

# September 2019 GFB Newsletter



The GFB will be closed Saturday, September 21, 2019 due to Guilford Fair parade traffic.

GFB will be open on Friday, September 20, 2019. (3:00-4:30 pm)

Please plan your trip to GFB accordingly!

STATE OF CONNECTICUT'S OFFICE OF POLICY AND MANAGEMENT'S

2019

## RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2019 TO OCTOBER 1, 2019

### \*LAST CHANCE TO APPLY\*

IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2018 AND YOUR TOTAL 2018 INCOME WAS LESS THAN

\$36,000 FOR AN INDIVIDUAL

\$43,900 FOR A MARRIED COUPLE

### The Children's Law Line

1-888-LAW-DOOR

(1-888-529-3667)



This is a free statewide service offered to children, parents, grandparents, other relatives, foster parents or professionals with a specific question about the law and children.

- Calls are answered by a person trained in family law.
- Common questions are answered immediately & more complex questions are referred to a staff attorney.
- There is no income screening to access the program.
- There is no limit for how many times a person can call.



### CT Heating Assistance

Can you believe it will be that time again soon? Applications for CT Heating Assistance programs will begin to be taken in October.

Call 203-453-8009 to schedule an appointment.



## School Started Please Drive Carefully

## Operation Fuel Summer Utility Program



**Available to October 31, 2019 or until funding is exhausted... One time grant amount: up to \$500**

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.)
- ◆ Potentially Eligible Guilford residents should call 203-453-8009 to schedule an appointment.



### East Shore Region Adult and Continued Education

**Most courses are FREE and scholarships are available!**

ERACE offers free classes to the communities of Branford, North Branford, Guilford, and Clinton. If you are interested in getting your high school diploma, taking English as a Second Language classes, or taking classes to help you get your Citizenship in the U.S., then ERACE has FREE classes to help you achieve your goals! Contact us today 203.488.5693 or Email [erace@branfordschools.org](mailto:erace@branfordschools.org)



## FREE HOME REPAIRS!

KNOW ANYONE WHOSE HOME NEEDS HELP?

HomeFront volunteers will repair homes at no cost to qualified homeowners in Spring 2020.

For more information & applications please call:  
1-800-887-HOPE (4673) or [www.homefrontprogram.org](http://www.homefrontprogram.org)

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

### Looking for a Job?

Stop by Guilford Social Services to take a look at our Job Board and Job Book. View local posting updated on a weekly basis.

If you wish to be on our email list, please contact Guilford Social Services at (203) 453-8009 and ask to be added.

# Town Happenings

## Taste of the Shoreline 2019

September 7, 2019

12:00-5:00pm on the Guilford Town green

The Taste of the Shoreline is an event and craft business expo combined!! Over 20 local restaurants and bakeries come together to offer a food experience like no other! We encourage you to bring your family & friends, shop our crafters market, bring a blanket and enjoy a picnic while you taste the delicious fares of our vendors while you enjoy the community entertainment and artists including the Dudley Farms String Band. This is one fun delicious event to mark on your calendar.

## Maximize Your Social Security Benefits with Dave Cowan

September 11, 2019

7:00-8:00pm at Guilford Free Library

Dave Cowan, a AAA endorsed retirement advisor, will help you learn how to maximize your benefits. Participants learn how to make the most out of Social Security and to navigate retirement challenges, ways to safeguard retirement savings and how to increase Social Security Benefits.

**Ages 60-66 will benefit most!**

## Trio Perfido in concert

September 17, 2019

7:00-8:00 pm

TRIO PERFIDO featuring Norman Johnson – guitar , David Stoltz – electric bass & Peter Perfido – drums

The trio's major inspiration comes from a number of the jazz guitar greats such as Wes Montgomery , Kenny Burrell , Grant Green , Pat Martino & Jim Hall. Their repertoire also features a few compositions from some of them as well. Featuring the soulful and rootsy guitar work of Norman Johnson , the trio's focus is on a group sound where understatement is a shared priority. The band's repertoire will also include a few jazz standards along with compositions from major jazz composers such as Thelonious Monk & Duke Ellington. Free and open to all. Please register.



