

September 2020 GFB Newsletter

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

2020

RENTER'S REBATE PROGRAM



APPLICATIONS ACCEPTED

APRIL 1, 2020 TO OCTOBER 1, 2020

LAST CHANCE TO APPLY

**IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2018 AND YOUR TOTAL 2019 INCOME
WAS LESS THAN**

\$37,000 FOR AN INDIVIDUAL

\$45,100 FOR A MARRIED COUPLE

For more information, call Guilford Social Services at (203)453-8009

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 by phone appointments in September.

Call 203-453-8009 to be put on the wait list.





Operation Fuel, Inc.

WE'RE ALL PART OF THE OPERATION.

OPERATION FUEL PROGRAM GUIDELINES 2020-2021

Operation Fuel ensures equitable access to energy for all by providing year-round assistance, promoting energy independence and advocating for affordable energy.

Operation Fuel offers emergency energy assistance to households who 1) fall outside the government assistance programs' eligibility guidelines or 2) have exhausted their government assistance. Such assistance shall be given in accordance with these guidelines but with flexibility to meet human needs.

GUIDELINES

PRIMARY HEATING SOURCE: To qualify for oil, propane, pellets, gas/electric utility or wood, applicants that qualify that qualify for Connecticut Energy Assistance Program (CEAP) must exhaust those benefits before applying for Operation Fuel funding. For applicants' that are eligible for safety nets (vulnerable and non-vulnerable), they will not qualify for Operation Fuel.

SECONDARY HEATING SOURCE: To qualify for electric utility, applicants 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 event if they received a grant for their primary heat through the CEAP program.

Grant Amount

One time grant up to \$700 per household. *All final approvals will be made by Operation Fuel Staff

Program Dates

The Program will start July 21, 2020 and end Friday October 30, 2020, or when funding runs out.

Eligibility Guidelines (Utility Customers, gas or electric)

Some emergency examples can include but are not limited to the following:

- Client is suffering from job loss and is collecting un-employment or exhausted un-employment benefits.
- Client health is threatened (i.e. needs utility to refrigerate medications or baby formula).
- Client needs utility to keep medical equipment operational.
- Household income is within 75% of state median income
- Has not received a grant during the 12 month period of which the client is applying. In other words, if a client received a grant on June 12, 2020, he/she is not eligible for an Operation Fuel grant until June 12, 2020.

Utility grants – Client has made a total of 4 payments within the 12 month period of which the client is applying. Three payments throughout the year and one payment during the winter moratorium. Clients must show a pattern of payments. If client makes all 4 payments within one month or days prior to applying, they will not qualify.

Operation Fuel Winter Program Income Guidelines 2019-2020

Family Size	1	2	3	4	5	6	7	8
Monthly Income	3,767	4,927	6,086	7,245	8,405	9,564	9,781	9,999
Yearly Income	45,213	59,125	73,037	86,949	100,860	114,772	117,381	119,989

GUILFORD RESIDENTS, CALL (203)453-8009 FOR AN APPOINTMENT.

Looking for a Job?

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

We're doing it!

#GUILFORDFAIR2020 is a go!

We will be holding a unique Face-book-based exhibition this year. Rules and other details to follow in the coming weeks.

Coming this September...



For more information, go to guilfordfair.org.



Enjoy Complimentary Admission to the Mystic Aquarium Throughout 2020
Free general admission for SNAP EBT Card Holder and up to 3 guests.

(Must show EBT card, valid matching id, and tickets at the door)



**MYSTIC
AQUARIUM**

**WONDER
WITHIN REACH**

For your safety, **ALL** Aquarium visits now require a timed ticket and must be reserved online. You can email TimedTicketsEBT@MysticAquarium.org for a time slot.

School Lunch FOOD SAFETY TIPS



For Kids

This is BAC. You can't see, smell or taste BAC, but he could make you sick. Follow these safe food handling rules and stay healthy!



Wash your hands with warm water and soap before eating your lunch and snacks. Hum the "Happy Birthday" song from beginning to end twice when washing your hands.



