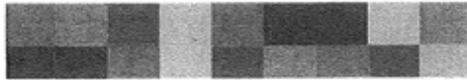


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*JFCS Welcomes the Puerto Rican Action Board*



**WEATHERIZATION ASSISTANCE PROGRAM**

**FREE at No Cost to You!**

- Weather-Stripping
- Door Sweeps
- Insulation
- Pipe Insulation
- Heating System Repair or Replacement
- Hot Water Heater Repair or Replacement
- Caulking
- Foam Sealing
- Air Filters
- CFL Bulbs
- Carbon Monoxide Detectors
- Health & Safety Tests

Speak to One of Our Representatives about Weatherization and Schedule a Free Audit of Your Home

All Weatherization Measures are free and at no cost to those who meet program's income guidelines\*



**FOR MORE INFORMATION**

**MIDDLESEX COUNTY 732-828-4672**      **MERCER COUNTY 609-323-7200**

\*Clients with homes that have been previously weatherized are not eligible for this benefit

**Holiday Calendar Closing**

Wednesday	October 4, 2017	Sukkot Eve
Thursday	October 5, 2017	Sukkot 1st Day
Friday	October 6, 2017	Sukkot 2nd Day
Wednesday	October 11, 2017	Shemini Atzere Eve
Thursday	October 12, 2017	Shemini Atzeret
Friday	October 13, 2017	Simchat Torah

Please note that on Wednesdays we will close at 3pm.

Our Energy Conservation programs save residents money and improve the safety of the homes they dwell in. PRAB experienced and dedicated team has made conserving energy a way of life for thousands of people.

**Middlesex County Weatherization Assistance Program at PRAB is now located in the Mercer County Area!**

The Weatherization Assistance Program reduces energy costs for low-income households by increasing the energy efficiency of their homes, while ensuring health and safety. Professionally trained Weatherization Crews use computerized energy audits and advanced diagnostic equipment to determine the most appropriate cost-effective measures for each home. Weatherization crews also perform health and safety tests. On average, annual energy costs on a home can be reduced by \$413 or more after the home undergoes weatherization.

