



# October 2020 GFB Newsletter

**Guilford Police Department**  
**NATIONAL NIGHT OUT 2020**  
**On the Guilford Green**  
**Tuesday, October 6, 2020**  
**4:00pm to 7:00pm**

**Anyone and EVERYONE is Welcome to Attend!**  
**Please utilize social distancing and we recommend attendees use a face covering!**

**There will be music and entertainment for all ages**

**Touch-a-Truck Courtesy of the Guilford Fire Department**

**NAPLES PIZZA will be catering the event!!!**

Sponsored in Part by the Guilford Parks and Recreation Department and the Guilford Fire Department and AT&T of Guilford  
**Music and Entertainment Provided by Sound Spectrum Entertainment**



**GFB Holiday Schedule**

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**

## **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. The Library building will close each day from noon to 1 pm and 3 to 4 pm to allow for thorough cleaning of the facilities.

**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 – Thursdays)
  - Saturdays:** 10 am to 1 pm



**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, if asset limits are a concern.



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

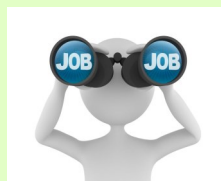
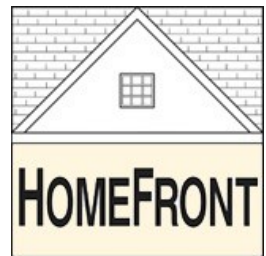
**Free Home Repairs!**

HomeFront volunteers will repair homes at no cost to qualified homeowners in the Spring 2021.

For more information & applications please call:

1-800-HOPE (4673) or [www.homefrontprogram.org](http://www.homefrontprogram.org).

For help in the Spring of 2021 have your application in by November 20, 2020.



**Looking for a Job?**

Call Guilford Social Services at (203) 453-8009 to be added to our weekly email list .



**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**.

# Operation Fuel Summer Utility Program

**Available to October 31, 2020 or until funding is exhausted...**



## **One time grant amount: up to \$700**

To qualify for electric or gas utility, clients must have a shut-off notice or have no utility service or must need assistance with making a required payment in order to maintain a payment arrangement, or have a past due balance of 30 days or more.

Households will be eligible for this program even if they have received a grant for their primary heat through the CEAP/SHAP program.

Households also must :

- ◆ Be an extreme emergency
- ◆ Have income below 75 percent of state median income guidelines
- ◆ Have made 4 payments within the 12 month period of which the client is applying. (3 payments throughout the year and 1 payment during the moratorium.)
- ◆ Have not had an Operation fuel grant in the last 12 months

Potentially Eligible Guilford residents should call  
203-453-8009 for more information.



## **October 8, 2020 is National Screening Depression Day**

Free, anonymous mental health screenings will be conducted throughout the state.

Individuals can locate a mental health screening site to take an online screening by visiting <http://mentalhealthscreening.org/program>. You may call 2-1-1 for information on site locations.

## RECOMMENDATION FROM THE CDC FOR HALLOWEEN DURING COVID-19

Many traditional Halloween activities can be high-risk for spreading viruses. There are several safer, alternative ways to participate in Halloween. If you may have COVID-19 or you may have been exposed to someone with COVID-19, you should not participate in in-person Halloween festivities and should not give out candy to trick or treaters.

### Lower risk activities

These lower risk activities can be safe alternatives:

- Carving or decorating pumpkins with members of your household and displaying them
- Carving or decorating pumpkins outside, at a safe distance, with neighbors or friends
- Decorating your house, apartment, or living space
- Doing a Halloween scavenger hunt where children are given lists of Halloween-themed things to look for while they walk outdoors from house to house admiring Halloween decorations at a distance
- Having a virtual Halloween costume contest
- Having a Halloween movie night with people you live with
- Having a scavenger hunt-style trick-or-treat search with your household members in or around your home rather than going house to house

### Moderate risk activities

- Participating in one-way trick-or-treating where individually wrapped goodie bags are lined up for families to grab and go while continuing to social distance (such as at the end of a driveway or at the edge of a yard)
- If you are preparing goodie bags, [wash your hands](#) with soap and water for at least 20 second before and after preparing the bags.
- Having a small group, outdoor, open-air costume parade where people are distanced more than 6 feet apart
- Attending a costume party held outdoors where protective masks are used and people can remain more than 6 feet apart
- A costume mask (such as for Halloween) is not a substitute for a cloth mask. A costume mask should not be used unless it is made of two or more layers of breathable fabric that covers the mouth and nose and doesn't leave gaps around the face.
- Do not wear a costume mask over a protective cloth mask because it can be dangerous if the costume mask makes it hard to breathe. Instead, consider using a Halloween-themed cloth mask.
- Going to an open-air, one-way, walk-through haunted forest where appropriate mask use is enforced, and people can remain more than 6 feet apart
- If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.
- 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
- Having an outdoor Halloween movie night with local family friends with people spaced at least 6 feet apart
- If screaming will likely occur, greater distancing is advised. The greater the distance, the lower the risk of spreading a respiratory virus.

