

INSIDE THIS ISSUE

<i>2-1-1: United Way</i>	Page 1
<i>Purim</i>	Page 1
<i>What's Cooking in Gale's Kitchen</i>	Page 2
<i>Smart Shopping</i>	Page 3
<i>United Way's Free Tax Prep</i>	Page 4



Passover Holiday Calendar Closing

March 30th 2018 at 1:00 PM

2-1-1: United Way



- 2-1-1 can be accessed by *phone or computer*.
<http://www.211.org/>
- It is a free, confidential referral & information helpline
- This service is 24 hours a day, seven days a week
- Turn to 2-1-1 for financial, domestic, health or disaster-related information and support
- If you search for tax prep: United Way's services will appear, you can file both your federal and state returns for free using MyFreeTaxes.com if your household earned less than \$66,000 in 2017
- See page 4 for more information

What's in the Bag?!

- Mishloach manot are gifts of food that friends (and prospective new friends!) exchange on Purim.
- Often presented in baskets, most mishloach manot include hamantaschen, the traditional three-sided pastry eaten on Purim, but may also include a wide variety of foods and treats.
- Purim commemorates the saving of the Jewish people in ancient Persia
- On the day before Purim it is customary to fast, commemorating Ester's fasting and praying.
- The tradition of dressing up is based on how Esther concealed her Jewish identity at the beginning of the Purim story.
- Purim started on Wednesday evening, February 28th 2018 and ended on Thursday evening, March 1st 2018.



NJ 2-1-1 Partnership

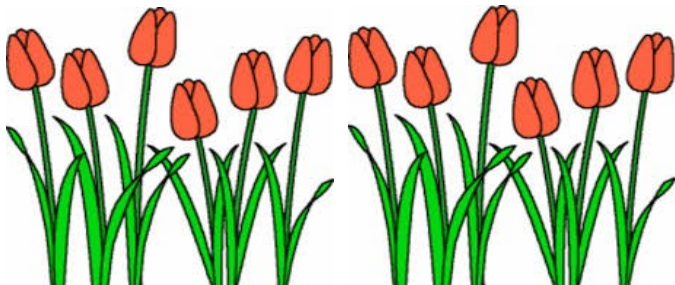


What's Cooking in Gale's Kitchen?

Holiday Sweet Potato Casserole (serves 8-10)

Ingredients

- · 3 pounds sweet potatoes
- · 3 tablespoons orange juice
- · 2 tablespoons brown sugar, divided
- · 1 teaspoon orange zest
- · ½ teaspoon ground cinnamon, divided
- · ¼ teaspoon kosher salt
- · ⅛ teaspoon ground ginger
- · 1 Tbsp butter, margarine or coconut oil
- · ½ cup roughly chopped pecans



Instructions

1. Preheat the oven to 400°F. Place the sweet potatoes on a foil-lined baking sheet. Pierce each potato several times with the tip of a sharp knife. Bake until very tender, 45 minutes to an hour. Remove from the oven and reduce the heat to 350°F.
2. When the potatoes are cool enough to handle, cut them in half, scoop the flesh into a bowl, and mash until smooth. (You will have about 4 cups.) Stir in the orange juice, 1 tablespoon of the brown sugar, orange zest, ¼ teaspoon of the cinnamon, salt, and ginger. Place in an 8 x 8-inch baking dish and smooth the top with a rubber spatula.
3. To make the topping, place the remaining brown sugar, 1 Tbsp butter, margarine or coconut oil, cinnamon, and the pecans in a bowl and stir to combine. Sprinkle the mixture over the sweet potatoes. Bake until the nuts are toasted and the casserole is heated through, about 30 minutes.

Shop Smart— Get the Facts on the New Food Labels

Limit Saturated Fat, Trans Fat, Sodium, and Added Sugars

- Eating less of these may help reduce your risk for heart disease, high blood pressure and cancer:
- Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats
- Limit trans fats to as low as possible.
- Limit sodium to less than 2,300 mg daily (for adults and children 14 years and older).
- Limit added sugar to less than 10% of total calories daily



Get Enough Vitamins, Minerals and Fiber

- Eat more dietary fiber, vitamin D, calcium, and potassium to maintain good health and help reduce your risk of certain health problems such as osteoporosis.
- Remember to aim high for % DV of these nutrients.

