

November 2022 GFB Newsletter



November Calendar

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

- Friday, November 11, 2022
- Friday, November 25, 2022
- Friday, December 23, 2022
- Friday, December 30, 2022



GUILFORD COMMUNITY CARES PROGRAM: FREE HELP AT HOME

Guilford residents age 70+ or age 18+ with physical disabilities can sign up for help at home with such tasks as companionship, transportation, household chores or yard work and volunteers can sign at no charge on the digital platform www.URCommunityCares.org. Also, if you would like to volunteer to help such individuals, you can sign up at www.URCommunityCares.org. Both Volunteers and Participants are background checked. For more information, call (203) 453-8086 or (203) 453-8009.

Hungry?
Call the End Hunger CT! SNAP Info Line
866.974.SNAP
(7627)

EHC!
END HUNGER CONNECTICUT!
Making Room at the Table

AARP DRIVE TO END HUNGER

FRAC
Food Research and Action Center

SNAP

Get Help with SNAP Applications and Redeterminations

ctsnap.org

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 2022/2023 Connecticut Energy Assistance (CEAP) 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/ \$37,761 2/\$51,996 3/\$64,230; 4/\$76,465 5/\$88,699; 6/\$100,933; 7/\$103,227; 8/\$105,521



Guilford residents should schedule a phone appointment by calling
203-453-8009.

HOLIDAY BASKET PROGRAM

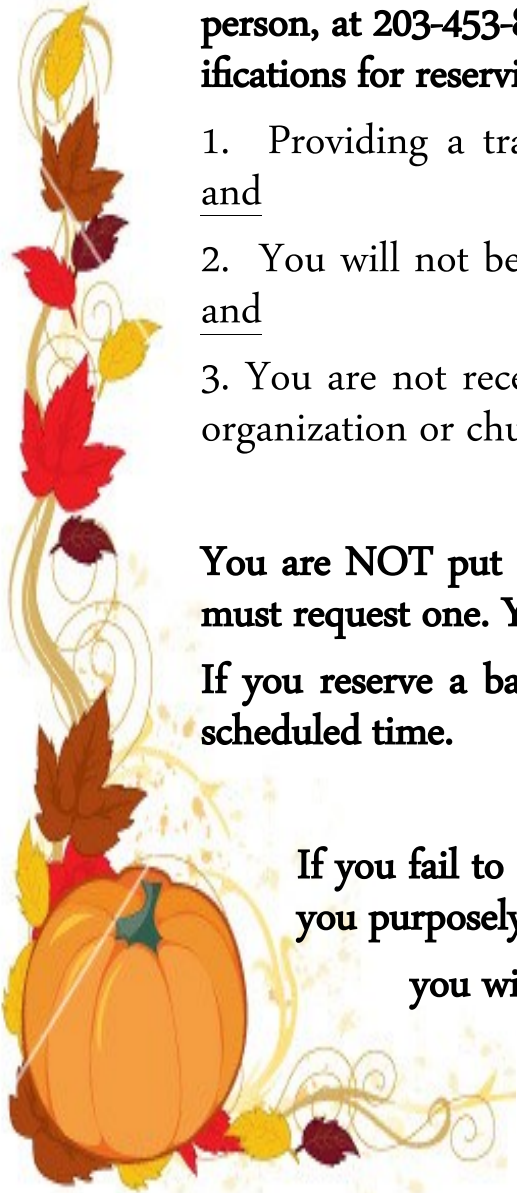
All food bank recipients must speak to a Guilford Social Services staff person, at 203-453-8009 about a holiday basket this season. The qualifications for reserving a basket are:

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.



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:

1-800-877-4673 OR Online

www.homefrontprogram.org

For help in the Spring of 2023 have your application in by
November 20, 2022.



The Guilford Housing Authority is currently accepting applications for its Guilford court and Boston Terrace efficiency and one bedroom apartments through November 23, 2022. Applicants must be 62 and over or on 100% social security or federal disability and over the age of 18. Application and Info packets may be obtained by calling the applications line at (203) 453-6262, ext. 107#. Applications will be accepted ONLY until November 23, 2022 at 4:00pm.



OCTOBER 15-DECEMBER 7, 2022

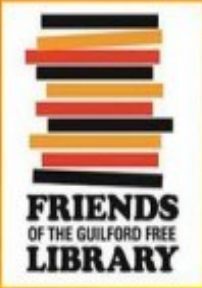
As a **Medicare** beneficiary, you have from October 15, 2022 to December 7, 2022 to review your coverages and make changes for **2023**. New coverage for changes made during the open enrollment begins January 1, **2023**.



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, 2022 for enrollment in the 2022 Marketplace plan.

Coverage starts as soon as January 1, 2023.



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

Preparing Your Holiday Turkey Safely

By Center for Disease Control and Prevention

Are you preparing a turkey for your holiday meal? Turkey and its juice can be contaminated with germs that can make you and your family sick. For example, turkey can contain *Salmonella*, *Clostridium perfringens*, *Campylobacter*, and other germs. Whether you're cooking a whole bird or a part of it, such as the breast, you should take special care. Follow the steps below to safely store, thaw, handle, and cook your turkey.