### Higher risk activities

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

- Participating in traditional trick-or-treating where treats are handed to children who go door to door
- Having trunk-or-treat where treats are handed out from trunks of cars lined up in large parking lots
- Attending crowded costume parties held indoors
- Going to an indoor haunted house where people may be crowded together and screaming
- Going on hayrides or tractor rides with people who are not in your household

# Halloween Food Safety How-To

Don't let BAC! crash your  
Monster Mash!



**BAC! (foodborne bacteria) will creep up on you if you let foods sit out for too long.**

Don't leave perishable goodies out for more than two hours at room temperature (1 hour in temperatures above 90°F).

**Beware of spooky cider!**

Unpasteurized juice or cider can contain harmful bacteria such as *E.coli* O157:H7 and *Salmonella*. Serve pasteurized products at your Halloween party.



**Scare BAC! away by keeping all perishable foods chilled until serving time.**

Cold temperatures help keep most frightful bacteria from multiplying. To keep store-bought party trays cold, fill lids with ice and place trays on top. Similarly, keep salads and other perishable items in bowls cold by nesting them in larger bowls of ice.

**When whipping up Halloween treats, don't taste dough and batters that contain uncooked eggs!**



Try a new spin on bobbing for apples. Cut out lots of apples from red construction paper. Write activities for kids to do on each apple, such as "say ABCs" or "do 5 jumping jacks". Place a paper clip on each apple and put them in a large basket. Tie a magnet to a string or create a fishing pole with a dowel rod, magnet and yarn. Let the children take turn "bobbing" with their magnet and doing the activity written on their apple. Give children a fresh apple for participating in your food-safe version of bobbing for apples.

The Partnership for Food Safety Education is a non-profit organization and creator and steward of the Fight BAC!® consumer education program.

[www.fightbac.org](http://www.fightbac.org)



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## How to Have a Healthy Halloween

From the American Heart Association



Too much Halloween candy got you spooked? Try some of these healthy tips for party snacks and trick-or-treats. Ideas so good, it's scary!

### Curb the Candy Craze

The kids look adorable in their costumes and are counting down the days until October 31! Are you ready for the sugar rush? With a little creativity, you can find fun ways to include some healthy options in the mix, whether you're having a party with friends or trick-or-treating in

the neighborhood.

**Try these tips to make your Halloween festivities a little healthier for your family, party guests and trick-or-treaters.**

For the Trick-or-Treater

**Fill up first.** What kid doesn't want to eat their favorite candy right when it goes into their trick-or-treat bag? [Having a healthy meal](#) BEFORE your kids go trick-or-treating can reduce their temptation to snack while walking or to overindulge, because their tummies will be full.

- **Bag the monster bag.** Choose or make a smaller collection container for your child and steer clear of the pillow case method. If you encourage kids to only take one piece of candy from each house, they'll be able to visit more houses in the neighborhood.

**Get moving.** Get some exercise by making Halloween [a fun family activity](#). Walk instead of driving kids house to house. Set a goal of how many houses or streets you'll visit, or compete in teams to do as many as you can. Bring a bottle of water and a flashlight, and wear comfortable shoes for walking.

- **Look before you eat.** Check expiration dates and inspect all edibles before allowing children to eat them. Don't let children eat anything with questionable or unknown ingredients, especially if they have food allergies.

**Have a plan.** Halloween, and [Eat Smart Month in November](#), can be a great time to talk with kids about moderation and making smart eating choices. Plan in advance how much candy they'll be allowed to take at each house, keep, and eat. If they're old enough, let them help decide what to do with excess candy. See our suggestions later on in this article.

For the Party Host

**Up the fright factor.** Serve [healthy snacks](#) dressed up in the Halloween theme. There are lots of creative ideas being shared online at this time of year, like banana ghosts, apple monster mouths, carrot witch fingers, and candy-corn-colored fruit popsicles or parfaits!

- **Play with food.** Incorporate healthy foods into party activities, such as decorating oranges like Jack-O-Lanterns and bobbing for apples.
- **Keep 'em on their feet.** Include plenty of physical activities, like a zombie dance party, three-legged monster race, spider crawl, or pumpkin toss.



**Rethink the drink.** Don't forget that cutting back on sugary treats includes soda and sugar-sweetened beverages. Offer water, unsweetened tea, 100% juice, or fat-free/low-fat milk instead. Make a Halloween-themed punch from sparkling water and a splash of 100% orange juice, garnished with plenty of orange slices and black grapes or blackberries.