## 2019 CONNECTICUT AND RHODE ISLAND SNAP EBT CARD PROGRAM

Effective through December 31, 2019

Eligibility: Connecticut and Rhode Island SNAP EBT benefit cardholders

Admission Policy: Complimentary general admission is available for Connecticut and Rhode Island SNAP EBT benefit cardholders and up to three (3) guests. Children 2 and under are free. Four (4) additional guest tickets may be purchased for \$5.00 each.

### General Conditions:

- Connecticut and Rhode Island SNAP EBT card holders must show their EBT card and a valid matching personal identification to redeem this offer. Cardholder must be present.
- Tickets must be purchased at Mystic Aquarium's front gate on the day of the visit.
  - Tickets are non-transferable and non-refundable.
  - Tickets may not be purchased with EBT funds.
- Cannot be combined with any other offers; other restrictions may apply.
  - Not applicable for before/after hour special events.
- EBT discount not valid for attendance with school groups or field trips.
  - Must have QUEST logo on the back of card
- This program is not subsidized by the states of Connecticut or Rhode Island.

# 7 Simple and Healthy Lunch Ideas for Kids

## [Make it a team effort](#)

From pasta to pizza, and even dessert, we've got simple and healthy lunch ideas that your kids will love. But before you open the fridge consider this; the first step toward success is to let your children make lunch decisions. The second step is to help them make their meal.

Offer two or three healthy options each day. After your child chooses, team up to make and pack the lunch. Let them spread on condiments, roll up tortillas, or fill baggies. Your child's effort will give them a sense of pride while teaching them to eat more healthy food.

## [Healthy pizza party](#)

Can a healthy lunch include cold pizza? With this version, the answer is "yes." The tomato sauce comes packed with vitamins and may even [have cancer-fighting properties](#). Plus, it's a great way to get your kids to willingly eat some veggies.

Simple pizza recipe:

- Spread low-sodium tomato or pizza sauce on a large flour tortilla
- sprinkle with reduced-fat shredded cheese
- add chopped turkey, pepperoni, or ham
- let your kid add their favorite chopped veggies
- roll up the tortilla like a burrito
- cut into equal halves



## [Cold pesto pasta salad](#)

Pasta sometimes gets a bad rap for the carbs. But some pasta dishes are a good base for a healthy lunch. Cold pesto pasta can be filling, especially if you use whole grain pasta. Ingredients such as olive oil, nuts, basil, and other greens make a cold pasta lunch as delicious as it is healthy.

Simple pesto pasta recipe:

- cook whole grain pasta according to instructions
- drain and set aside
- blend olive oil, basil, walnuts or pine nuts, and garlic
- add greens such as spinach, kale, or arugula into the food processor and blend well
- add salt, pepper, and parmesan to taste



Make sure a fork gets packed with their lunch, and you're good to go.

## Kid-friendly smoothies

Fresh fruit smoothies are a great way to “hide” the vitamin-rich fruits (and even veggies) that you want your kids to eat. Satisfy their sugar cravings, but keep the sugar content down by making smoothies. Use liquid bases like coconut water or low-fat milk instead of fruit juice. Yogurt adds extra protein and healthy bacteria, which is important for kids’ immune systems.

Simple smoothie recipe:

- add low-fat plain yogurt in a blender
- add fresh or frozen fruit, and flaxseed
- include a spoonful of peanut butter for extra protein
- blend well

Fill a thermos with the smoothie, and tell your child to shake it up before drinking.



## Sneak in fresh fruit

You hope that your child will eat the apple or orange that you put in their lunch bag. But more than likely, it’s getting tossed in the trash at the end of lunch period.