### 5 FALL FOODS YOU SHOULD BE EATING



**1. YAMS**  
-FIBER RICH, VITAMIN A, & POTASSIUM  
-TRY THEM BAKE DICED IN SOUP



**3. BRUSSELS SPROUTS**  
-LOW CAL, HIGH VITAMIN C, FIBER, & FOLATE  
-TRY STEAMED WITH WALNUT OIL, MUSTARD, & LEMON



**5. APPLES**  
- LOW CAL, FIBER, & LOWERS HEART DISEASE RISK  
-TRY SLICED IN SALAD OR DICED IN TURKEY MEATLOAF



**2. CAULIFLOWER**  
-NON-STARCHY, MANY VITAMINS & MINERALS  
-TRY ROASTING WITH OLIVE OIL & THYME



**4. GRAPES**  
-ANTIOXIDANTS, HEART HEALTHY  
-TRY FROZEN OR ROASTED WITH THYME & MUSTARD

## What's Cooking In Gale's Kitchen

### Homemade Chunky Applesauce

No Sugar Added

	VARIETY	FLAVOR	COLOR	TEXTURE	BEST USES	SEASON
	Braeburn	Sweet/tart	Yellow with red stripes or blush	Firm	Snacking	Oct.-July
	Crispin	Sweet	Green-yellow	Firm	Snacking, pies,	Oct.-Sept.
	Empire	Sweet/tart	Solid red	Crisp	Snacking, salads	Sept.-July
	Fuji	Sweet/spicy	Red blush, yellow stripes, green/	Crisp	Snacking, salads, freezing	Year-round
	Gala	Sweet	Red-orange, yellow stripes	Crisp	Snacking, salads, sauce, freezing	Aug.-Mar.
	Ginger Gold	Sweet/tart	Green-yellow, sometimes with blush	Crisp	Snacking, salads	Aug.-Nov.
	Golden Delicious	Sweet	Yellow-green	Crisp	Snacking, salads, sauce, pies	Year-round
	Granny Smith	Tart	Green, occasional pink blush	Crisp	Salads, pies, sauce, baking, snacking	Year-round
	Honeycrisp	Sweet/tart	Mottled red over a yellow background	Crisp	Snacking, salads, pies, sauce, freezing	Sept.-Feb.
	Idared	Sweet/tart,tangy	Light red	Firm	Snacking, baking, sauces, pies, freezing	Oct.-Aug.
	Jonagold	Sweet/tart	Red with yellow/orange	Crisp	Snacking, salads, sauce	Oct.-May
	Jonathan	Spicy/tangy	Light red stripes over yellow or deep red	Less firm	Pies, baking	Sept.-April
	McIntosh	Tangy	Red and green	Tender	Snacking, sauce, pies	Sept.-July
	Red Delicious	Sweet	Striped to solid red	Crisp	Snacking, salads	Year-round
	Rome	Sweet	Deep solid red	Firm	Sauce, baking, pies	Oct.-Sept.

**INGREDIENTS:**

- 3 pounds of assorted apples, cut into 1 inch cubes
- ½ tsp cinnamon
- Pinch of nutmeg
- 1 ¼ cups water
- 2 thin lemon slices
- ¼ tsp salt

**DIRECTIONS:**

- In a medium pot, combine all ingredients and turn heat to high. Bring to a boil, cover and reduce heat to low.
- Simmer 20 min or until apples have softened. Stir often, add more water if needed.
- Remove lemon slices and mash soft apples (in pot) with a potato masher to a chunky consistency.
- Add more cinnamon, if desired.
- Allow to cool and enjoy!



# Are you Ready for a Disaster?

“What if something happens and I’m not with my family?” “Will I be able to reach them?” “How will I know they are safe?” “How can I let them know I’m OK?” During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access & functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency.

## Planning starts with three easy steps:

### 1. COLLECT.



Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

### 2. SHARE.



Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at [ready.gov/make-a-plan](http://ready.gov/make-a-plan), you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

### 3. PRACTICE.



Have regular household meetings to review and practice your plan.

### TEXT IS BEST!

If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

### Pet Preparedness

A significant number of families have pets and they're part of the family. They need to be ready for a disaster too; take simple steps now so they're prepared.

#### How to Prepare Before a Disaster

- Not all shelters will accept pets, plan in advance for shelter options that will work for both you and your pets.
- Develop a buddy system with neighbors or friends to make sure that someone is available to care for your pets if you are unable to do so.
- Assemble an emergency kit for your pet.

#### What Goes in Your Pet Emergency Kit:

- Food and water (3 days) bowls, manual can opener
- Medicines, medical records, and first aid kit
- Collar with ID tag, harness, or leash (include backups)
- Crate or pet carrier
- A picture of you and your pet together
- Important documents: registration & vaccination
- Familiar items: favorite toys, treats, and bedding
- Plastic bags/litter for cleaning up after your pet

#### What to Do During a Disaster

- Bring your pet inside immediately.
- Separate dogs and cats. Anxiety may affect their behavior.
- Feed them moist or canned food so they will need less water to drink.
- Have extra newspapers, for sanitary reasons.



This information is only a portion of what you need to be prepared; for more information and resources, visit [Ready.gov](http://Ready.gov) and [FEMA.gov](http://FEMA.gov).

Easy to Carry | Plenty of Water | Food That Won't Spoil



## 72 HOUR EMERGENCY KIT

### WATER

2 litres of water per person per day (Include small bottles that can be carried easily in case of an evacuation order)

### FOOD

canned food, energy bars and dried foods (remember to replace the food and water once a year)

### MANUAL CAN OPENER

### FLASHLIGHT + BATTERIES

pack extra batteries

### RADIO

Battery-powered or wind-up

### FIRST AID KIT

### KEYS CAR+HOUSE

### SPECIAL NEEDS ITEMS

Prescription medications, infant formula, equipment for people with disabilities, etc.

### CASH

Small bills, travellers cheques, and change for payphones

### EMERGENCY PLAN @

In-town and Out-of-town contact information