, 2020

As a **Medicare** beneficiary, you have from October 15, 2020 to December 7, 2020 to review your coverages and make changes for **2020**. New coverage for changes made during the open enrollment begins January 1, **2021**.

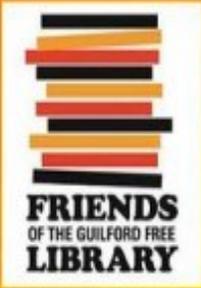


Under 65 and NOT on Medicare...

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, 2020 for enrollment in the 2021 Marketplace plan.

Coverage starts as soon as January 1, 2021.



Friends of the Guilford Free Library

The Friends of the Guilford Free Library offer free Homebound Service

Need books and can't get to the Library? The Friends of the Library will deliver and pick up books to your home.

For more information,
call the Reference Department
at (203) 453-8282.



- Any Guilford resident, of any age, who is homebound for any reason or any length of time-including children of those who are homebound-is eligible for this free service.
- Choose from the library's wide selection of books, large print books, magazines, audiobooks, videos, musical CDs and DVDs.
- Friends of the Library volunteers will deliver library materials to your home and pick them up.
- Library staff and volunteers will work with you to help select books and other materials to your taste.

Guilford Free Library
67 Park Street, Guilford, CT
www.guilfordfreelibrary.org

CDC Recommendations for Thanksgiving

Thanksgiving is a time when many families travel long distances to celebrate together. [Travel](#) increases the chance of getting and spreading the virus that causes COVID-19. Staying home is the best way to protect yourself and others. If you must travel, be informed of the [risks involved](#).

Lower risk activities

Having a small [dinner](#) with only people who live in your household

- Preparing traditional family recipes for family and neighbors, especially those at higher risk of severe illness from COVID-19, and delivering them in a way that doesn't involve contact with others
- Having a virtual dinner and sharing recipes with friends and family
- Shopping online rather than in person on the day after Thanksgiving or the next Monday
- Watching sports events, parades, and movies from home

Moderate risk activities

Having a small outdoor [dinner](#) with family and friends who live in your community
Lower your risk by following CDC's recommendations on [hosting gatherings or cook-outs](#).

- Visiting pumpkin patches or orchards where people use hand sanitizer before touching pumpkins or picking apples, wearing masks is encouraged or enforced, and people are able to maintain social distancing
- Attending a small outdoor sports events with safety precautions in place

Higher risk activities

Avoid these higher risk activities to help prevent the spread of the virus that causes COVID-19:

- Going shopping in crowded stores just before, on, or after Thanksgiving
 - Participating or being a spectator at a crowded race
 - Attending crowded parades
- Using [alcohol or drugs](#), which can cloud judgement and increase risky behaviors
- Attending large indoor gatherings with people from outside of your household

Enjoy a Safe and Healthy Holiday Meal!



HERE ARE SOME TIPS TO HELP YOU STAGE A SAFE AND DELICIOUS HOLIDAY DINNER FROM YOUR KITCHEN!



STEP 1: CLEAN

Frequent cleaning and sanitizing **keep bacteria and viruses from spreading** throughout the kitchen and contaminating food.

Use a dilute bleach solution (1 T. unscented liquid bleach + 1 gallon of water) to sanitize after you have cleaned. Spray the solution onto surfaces and cutting boards, let stand a few minutes, then rinse and dry with clean paper towels.

Rinse fruits and vegetables under running tap water just before eating or cooking. Scrub firm-skinned produce, such as apples and potatoes, with a clean produce brush. Blot dry with clean cloth or paper towel.

Wash hands with warm water and soap for at least 20 seconds before and after handling food. Wash cutting boards, utensils, and counter tops with hot soapy water after preparing each food item and before you go on to the next food.



STEP 2: SEPARATE

Bacteria and viruses spread when raw meat, poultry, seafood, and eggs or their juices come into contact with other foods.

Don't cross-contaminate. Keep raw meat and poultry apart from foods that won't be cooked.



STEP 3: COOK

Relying on color or poking with a fork to check for doneness is guesswork and puts you and your family at risk. Cook to safe temperature. Use a food thermometer - you can't tell food is cooked safely by how it looks.

SAFE MINIMUM INTERNAL TEMPERATURES as measured with a food thermometer

Beef, pork, veal and lamb (roast, steaks and chops)	145°F with a three-minute "rest time" after removal from the heat source
Ground meats	160°F
Poultry (whole, parts or ground)	165°F
Eggs and egg dishes	160°F, but cook eggs until both the yolk and the white are firm; scrambled eggs should not be runny
Leftovers	165°F
Finfish	145°F

GUIDELINES FOR SEAFOOD

Shrimp, lobster, crabs	Flesh pearly and opaque
Clams, oysters and mussels	Shells open during cooking
Scallops	Milky white, opaque and firm