BAC hates the cold! Keep your food cold until lunchtime by using an ice pack in your lunch bag.

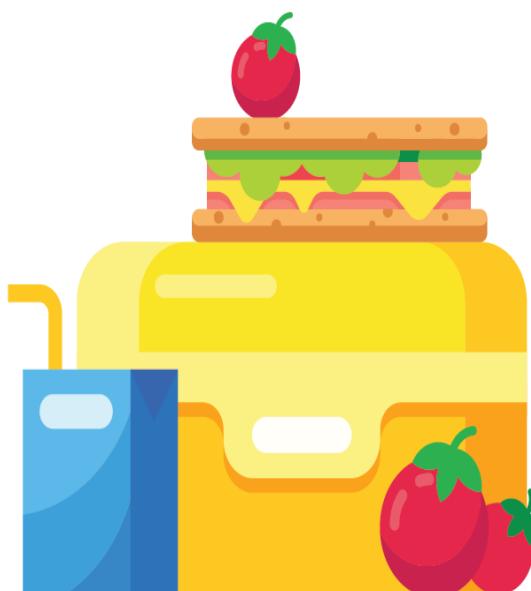


After lunch, throw away all leftover food, food packages and paper bags.



FOOD SAFETY WORD SEARCH

Cook
Chill
Core
Four
Food
Safety
Clean
Separate



D	C	L	E	A	N	I	V	P	C
Y	S	E	M	M	C	C	O	R	E
J	E	W	O	D	F	O	U	R	W
Y	P	J	H	S	A	F	E	T	Y
G	A	O	L	H	O	Z	Z	A	C
F	R	J	B	C	C	L	E	A	H
O	A	H	U	C	O	O	K	K	I
O	T	R	Y	U	B	V	O	C	L
D	E	E	K	U	S	V	D	J	L
T	E	I	S	N	V	Z	N	Y	W

Get more food safety tips at www.fightbac.org

School Lunch FOOD SAFETY TIPS For Parents



97% of consumers failed to wash their hands properly when preparing a meal.*

*According to a 2018 study, U.S. Department of Agriculture

1 in 6 Americans get a foodborne illness each year.

Children represent half of all hospitalizations for foodborne illness in the United States each year.



Before preparing lunch, wash your hands with warm water and soap for 20 seconds. Wash your cutting boards, utensils and counter tops with hot, soapy water. Rinse fresh fruits and vegetables under running water, including those with skins and rinds that are not eaten. Make sure reusable lunch bags and coolers are clean before packing.



Use one cutting board for fresh produce and a different one for meat and poultry. This will help you avoid cross-contamination or spreading bacteria from one food product to another.



Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



Get more food safety tips at www.fightbac.org



United States Department of Agriculture

10 tips
Nutrition Education Series



MyPlate MyWins

Based on the
Dietary Guidelines
for Americans

Build a healthy meal

Each meal is a building block in your healthy eating style. Make sure to include all the food groups throughout the day. Make fruits, vegetables, grains, dairy, and protein foods part of your daily meals and snacks. Also, limit added sugars, saturated fat, and sodium. Use the [MyPlate Daily Checklist](#) and the tips below to meet your needs throughout the day.

1 Make half your plate veggies and fruits

Vegetables and fruits are full of nutrients that support good health. Choose fruits and red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.



2 Include whole grains

Aim to make at least half your grains whole grains. Look for the words “100% whole grain” or “100% whole wheat” on the food label. Whole grains provide more nutrients, like fiber, than refined grains.



3 Don't forget the dairy

Complete your meal with a cup of fat-free or low-fat milk. You will get the same amount of calcium and other essential nutrients as whole milk but fewer calories. Don't drink milk? Try a soy beverage (soymilk) as your drink or include low-fat yogurt in your meal or snack.



4 Add lean protein

Choose protein foods such as lean beef, pork, chicken, or turkey, and eggs, nuts, beans, or tofu. Twice a week, make seafood the protein on your plate.



