

GREEN RIDGE HOUSE GAZETTE

Maryland Energy Assistance Application Workshop

If your monthly income is below \$1,716.00 (individuals) or \$2,323 (couples) you are eligible to apply and receive financial assistance with your home Pepco bill.

Date: Tuesday, July 12 2016

Time: 10:00-12:00pm & 1:00-3:00pm

Location: Service Coordinator Office

Please sign up in the lobby.

Please bring the following to your appointment

1. Photo ID
2. Social Security Card
3. Rental Lease
4. Pepco Bill



HAPPY SUMMER!

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FREE PRODUCE DISTRIBUTION AT Green Ridge House

Please come to the entrance located on the right side of the loading dock. Do not enter at the front door. Thank you.

Green Ridge House

22 Ridge Road Greenbelt, MD 20770

There will be a free produce distribution from 2:30pm-3:30pm on the following dates:

Thursdays

June 23

July 28

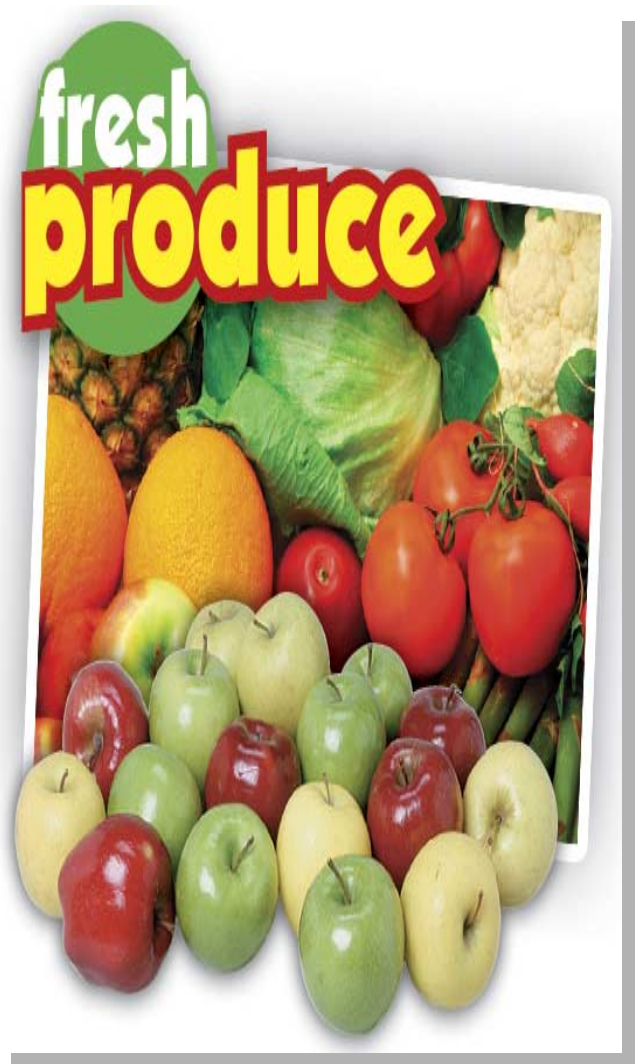
August 25

September 22

Admission: **FREE**

Bring your own bags and rolling carts.

Please enter through the door on the right side of the building.



Farmers Market Vouchers



It's that time of year again! Get your free Farmer's Market vouchers. Eligible Seniors age 60 + can receive booklets valued at \$30- 6 checks worth \$5 each. Checks are valid from July 2016 through November 30, 2016 and can be used to purchase fresh fruits and vegetables from approved Farmer's Markets in the State of Maryland.

When: Wednesday, July 13th 2016 at 11:30am

Where: Green Ridge Dining Room

FREE Meat/Poultry Distribution



The GAIL Program in partnership with
Capital Area Food Bank and GIANT
present:

Meat the Needs

A free meat/ poultry distribution
program

Weekly on Mondays at 11:30am

Green Ridge Dining Room



Diabetes & You: A Round-Table Discussion

Hosted by GAIL Program Intern: Jasmine Stokes

Monday, June 27th 2016– 2pm in the Green Ridge Dining Room

Join us for an informative discussion. Learn new information about managing diabetes and share your take.



The *Healthy Cents* curriculum teaches families to stretch limited food dollars & make healthy food choices.

Healthy Cents focuses on eating more fruits and vegetables and healthy meals on a budget. This Series will include 4 monthly sessions starting in June and ending in September. Each lesson will be about an hour to an hour and 15 minutes long and will include **an** interactive nutrition lesson and activity followed by a cooking lesson and tasting.