Additional Nutrients

- Carbohydrates — There are three types of carbohydrates: sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits, vegetables, and low-fat milk and yogurt.
- Proteins— Aim for a variety, including seafood, poultry, lean meats, eggs, beans and peas, nuts, seeds, and soy products.



Common claims seen on food packages:

- **Low calorie** — Less than 40 calories per serving.
- **Low cholesterol** — 20 mg or less of cholesterol and 2 gm or less of saturated fat per serving.
- **Reduced** — 25% less of the specified nutrient or calories than the usual product.
- **Good source of** — Provides at least 10% of the DV of a particular nutrient per serving.
- **Calorie free** — Less than 5 calories per serving.
- **Fat free / sugar free** — Less than ½ gram of fat or sugar per serving.
- **Low sodium** — 140 mg or less of sodium per serving.
- **High in (or Excellent source of)** — Provides 20% or more of the DV of a specified nutrient per serving.

For more information please visit www.eatright.org.



United Way
of Greater Mercer County

@uwgreatermercer

uwgmc.org

facebook.com/uwgmc

CALL 2-1-1 FOR MORE INFORMATION

FREE PROFESSIONALLY PREPARED TAX RETURNS

For households making less than \$65,000

WHERE



UNITED WAY OF GREATER MERCER COUNTY
3150 Brunswick Pike, Crossroads Corporate Center
2nd Floor, Ste 230, Lawrenceville, NJ 08648
**Next to Motor Vehicle Inspection Station*

WHEN



Walk-In & Appointments, No Taxes 2/19
Call 2-1-1 or Call 609-896-1912
Mon - 3pm-7pm,
Thurs - 3pm-8pm
Opens 2/5/18

FREE TAX PREP

ADDITIONAL LOCATIONS

* español

- Arm In Arm: 121 East Hanover St., Trenton**
Walk-Ins, Fri — 9am-3pm **Opens 2/2/18**
- Boys & Girls Club: 1040 Spruce Street, Lawrence**
Walk-Ins, Wed — 8:30am-1pm, Sat — 1pm-4pm **Opens 2/3/18**
- Boys & Girls Club: 212 Centre Street, Trenton**
Walk-Ins, Mon & Tue — 9am-2pm, No taxes 2/19 **Opens 2/5/18**
- Catholic Charities: 39 North Clinton Ave., Trenton**
Walk-Ins, Tue & Thu — 2pm-6pm **Opens 2/6/18**
- Catholic Charities - El Centro: 327 S. Broad Street, Trenton ***
By Appointment, Wed — 10am-2pm, 609-394-2056 **Opens 2/7/18**
- Hamilton Public Library — No Phone Calls**
1 Justice Samuel A. Allto Way, Hamilton
Walk-Ins, Wed & Thu — 9am-12pm **Opens 2/7/18**
- HomeFront: 1880 Princeton Ave. #3, Lawrence**
By Appointment, Wed — 1pm-4pm, 609-989-9417 **Opens 2/7/18**
- Latin American Legal Defense & Education Fund ***
669 Chambers Street, Suite B, Trenton
Walk-Ins, Tue — 10am-2pm **Opens 2/6/18**
By Appointment, Sat — 10am-1pm, 609-688-0881

BRING THE FOLLOWING:

Picture ID; Social Security Cards (or ITINs) and dates of birth for the taxpayer, spouse, children, and any other dependents you are claiming. Note: if you are married filing separately, you'll need your spouse's social security number and need to know whether they itemized on their return; Dates of birth for all taxpayers and dependents; W2 forms; Bring your year-end pay stub; 1099 forms; Unemployment amounts paid and taxes withheld, statement online; Last paystub or end of year pension statements; Year-end retirement account summaries (ex. 5498s) (Balances in IRA accounts at year end); Any other tax forms you received (1098-Ts); ACA healthcare forms 1095-A, 1095-B, or 1095-C and insurance information with months of coverage for each person in the household; Medical expenses- TOTALED. Don't forget eyeglasses or contact lens receipts or medical mileage; Charitable Contributions TOTALED- separate cash contributions (cash, check, credit card) and non-cash contributions (ex: clothing & furniture). Church printout. Receipt for any contribution of \$250 or more; Rent or mortgage interest statement; All property tax information (green card, PTR 1, PTR 2, homestead rebate amount); copy of 2016 income tax return; checking and savings bank account and routing number. 12/17