

# September 2022 GFB Newsletter

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

**2022**

## RENTER'S REBATE PROGRAM



**APPLICATIONS ACCEPTED**

**APRIL 1, 2022 TO SEPTEMBER 30, 2022**

**\*LAST CHANCE TO APPLY\***

**IF YOU WERE AN ELDERLY OR DISABLED RENTER IN 2021 AND YOUR TOTAL 2021 INCOME WAS LESS THAN**

**\$38,100 FOR AN INDIVIDUAL**

**\$46,400 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 appointments in September at Guilford Social Services office.

Call 203-453-8009 for more information.



**School Starts  
September 6, 2022  
Please  
Drive Carefully**



## 2022 SUMMER/FALL SEASON

**GUIDELINES**

Operation Fuel is currently offering an emergency energy assistance program for clients who need aid with meeting their home utility or heating needs. Households living below 75% of state median income may be eligible. The maximum amount for this one time grant will be up to **\$500**.

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. This program runs through October 28, 2022 or when funding runs out (**whichever comes first**).

Family size	75% State Median
1	\$48,783.93
2	\$63,794.37
3	\$78,804.81
4	\$93,815.25
5	\$108,825.69
6	\$123,836.13
7	\$126,650.59
8	\$129,465.05

**\*All final approvals will be made by Operation Fuel**

Please note this program is based on emergency need only!

If you are currently being served through other programs

or have utilized Operation Fuel within a 12 month period you will NOT be eligible.

For utility assistance, you must be facing a shut off and have made a total of 4 payments within the 12 month period for which you are applying, with 1 of the payments having been made being during the winter moratorium.

Guilford residents may call 203-453-8009 for information or to schedule an appointment.

Masks are no longer required, however are preferred in this office by staff—for everyone’s safety!



### **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](http://www.URCommunityCares.org). Also, if you would like to volunteer to help such individuals, you can sign up at [www.URCommunityCares.org](http://www.URCommunityCares.org). Both Volunteers and Participants are background checked. For more information, call (203) 453-8086 or (203) 453-8009.

★ **SEPTEMBER 16, 17, 18, 2022** ★

# GUILFORD FAIR

★  
**AGRICULTURAL  
EXHIBITS**  
**LARGE MIDWAY  
BY ROCKWELL AMUSEMENTS**  
**SHOWS**



★  
**ANIMALS  
FOOD  
AND MORE!**  
★



★ ★ ★ **LIVE CONCERTS** ★ ★ ★

**FRIDAY 8:30PM**  
**DOUBLE VISION**  
The Foreigner Experience

**SATURDAY 8:30PM**  
**BRUCE IN THE USA**  
The World's #1 Tribute to  
Bruce Springsteen &  
The E Street Band.

**SUNDAY 11AM & 2PM**  
**AMERICAN HONEY**  
A Modern Country Band that ventures  
off the country road into Rock and Pop  
from the '90s and beyond.



★ ★ ★ **SHOWS ALL 3 DAYS!** ★ ★ ★

**HILBY, THE SKINNY  
GERMAN JUGGLE BOY  
THE GUILFORD FAIR CIRCUS**  
*Featuring*  
**THE FLYING WALLENDAS  
KRISTEN THE KOMET  
ARESTOV FAMILY**  
**RECORDS & BURPEE ZOO SHOW  
PINE MEADOW CHILDREN'S ZOO**



**SOMETHING  
FOR EVERYONE!**



Stonehouse Lane Guilford, CT



[guilfordfair.org](http://guilfordfair.org)



# SENIOR FARMER'S MARKET NUTRITION Program



Senior Farmer's Market Nutrition Program (SFMNP) booklets are available for seniors 60 years of age and older with a maximum annual income of not more than: \$25,142 for a household of 1, \$33,874 for a household of 2, \$42,606 for a household of 3. Proof of income is required. Each eligible participant receives one booklet of (6) \$4 checks to purchase fruits, vegetables, fresh cut herbs and honey at participating SFMNP authorized locations throughout Connecticut— the maximum benefit being \$24 to spend by November 30, 2022.

If you are eligible and would like to receive a book or have any questions, please call Guilford Social Services at (203) 453-8009 for more information.

# 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.



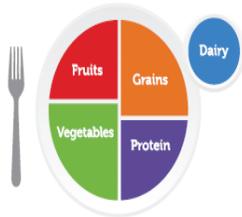
Use an insulated lunch bag or cooler and at least two cold sources, such as freezer packs, for lunches that contain perishable food items like luncheon meats, eggs, cheese or yogurt. This will help keep food chilled until lunchtime.



Get more food safety tips at [www.fightbac.org](http://www.fightbac.org)



Start *simple*  
with **MyPlate**



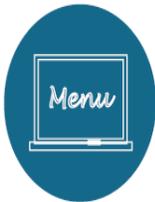
## Healthy Eating for Families

Healthy eating is important at every age. Offer your family a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding on foods and beverages, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



### Connect at mealtimes

Sit down together for a meal when you can. Turn off the TV and put away screens and devices, so you can “unplug,” interact, and focus on each other.