1. Store Turkey Properly

- **Frozen** raw turkey should be stored in the freezer until you are ready to thaw it. Make sure your freezer is at 0°F or below. Don't store a turkey in a place where you can't closely monitor the temperature, such as in a car trunk, a basement, the back porch, or in snow.
- **Fresh** raw turkey can be stored in the refrigerator 1 to 2 days before cooking.

2. Thaw Turkey Safely

Use one of these methods to thaw your turkey.

- **Thaw your turkey in the refrigerator.**
 - Keep your turkey in its original wrapping and place it in a container before putting it in the refrigerator. The container will prevent the turkey's juice from dripping on other food.
 - Allow about 24 hours of thawing for each 4 to 5 pounds of turkey.
 - A turkey thawed in the refrigerator can remain in the refrigerator for 1 to 2 days before cooking.
- **Thaw your turkey in cold water.**
 - Be sure your turkey is in a leak-proof plastic bag before you place it in the sink. The bag will prevent the turkey's juice from spreading in the kitchen. It will also prevent the turkey from absorbing water, which can make your cooked turkey runny.
 - Make sure your turkey is fully covered with the cold tap water.
 - Change the water every 30 minutes.
 - Allow about 30 minutes of thawing for each pound of turkey.
 - A turkey thawed in cold water must be cooked immediately after thawing.
- **Thaw your turkey in the microwave.**
 - Follow the microwave manufacturer's instructions for thawing turkeys.
 - A turkey thawed in the microwave must be cooked immediately after thawing.

Never thaw your turkey by leaving it out on the counter. A turkey must thaw at a safe temperature. When a turkey stays out at room temperature for more than 2 hours, its temperature becomes unsafe even if the center is still frozen. Germs can grow rapidly in the "danger zone" between 40°F and 140°F.

3. Handle Turkey Correctly to Prevent the Spread of Germs

Raw turkey and its juice can contaminate anything they touch. Be sure to handle your turkey correctly to prevent harmful germs from spreading to your food, family, and friends.

[Wash your hands](#) with soap and water for at least 20 seconds before and after handling turkey.

- Use a separate cutting board for raw turkey.
- Never place cooked food or fresh produce on a plate, cutting board, or other surface that held raw turkey.
- Wash cutting boards, utensils, dishes, and countertops with hot soapy water after preparing raw turkey and before you prepare the next item.

4. Cook Stuffing Thoroughly

It's safest to [cook stuffing](#) in a casserole dish instead of inside your turkey. Cooking stuffing in a casserole dish makes it easy to be sure the stuffing is thoroughly cooked. If you do cook stuffing in the turkey, put the stuffing in the turkey just before cooking.

With either cooking method, use a food thermometer to make sure the stuffing's center reaches 165°F. Germs can survive in stuffing that has not reached 165°F. If you cooked the stuffing in your turkey, wait 20 minutes after taking the bird out of the oven before removing the stuffing. This allows the stuffing to cook a little longer.

5. Cook Turkey Thoroughly

To roast a turkey in your oven, set the oven temperature to at least 325°F. Place the completely thawed turkey in a roasting pan that is 2 to 2-1/2 inches deep. [Cooking times](#) depend on the weight of the turkey and whether it is stuffed.

Use a food thermometer to make sure the turkey has reached a safe minimum cooking temperature of 165°F. Check by inserting a food thermometer into the center of the stuffing and the thickest part of the breast, thigh, and wing. Even if your turkey has a pop-up timer, you should still use a food thermometer to check that it is safely cooked. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat. This will let the stuffing cook a little longer [and make the turkey easier to carve](#).

If you are cooking your turkey using another method, such as smoking or frying it, or roasting a turkey that is not fully thawed, [follow these guidelines](#) for cooking your bird safely.

6. Take Care of Leftovers

[Refrigerate leftovers](#) at 40°F or colder within 2 hours of cooking to prevent food poisoning. Slice or divide big cuts of meat, such as a roast turkey, into small quantities for refrigeration so they can cool quickly. Reheat all leftovers to at least 165°F before serving.

Cooked turkey and dishes made with turkey, such as a casserole, can be stored in the refrigerator for 3 to 4 days or can be frozen to store longer.

Always refrigerate leftovers within 2 hours, or 1 hour if exposed to temperatures above 90°F (like a hot car or picnic).

Happy Thanksgiving!



Follow these food safety tips
for a safe holiday!

Make sure to cook
your turkey until the
internal temperature
reaches **165°F**

Separate raw meats and
poultry from food that
won't be cooked by using
separate cutting boards,
plates, and utensils.

It can take up to 6
days to thaw a turkey,
depending on its
weight - thaw
completely before
cooking.

Store leftovers in the
refrigerator for up to
3-4 days or freeze to
keep longer.

Wash your hands
after handling raw
meat and poultry
products and before
touching prepared
foods.

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

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.