- Save it to fill the piñata at the next birthday celebration or give out with Valentine cards.
- Use it in an arts and crafts project or to decorate a holiday gingerbread house.
- Donate excess candy to a homeless shelter, children's hospital, or care package program for troops overseas. A familiar sweet treat from home can be comforting at the holidays.



## For the Stay-At-Home Crew

- **No self-service.** Hand out treats to each trick-or-treater – one per child – instead of letting them decide how much to take. If you have more than one item, ask them to choose which they prefer. This can help you get control of your Halloween budget, too!
- **Avoid the whole mess.** Want to avoid candy altogether, not to mention masses of kids at your door? Dress your family up in costumes and go see a movie or deliver healthy Halloween treats to your local police or fire station, nursing home, or children’s hospital.
  - **Be *that* house.** You don’t have to pass out candy on Halloween. Start a new tradition and give out healthier treats or non-edible items. Don’t worry, we’re not talking about toothbrushes! Get creative, and keep it colorful and kid-friendly. Here are some ideas.
  - **Healthier Treats:**
    - Clementines, blood oranges, or oranges decorated like Jack-O-Lanterns (with non-toxic ink)
    - 100% juice boxes or pouches
    - Snack-sized packages of pretzels, popcorn, graham crackers, dried fruit or vegetables, trail mix, nuts, or pumpkin seeds
    - 100% real fruit strips, ropes or leathers
    - Squeezable yogurt tubes or pouches
    - Single-serving containers of mandarin oranges
    - Sugar-free gum
  - **Non-edible items:**
    - Glow sticks or small glow-in-the-dark toys
    - Bouncy balls
    - Mini plush toys and wind-up toys
    - Crayons and coloring books (or intricate coloring pages for older kids)
    - Stickers or stamps
    - Temporary tattoos
    - Bubble makers
    - Spider rings or vampire teeth
    - Slime, putty or squishy toys
    - Friendship bracelets



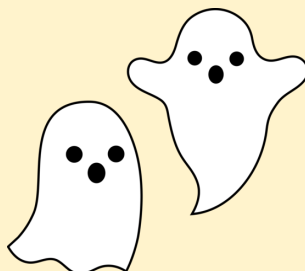
*Be careful to avoid giving very small items that could be a choking hazard to little ones.*

## What to Do with Excess Candy



Afraid you’ll be dealing with an excess of Halloween treats until long after Valentine’s Day? **Here are some ideas for enjoying the evening’s haul responsibly and getting rid of leftover candy:**

- Let each child keep enough candy to have one or two pieces a day for one or two weeks (long enough for the excitement to wane). Throw away, donate or re-purpose the rest.
  - When your child asks for a piece of candy, pair it with a healthy snack: an apple, a banana, some nuts, or celery with peanut butter.
  - “Buy back” candy from your child with money or tokens they can trade in for a fun activity: a day at the zoo, an afternoon playing at the park, going ice skating, or a day at the pool.
- Some dentists’ offices have buy-back or trade-in programs, too.
  - Save it for holiday baking.



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## Recipes of the Month:

### Crock Pot Loaded Baked Potato Soup Recipe

This recipe makes 16 servings of 1 cup. You could easily 1/2 the recipe to accommodate smaller

#### INGREDIENTS

- 4 quarts chicken or vegetable stock
- small onion – chopped fine
- 2 cloves garlic
- 8 – 10 medium potatoes, peeled and cut in 1/2 inch chunks
- 1 cup milk
- 12 oz shredded cheese



#### INSTRUCTIONS

1. Add chicken base to 5 quart or larger crock pot
2. Add potatoes, onion and garlic.
3. Cover and cook on high for 5 – 6 hours, until potatoes are soft.
4. Mash potatoes (I use hand masher) until all potatoes are fine pieces.
5. Add 1 cup milk and 12 oz shredded cheddar cheese. Stir well. (if you want soup any thicker, slowly add instant mashed potatoes, if you are not careful, you will have loaded mashed potatoes, if that happens, just thin with more milk)
6. Serve in bowls topped with sour cream (we used ranch dip), real bacon bits and more cheese. Enjoy!!

## Pumpkin Muffins – TWO ingredients

#### Ingredients

- 1 box spice cake mix
- 1 15 oz can pumpkin puree (not pie filling)



#### Instructions

1. Preheat to 325 degrees.
2. Mix spice cake mix together with pumpkin. Scoop into lined or well sprayed muffin wells.
3. OPTIONAL – add chocolate chips
4. Bake 18-20 minutes (until toothpick comes out clean).
5. Stir together cake mix and a can of pumpkin. Make sure you use the smaller can (15 or 16 oz). This makes 12 muffins which take about 18 minutes to bake.  
DONE!