### Plan out meals

Reduce stress at mealtimes by planning out meals before the week starts. Include quick and easy dishes, or leftovers, on nights that are extra busy.



### Let everyone help

Kids learn by doing. Younger ones can mix ingredients, wash produce, or set the table, while older kids can help with ingredients. Everyone can help clean up.



### Serve a variety of foods

Include choices from each food group—fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives—in meals and snacks throughout the week.



### Let kids choose

Get kids engaged with meal preparation at home. Serve meals “family style” to encourage kids to be creative with their plates.



### Offer nonfood rewards

Foods aren't the only rewards that kids like. Younger kids may enjoy gathering points toward a special outing, and older kids could earn extra screen time or an allowance.

# HEALTHY EATING



NATIONAL CENTER ON  
Early Childhood Health and Wellness

Tips for Families from the National Center on Early Childhood Health and Wellness

## Healthy Habits Start Early



Good eating habits begin early in your child's life. As early as infancy, you can help your child grow lifelong healthy eating habits. You are your child's best role model so while you help her to eat healthy, try to do the same too!

### Healthy Feeding and Eating

#### For Your Infant

- It is important to breastfeed for at least 6 months. She will be more likely to have a healthy weight as she gets older.
- Put breast milk or formula, not cereal, in your baby's bottle. Cereal adds extra calories that she doesn't need.
- Try to wait until your baby is around 6 months to start healthy solid foods like pureed vegetables, jarred baby foods, and infant cereals. Starting solid foods too early can lead to problems with overweight and obesity later.
- Around 8 or 9 months try offering your baby small amounts of healthy finger foods like grilled chicken, cooked carrots, and cut up strawberries. This will help your baby learn to eat healthy.
- Breast milk, formula, and water are the best drink choices for your baby. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her new teeth.



NATIONAL CENTER ON  
Early Childhood Health and Wellness

#### For Your Toddler

- Offer your toddler healthy snacks like small cubes of cheese, sliced banana, or whole grain crackers two to three times per day. This will help him stay full in between meals and reduce hunger-related temper tantrums.
- Try to be patient with picky eaters. He may need to try a food 10 to 15 times over several months before he will eat it.
- Try giving your toddler a choice between two healthy options. He will be more likely to eat healthy food if he picks it out.
- Milk and water are the healthiest drink choices for your toddler. Soda pop, 100% fruit juice, and sport drinks add extra calories to his diet and can harm his teeth.

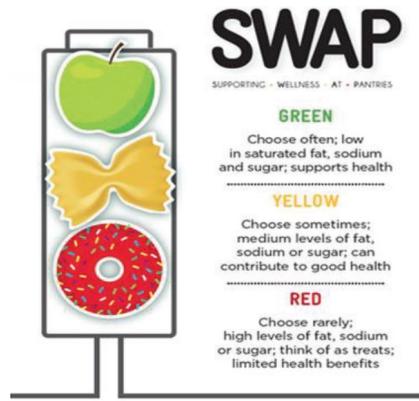
#### For Your Preschooler

- Let your child help you in making healthy meals and snacks. She will be more likely to try healthy foods if she helps out.
- Try to keep your kitchen stocked with simple, healthy snacks like carrots, sliced apples and peanut butter, or string cheese. This will help you and your preschooler eat healthy, even on busy days.
- Milk and water are the healthiest drink choices for your preschooler. Soda pop, 100% fruit juice, and sport drinks add extra calories to her diet and can harm her teeth.

#### For Yourself and Family

- Your child is learning healthy habits by watching you. Try to eat healthy too.
- Set playtime, mealtime, and bedtime routines to make day-to-day life less stressful.
- Talk with your child's doctor, Head Start staff, and other parents to get healthy eating tips.





As you may have noticed, there is a change in the way the GFB prepacked bags are packed. In order to adhere to healthier guidelines and give recipients healthier options, we have started to follow the SWAP system. SWAP looks at added sugars, saturated fats and the sodium levels in food. The food is then ranked green for “eat often,” yellow for “eat sometimes” and red for “choose rarely.” This month, we will look at how SWAP looks at added sugars in their program.

### Understanding Added Sugars When Using SWAP

As part of a healthy diet, it is recommended to consume foods with low levels of added sugars. The new USDA Nutrition Facts Label now includes added sugars to help consumers make informed decisions to reduce sugar intake.

To determine the SWAP ranking of a specific food or beverage item, added sugars are considered. However, for the Fruits and Vegetables and Dairy categories, when added sugars are not listed on the Nutrition Facts Label, levels are indicated for total sugars.