Simple tip:

You’ll have a better chance of getting your kids to eat fruit if you peel or segment it and seal in a zip-top bag. Sectioned oranges, pear slices, and apple slices travel well. Berries and other juicy fruits such as melon and pineapple tend to get smashed or leak into other foods if not packed separately.

Add a small cup of peanut or almond butter for dunking, and they’ll be eating two nutritious foods at the same time.

## Don't forget hot food

At some point, cold sandwiches can get really boring, no matter how you prepare them. But who said school lunches have to be cold? A hot lunch can be just what your child needs on a chilly winter day. Grab a thermos and you can toss in soup, chili, casseroles, and even spaghetti and meatballs.

Simple tip:

A wide variety of insulated food-storage lunch bags and thermos jars are available. They come in many shapes and sizes to keep soups, stews, and entrees hot until lunchtime. Large discount stores such as Target or Wal-Mart, and online stores such as Amazon.com, carry a large selection.

## Kids love dessert!

What was the first thing you looked for in your lunchbox? You got it — dessert. Sweet treats that keep fat and sugar to a minimum are great additions to your child’s lunch.

Simple tip:

Individual portions of snacks are marketed toward dieters. But they are a great way to include a little something sweet in your child’s lunch and still limit high amounts of fat and sugar. Choose snacks that are minimally processed. A short ingredients list is a good indicator. But also opt for real-food snacks when possible. Try dark chocolate covered pumpkin seeds or raisins for a little sweetness and nutrition. Alternatively, chocolate-covered strawberries, apple, pears, or fruit and nut bars granola bars will satisfy a kid’s sweet tooth and a parent’s aim for good nutrition.





United States Department of Agriculture

**10  
tips**  
Nutrition  
Education Series



**MyPlate**  
**MyWins**

Based on the  
**Dietary  
Guidelines  
for Americans**

## MyPlate snack tips for parents

**Snacks can help children get the nutrients needed to grow.** Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to help you and your kids select a satisfying snack.

**1** **Save time by slicing veggies**  
Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

**6** **Keep an eye on the size**  
Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

**2** **Mix it up**  
For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



**7** **Fruits are quick and easy**  
Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.

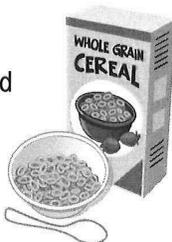


**3** **Grab a glass of milk**  
A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

**8** **Consider convenience**  
A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



**4** **Go for great whole grains**  
Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



**9** **Swap out the sugar**  
Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

**5** **Snack on protein foods**  
Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

**10** **Prepare homemade goodies**  
For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Center for Nutrition Policy and Promotion  
USDA is an equal opportunity provider, employer, and lender.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov)  
for more information.

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# Guilford Free Library Programs

## Navigating the College Process

September 3, 2019 7:00-8:00pm

Applying to colleges has become increasingly daunting. Jodie Small, founder of College Coordinators, will attempt to reduce the stress associated with the process by addressing financial aid, creating the right college list, standardized testing and how students can best distinguish themselves, among other topics. Bring your questions!

Free and open to all students and parents.  
Please register.

## Teen Event: To Be Read

September 19, 2019 6:00-7:00pm



Looking for the next hot read? Something new and exciting? Join us for an exclusive look at some amazing books coming out in the next few months. At TBR you will be the first to get a sneak peek at the best new books BEFORE they hit the stacks! You might also have a chance to leave with a free book! **What's on your TBR pile?** Snacks will be served!

Free and open to all students in grades 7 to 12.

Please register.

## Tween & Teen Event: Jackbox Games

September 6, 2019 3:30-4:30 pm



Play a variety of different party games from the various selections from Jackbox Games. Drawing, lying, word games, and more!

These games do require you to have a mobile device. Limited amount of iPads are available to use from the Library, but it is suggested you bring your own mobile device. Free and open to all students in grades 5 to 12.