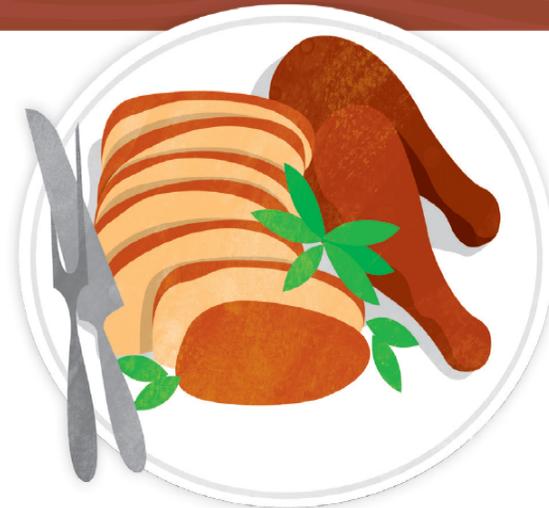


STEP 4: CHILL

Bacteria multiply fastest between 40°F -140°F (4°C - 60 °C); this is known as the "Danger Zone." Chill leftovers and takeout foods within 2 hours. Keep fridge at 40 °F or below.

TURKEY HANDLING

- Make space in your fridge or freezer (rearrange items, move shelves) for the bird!
- Purchase 1lb or more of turkey for each person you plan to serve.
- Fridge thawing frozen turkey - leave in original packaging, place in a shallow pan, allow 24 hours thaw time for each 4-5 pounds of meat
- Cold water thawing - leave in original packaging, place in a clean and sanitized sink or pan, submerge in cold water, change the cold water every half hour, allow a ½ hour thaw time for each pound of meat, and cook immediately.
- Keep the neck and giblets (if using for gravy) refrigerated until they are going to be cooked.



- Cook the turkey to an internal temperature of **165°F**, as measured by a food thermometer in the thickest part of both the bird's thigh and breast.
- **A stuffed turkey will take longer to cook than an unstuffed turkey.** The stuffing inside must cook to **165°F** as well.
- Let the turkey stand for 20 minutes after removing from the oven before carving.

LOVE LEFTOVERS?

SO DO WE!

Get them into the fridge within 2 hours.

Reheat or freeze turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If you slice and freeze the cooked turkey, it will keep for up to 3-4 months! Reheat leftovers to **165°F**, they should be hot and steaming. Bring gravy to a boil to reheat.

CONVENTIONAL OVEN ROAST TURKEY

12-14 lb Unstuffed Turkey

Roasting @ 325°F takes 3 to 3.75 hours. Use a food thermometer to be sure the internal temp reaches 165 °F!

Size/temp/time chart available at www.fightbac.org

RESOURCES

U.S. Food and Drug Administration Hotline
1-888-SAFEFOOD
www.fda.gov/Food

U.S. Department of Agriculture Meat and Poultry Hotline
1-888-MPHOTLINE
www.AskKaren.gov



www.foodsafety.gov | www.fightbac.org | www.storyofyourdinner.org

Disclaimer: The information contained in this newsletter is provided by Guilford Social Services as a service. Although we try to provide quality information, we do not guarantee any results obtained from the use of this information. In addition, we do not assume liability to any party for damage by errors, omissions or any other inconsistency herein.

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

Recipes of the Month

CRUSTLESS QUICHE

CRUSTLESS QUICHE BASE:

- 6 eggs
- 1 cup milk
- 1 cup cheese (grated (cheddar cheese, swiss cheese or mozzarella))
- 2 tbsp parmesan cheese (optional)
- salt & pepper to taste
- **1 cup optional ingredients (See Below)**
 - cubed ham or crumbled cooked bacon
 - chopped broccoli

- sliced onions or green onions
- chopped spinach
- chopped asparagus
- cooked cubed potato

INSTRUCTIONS

1. Preheat your oven to 350 degrees.
2. Whisk together the milk, egg, cheese and salt & pepper.
3. Stir in any additional ingredients.
4. Pour the egg mixture into an pie dish, and bake uncovered for about 45 minutes. Or until the centre is set, and not jiggly.

Pumpkin Pudding

- $\frac{3}{4}$ cup granulated sugar
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground ginger
- $\frac{1}{4}$ teaspoon ground cloves
- 2 large eggs
- 1 15-ounce can pumpkin purée
- 1 12-ounce can evaporated milk
- Whipped cream for serving (optional)

1. Preheat oven to 350°F.
2. Mix sugar, cinnamon, salt, ginger, and cloves in a small bowl. Beat eggs in a large bowl. Stir in pumpkin and sugar-spice mixture. Gradually stir in evaporated milk.
3. Pour into glass or ceramic baking dish. A good thing to know is that you can fill a baking dish deeper than a pie crust, but it's best not to exceed a depth of about 1 1/2 inches. Baking times vary with depth, size, and type of baking dish, so you just have to watch and check (see note above). Bake until knife inserted near the center comes out clean. Cool on wire rack, then refrigerate overnight, until ready to serve.

Butternut Squash Soup



Ingredients

- One 2- to 3-pound butternut squash, peeled and seeded
- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 6 cups chicken stock
- Nutmeg
- Salt and freshly ground black pepper

Directions

1. Cut squash into 1-inch chunks. In large pot melt butter. Add onion and cook until translucent, about 8 minutes. Add squash and stock. Bring to a simmer and cook until squash is tender, about 15 to 20 minutes. Remove squash chunks with slotted spoon and place in a blender and puree. Return blended squash to pot. Stir and season with nutmeg, salt, and pepper. Serve.