5 Avoid extra fat

Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. Try steamed broccoli with a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 Get creative in the kitchen

Whether you are making a sandwich, a stir-fry, or a casserole, find ways to make them healthier. Try using less meat and cheese, which can be higher in saturated fat and sodium, and adding in more veggies that add new flavors and textures to your meals.



7 Take control of your food

Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose options that are lower in calories, saturated fat, and sodium.

8 Try new foods

Keep it interesting by picking out new foods you've never tried before, like mango, lentils, quinoa, kale, or sardines. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.

9 Satisfy your sweet tooth in a healthy way

Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit salad or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

10 Everything you eat and drink matters

The right mix of foods in your meals and snacks can help you be healthier now and into the future. Turn small changes in how you eat into your MyPlate, MyWins.



GFB Distribution for the foreseeable future will continue to be on **Fridays by appointment only** between **1:00 and 4:30 pm** on **August 7, 14, 21, 28.** **September 4, 11, 18, 25**

Appointments are to be made during the week of the Friday distribution you are requesting and secured no later than 10:00 am on Distribution Friday by calling Guilford Social Services at (203)453-8009.

You must stay in your vehicle when arriving at the GFB. You are not to enter the building—this will continue to be the protocol until such time that it is deemed safe for everyone and we arrive at appropriate social distancing measures inside the GFB. We will keep you updated.

Please note, bags will be prepacked and choice will be limited.

These measures are taken in lieu of closing and allow us to remain available to those who require our services. We will keep you posted. Please monitor our Facebook page and our website guilfordfoodbank.org for new information and updates.

GUILFORD CARES



Are you in need of someone to grocery shop for you?

Are you in need of an important errand run?

Are you concerned about a Guilford family member getting out for supplies?

During this time of “Stay Safe, Stay Home” in Connecticut, Guilford Parks and Recreation Seniors Program, in coordination with Guilford Interfaith Volunteers, Guilford Social Services, Guilford Cares and the Ethan Miller Song Foundation is implementing a program to deliver food to the homes of seniors and those who are immunocompromised. During this difficult time, staying home is in your best interest so let your caring community help.

This program will primarily focus on providing assistance with grocery shopping from Big Y, Bishops, Fresh Market and Marketplace. If you need shopping done at another location in Guilford, we can also provide assistance. We will work to expand the program as additional needs develop.

For more information and specific guidelines, call (203) 453-8086 or email buckleyt@ci.guilford.ct.us

Recipes of the Month:

Pizza Chicken

Ingredients

- $\frac{1}{2}$ cup Italian-seasoned bread crumbs
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- $\frac{1}{2}$ cup all-purpose flour
- 1 egg
- 1 tablespoon lemon juice
- 2 breast half, bone and skin removed or skinless, boneless chicken breast halves
- $\frac{1}{2}$ cup pizza sauce, divided
- $\frac{1}{2}$ cup shredded mozzarella cheese, divided
- 4 slices pepperoni, or to taste - divided

Preheat Combine bread crumbs, Parmesan cheese, salt, and black pepper in a shallow bowl; place flour into a second bowl. Whisk egg and lemon juice together in a third bowl. Dip each chicken breast in egg mixture and dredge in flour; dip again in egg mixture and dredge chicken in crumb mixture until coated. Place coated chicken breasts into a baking dish. Bake in the preheated oven until chicken is heated through and crumbs are golden, about 20 minutes. Spoon 2 tablespoons pizza sauce onto each chicken breast, sprinkle each with half the mozzarella cheese, and top each with half the pepperoni slices. Bake until chicken is no longer pink inside and the juices run clear, about 10 more minutes. An instant-read meat thermometer inserted into the thickest part of a breast should read at least 160 degrees F (70 degrees C)

Creamy Rice Pudding

Ingredients

- 3/4 cup uncooked white rice
- 2 cups milk, divided
- 1/3 cup white sugar
- 1/4 teaspoon salt
- 1 egg, beaten
- 2/3 cup raisins (optional)
- 1 tablespoon butter
- 1/2 teaspoon vanilla extract

Directions

1. Bring 1 1/2 cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 minutes.
2. In a clean saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining 1/2 cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla.

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.