Please register.

## Tween & Teen Event: Cannoli Dip

September 18, 2019 3:30-4:30 pm

Learn how to make cannoli dip from scratch. Cannoli are Italian pastries made with a sweet and creamy ricotta filling. Dip some cannoli chips in after for some taste testing! Free and open to all students in

grades 5 to 12.

Please register.

## Tween & Teen Event: Marvel Cinematic Universe Trivia

September 12, 2019 3:30-4:30 pm

Think you know everything about the Marvel Cinematic Universe? Are you a big Avengers fan? Come put your heroic knowledge to the test and play a game of Marvel themed trivia. Prizes will be awarded! Free and open to all students in grades 5 to 12.

Please register.



## Recipes of the

### Vegetarian Linguine

Prep time 30 min. servings 6

#### Ingredients

- 6 ounces uncooked linguine
- 2 tablespoons butter
- 1 tablespoon olive oil
- 2 medium zucchini, thinly sliced
- 1/2 pound fresh mushrooms, sliced
- 1 large tomato, chopped
- 2 green onions, chopped
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded provolone cheese
- 3 tablespoons shredded Parmesan cheese
- 2 teaspoons minced fresh basil

#### Directions

- Cook linguine according to package directions. Meanwhile, in a large skillet, heat butter and oil over medium heat. Add zucchini and mushrooms; saute 3-5 minutes. Add tomato, onions, garlic and seasonings. Reduce heat; simmer, covered, about 3 minutes.
- Drain linguine; add to vegetable mixture. Sprinkle with cheeses and basil. Toss to coat.

### Turkey Sausage, Mushroom and Potato Gratin

#### Ingredients

- 2 (4-ounce) hot turkey Italian sausage links, casings removed
- 1 tablespoon butter
- 3 cups chopped onion
- 4 ounces sliced cremini mushrooms
- 1 1/2 pounds red potatoes, coarsely chopped
- 1/2 teaspoon kosher salt
- 1/2 cup fat-free, lower-sodium chicken broth
- Cooking spray
- 3/4 cup (3 ounces) shredded Swiss cheese
- 2 tablespoons chopped fresh thyme

#### Directions

- Preheat oven to 400°.
- Heat a large nonstick skillet over medium-high heat. Add sausage to pan, and sauté for 5 minutes or until browned, stirring to crumble. Remove sausage from pan; drain. Wipe pan with paper towels. Melt butter in pan. Add onion; sauté 4 minutes, stirring occasionally. Add mushrooms; sauté 6 minutes, stirring occasionally. Add potatoes and salt; sauté 5 minutes or until browned, stirring occasionally.
- Stir in sausage and broth. Remove from heat. Spoon potato mixture into an 11 x 7-inch glass or ceramic baking dish coated with cooking spray; top with cheese. Cover and bake at 400° for 30 minutes. Uncover and bake an additional 15 minutes or until golden. Sprinkle with thyme.

### Baked Apple with Crisp Topping

#### Ingredients

- 2 apples (recommended: Fuji or McIntosh)
- 1 teaspoon lemon juice
- 1/4 cup strawberry jam, jelly or preserves
- 2 tablespoon all-purpose flour
- 3 tablespoons butter, cold and diced
- 3 tablespoons brown sugar
- 1/2 cup oats, uncooked
- 1/4 teaspoon ground cinnamon
- Pinch salt



1. Preheat oven to 350 degrees F.
2. Cut each apple in half along its equator. Using a melon baller, cut out each side of the core, creating a rounded hole. Rub exposed apple flesh with lemon juice. Place 1 tablespoon of jam into each hole. For the topping: in a small bowl mix together flour, butter, brown sugar, oats, cinnamon and salt. Press this mixture on the top of each apple, covering jam. Place in a baking dish filled with about a 1/4-inch of water. Bake until top is golden brown and apple is tender, about 35 to 40 minutes.