Join us for food tasting, fun, and free prizes at 2pm on the following dates:

Wednesday, June 15th

Wednesday, July 20th

Wednesday, August 10th

Wednesday, September 21st

Attendance to all sessions is encouraged. Participants who attend all 4 sessions will receive a certificate of completion at the end of the series. Please sign up in the lobby. Space is Limited!

Is it Safe to Eat?



Did you know that an estimated 40% of food in the US goes uneaten? A large percentage of that waste can be attributed to the confusion over the way food labels are dated. Dates that are placed on food packages are not federally regulated and there is little uniformity when it comes to the format and even time frames that are reported on food labels. Often, a lack of understanding about these dates leads individuals to throw out perfectly safe and edible food. Understanding the meanings of those dating codes that are commonly used on food labels can help you save a few dollars and reduce food waste. See the following guides for details.

Different Types of Dates

- Best Before
- Best-By
- Best if Used By
- Use-By



Each of these types of dates is voluntarily provided by the manufacturer as a recommendation for **best quality, but not as a safety guideline.**

- Sell-By
- Expires
- Expires On
- Expiration



Each of these types of dates is provided for retailers to use for product movement, and **products with these types of dates are still safe to consume after the date if proper storage is maintained.**

A Few Tips to Help Preserve Perishables

- Bread you will not eat within 2 days can be tightly wrapped and stored in the freezer for up to 3 months.
- FRESH meat, fish or poultry should be cooked or frozen on the day you receive it.
- FROZEN meats can be kept frozen for up to 4 months prior to thawing and cooking.

Sources::

<http://www.capitalareafoodbank.org/wp-content/uploads/2009/08/CAFB-Product-Dating-Info-Sheet.pdf>

<https://communityfoodrescue.org/food-safety/shelf-life-of-donated-food/>

<https://www.capitalareafoodbank.org/2015/07/waste-no-more/>


The following table provides guidance on how to use the dates on packaging. Remember, this is just a guide – it's up to you, the consumer, to use your best judgement. Many foodborne pathogens cannot be seen, tasted or smelled, so when in doubt, throw it out. **By being informed, we can waste less food and feed more of our neighbors.**

Food Coding Guidance

Food Type

Canned Goods - High Acid	Canned Goods - Low Acid	Dry Goods	Frozen Meats and Sides	Dairy	Produce	Eggs	Bread and Bakery
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Examples

							
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Guideline - Quality

Can be consumed 12-18 months after date	Can be consumed 2-5 years after date	Can be consumed 1-2 years after date	If frozen before or on best-by date, safe for consumption indefinitely. Once thawed, consume within the week	Can be consumed 1-3 weeks after date	3 days for high perishable (berries/mushrooms) an up to 3 months for harder items (potatoes/winter squash)	Can be consumed 3-5 weeks after date	Can be consumed 1-3 weeks after date
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Guideline - Physical Condition

Discard if heavily dented, rusting, punctured or missing label	Discard if heavily dented, rusting, punctured or missing label	Discard if packaging is ripped	Discard if package is ripped or emitting a rancid or foul odor	Discard if product emits sour/foul odor, appears chunky or off-color	Discard if signs of mold/foul odor	Discard if shells are cracked or broken	Discard if signs of mold growth
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* The only food item regulated by the Federal Government for safety and quality is infant formula

Ongoing Events Around the Green Ridge House

- Afternoon Coffee and Conversation:** Join us for engaging educational and health workshops! Check your calendar for details! In the Dining Room

- Produce Distribution:** Every 4th Thursday of the month at 2:30pm

- Brown Bag Program:** Every 3rd Tuesday of the month for registered individuals. 11:00 a.m. in the Dining Room.

- Co Op Pharmacy Prescription Deliveries:** Monday, Wednesday and Fridays. Please call 301-474-4400 to submit your request for delivery.

- Congregate Meal Program:** Every Monday, Wednesday, and Friday in the Dining Room. Please contact Ms. Burton at 301-474-113 for more details.

- Laughter Yoga Class:** Learn how to improve your balance and muscle strength. Mondays and Thursdays 10:00 - 11:00 am in the Community Room.

- Poetry Group:** Listen. Read. Create! Participants meet every 4th Wednesday in the Community Room at 3:00 p.m.

- Monthly Health Screenings:** Every 2nd Wednesday of the month 1:00 - 2:00 pm in the Dining Room. Blood Pressure, and more!

- Target Distribution:** ** Will be announced the day before

- Wii Interactive Games:** Every Thursday 1:30 - 3:30 p.m. in the Community Room. Come and join us for a interactive game of bowling, or relax with a game of golf.

**Residents are welcome to participate in ALL programs
unless otherwise stated**