#### A Closer Look at Total Sugars and Added Sugars:

##### Total Sugars

Total sugars include both natural sugars and added sugars found in foods and beverages. Natural sugars include fructose and lactose, and are found in foods like fruit, dairy, and vegetables.

For the Fruits and Vegetables and Dairy categories, to be ranked Green, they must have 0 grams of added sugars. If only total sugars are listed on the label, the Total Sugars thresholds are:

- ≤ 12 grams for the Green “Choose Often” tier
- 13 to 23 grams for the Yellow “Choose Sometimes” tier
- ≥ 24 grams for the Red “Choose Rarely” tier

##### Added Sugars

Added sugars do not occur naturally and are added to processed foods and beverages during processing.

The amount of added sugars can now be found on the Nutrition Label. They are also listed in the ingredients under the following names: dextrose, maltose, sucrose, high fructose corn syrup, molasses, cane sugar, and corn sweetener.

Common foods that contain added sugars include: sugar sweetened beverages (i.e. regular soda, concentrated fruit juice, energy drinks), baked goods, grain products (i.e. cereals, granola bars), desserts, and candy. Some foods like canned fruit and yogurt can have both natural sugar and added sugars.

**Important Note:** All 100% fruit and vegetable juice and plain dried fruit is ranked Yellow (Choose Sometimes). Products like raisins, banana chips, and dried pineapple (if they don’t have added sugars) would be ranked Yellow because they contain more concentrated levels of natural sugar than fresh fruit.

Nutrition Facts	
8 servings per container	
<b>Serving size 8 fl oz (240mL)</b>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 25g	
Includes 23g Added Sugars	<b>46%</b>
<b>Protein</b> 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 40mg	0%

1  
2

Image: New FDA Nutrition Label

4 grams of sugar = 1 teaspoon



This dish is a revelation. Throw all of your ingredients into one pot over medium-high heat, and about 25 minutes later you'll have noodles perfectly coated in a luscious tomato-basil sauce. This is

## One-Pot Pasta with Tomato-Basil Sauce

### INGREDIENTS:

- 12 oz. casarecce or fusilli pasta
- 1 (28 oz.) can diced tomatoes
- 2 cups chicken broth
- 1/2 medium size yellow onion, sliced
- 4 garlic cloves , sliced
- 1 tsp. dried oregano
- 1/3 cup firmly packed fresh basil leaves
- 2 teaspoons kosher salt
- 1 tbps. Olive oil
- 1/4 tsp. dried crushed red pepper (optional)
- 1 (6 oz.) package baby spinach
- Freshly grated Parmesan cheese

### DIRECTIONS:

#### Step 1

Place first 9 ingredients and, if desired, dried crushed red pepper in a Dutch oven in order of ingredient list. Cover and bring to a boil over medium-high heat (about 12 to 15 minutes). Reduce heat to medium-low, and cook, covered, 10 to 12 minutes or until pasta is slightly al dente, stirring at 5-minute intervals.

#### Step 2

Remove from heat, and stir in spinach. Cover and let stand 10 minutes. Stir just before serving. Serve with Parmesan cheese.

## Mini Meat Loaves, Green Beans, and Potatoes

### Ingredients

- Nonstick cooking spray
- 12 ounce fingerling and/or new potatoes, halved or quartered
- 1 tablespoon olive oil
- Salt and black pepper
- □ cup barbecue sauce
- ¼ cup fine dry bread crumbs
- ¼ cup finely chopped onion
- 1 teaspoon garlic powder
- 1 pound lean ground beef
- 8 ounce green beans, trimmed
- 1 teaspoon olive oil
- ¼ cup barbecue sauce

### Directions

1. Preheat oven to 400° F. Line a 15x10-inch baking pan with foil; coat foil with cooking spray. Place potatoes in one half of prepared pan. Drizzle with 1 Tbsp. oil and sprinkle with salt and pepper. Bake 20 minutes, stirring once.

2. Meanwhile, in a large bowl combine next four ingredients (through garlic powder). Add ground beef; mix lightly until combined. Shape into four 3 1/2x2-inch meat loaves.

3. In a medium bowl drizzle green beans with 1 tsp. oil and sprinkle with salt and pepper; toss to coat. Place loaves and green beans in pan with potatoes. Bake 20 to 23 minutes more or until loaves are done (160° F) and potatoes and beans are tender.

4. Spoon 1/4 cup barbecue sauce over meat loaves; cover and let stand 10 minutes. Serve with potatoes and beans.

## Nutella Cake

Serves 6 to 8

Beat **1½ cups Nutella** with **4 large eggs** in a large bowl until well combined and slightly increased in volume, about 2 minutes. Fold in **the ½ cup all-purpose flour** until combined. Scrape into a greased and parchment-lined 8-inch pan and bake at 350° F until the center is just set, 35 to 40 minutes. Let cool in the pan for 10 minutes, then cool on a wire rack until room temperature. Frost with **½ cup Nutella**, and serve.