

INSIDE THIS ISSUE

Programs	Page 1
Gale's Kitchen	Page 2
Top Foods For Eye Health	Page 3
Services & Support for Children	Page 4



February Food Pantry Schedule

Monday, February 4th	5:00 PM — 8:00 PM
Tuesday, February 5th	10:00 AM — 1:00 PM
Monday, February 11th	5:00 PM — 8:00 PM
Tuesday, February 12th	10:00 AM — 1:00 PM

Holiday Calendar Office Closing

January 1st — Office is Closed

January 21st — Office is Closed

Tips on mental well-being from Mercer County Human Services

1. Don't overbook yourself.
2. Do things that nourish you.
3. Spend time with people who support you.
4. Keep your expectations realistic.
5. Get enough sleep.



Trenton Office:
123 East Hanover Street
Trenton, NJ 08608
Phone: (609) 396-9355, Ext. 11
Fax: (609) 482-4444
Email: hp@arminarm.org

Princeton Office:
Nassau Presbyterian Church
61 Nassau Street
Princeton, NJ 08542

ArmiArmi
better together
UTILITY ASSISTANCE

***** TANF, GA & SSI recipients *****
must **first** apply for Emergency Assistance
MCBSS Intake Unit, 200 Woolverton St, Trenton—989-4451
>>> Bring denial/approval letter to Intake <<<

REQUIRED DOCUMENTS AT TIME OF INTAKE:

- Current proof of all household income for last 30 days
- Identification (Adults: Photo ID & SS Card, Children: Birth Cert & SS Card)
- Current Utility Shut-Off Notice
- Oil clients do NOT need to provide a Shut-Off Notice
- Proof of payment from the last 30 days

WE HAVE LIMITED FUNDING EACH MONTH. INTAKES ARE DONE ON A FIRST COME, FIRST SERVE BASIS FOR QUALIFIED APPLICANTS.

PLEASE NOTE THAT IN ORDER TO BE CONSIDERED TOTAL CURRENT BILL MUST BE UNDER \$1,500.

OTHER ORGANIZATIONS MAY BE ABLE TO HELP:

Applications for *New Jersey SHARES* and *The TRUE Program* can be completed with the Mercer County Hispanic Association (MECHA). Please call (609) 392-2446 (821 South Broad Street, Trenton NJ).

For the *Low Income Heat & Energy Assistance (Winter Period)*, *Universal Service Fund (Year-Round)* and *Weatherization Assistance Programs (LIHEAP/USF/ WAP)* applications are done at the Mercer County Administration Building. Please call (609) 989-6959 (640 South Broad Street, Trenton NJ. LIHEAP starts October 1st and ends April 30th.

Catholic Charities 132 N. Warren Street (609) 394-8847	United Progress Inc 162 W. State Street (609) 392-2161	Mount Carmel Guild 73 N. Clinton Avenue (609) 392-3402
---	---	---

Reminder: This agency will follow all delays and closings through The Trenton Public Schools system.

7/1/17

HOW TO USE YOUR SNAP/EBT AT THE FARMERS MARKET



•VISIT

Bring your EBT card to the Market information tent.

•SWIPE

Purchase as many \$1 SNAP tokens as you'd like.

Shop with them throughout the market on all SNAP authorized foods.

•BONUS!

Get \$1 GSGFN token for each \$1 SNAP token purchased to buy more fresh fruits & vegetables (up to \$15/day).

• Saturdays • May - Thanksgiving • 9:00am - 1:00pm • Rain or Shine •
VAUGHN DRIVE, WEST WINDSOR WESTWINDSORFARMERSMARKET.ORG 609.933.4452

NJ TRANSIT: BUS: 600 TRAIN: NE CORRIDOR/PRINCETON JUNCTION

What's Cooking in Gale's Kitchen?

Pecan Sweet Potato Bake

Here's a "comfort food" type recipe, something sweet to compliment a meal such as roasted chicken or turkey. Sweet potatoes are loaded with vitamin A and C, a good source of fiber and an absolute delicious food! Don't wait until Thanksgiving to make this one. Store your sweet potatoes in a cool, dry, well ventilated container, perhaps in a basement. They can keep for up to two weeks if stored properly.

INGREDIENTS:

4 large sweet potatoes, peeled and cut into cubes

1/3 cup sugar

1/2 cup milk, vanilla almond milk or "lite" coconut milk

1 large egg, beaten

2 Tbsp butter or margarine, cut into small pieces

1/2 tsp vanilla

1/3 cup brown sugar

1/4 cup flour

2 Tbsp butter or margarine, melted

1/2 cup coarsely chopped pecans



INSTRUCTIONS:

Lightly spray a 2-qt rectangular or round baking dish with nonstick cooking spray; set aside.

In a large pot, bring 3 inches of water to a boil over medium-high heat. Add potatoes, cover and cook for 25-30 minutes or until tender. Drain and return to pot.

Preheat oven to 350 degrees.

Add sugar, milk, egg, butter or margarine and vanilla to the sweet potatoes. Using the back of a wooden spoon, gently mix the ingredients, trying not to mash the potatoes too much.

Transfer mixture to prepared baking dish.

In a small bowl, combine the brown sugar, flour, melted butter or margarine and pecans. Sprinkle this over the potatoes. Bake, uncovered, for about 25-30 minutes. Topping may bubble a bit. Let sit for 5 minutes before serving. Dig in and enjoy!

Top Foods for Eye Health

Read on to learn about the top foods for eye health. Don't count on popping a pill to get these nutrients — your best sources of vitamins and antioxidants are from whole foods, since it may be a food's combination of nutrients that have a synergistic healing effect.

Kale: See the Light

This leafy green is a rich source of lutein and zeaxanthin, which are related to vitamin A and beta carotene, and are believed to protect eye tissues from sunlight damage and reduce the risk of cataracts and macular degeneration. Other good sources of these nutrients include dark green leafy vegetables such as collard greens, turnip greens and spinach, broccoli, peas, kiwi, red grapes, yellow squash, oranges, corn, mangoes and honeydew melon. Your body needs fat to absorb lutein and zeaxanthin, so be sure to eat them with a bit of healthy fat such as a drizzle of olive oil or a few slices of avocado. And kale isn't just a one-note food — it contains vitamin C and beta carotene, other eye-friendly nutrients.

Sweet Potatoes: The Color of Health

These orange tubers are a good source of beta carotene, which may slow progress of macular degeneration. Your body converts beta carotene to vitamin A, a nutrient that helps prevent dry eyes and night blindness. Beta carotene and vitamin A also help reduce the risk eye infections. Sweet potatoes not your favorite? For beta carotene, try other deep orange foods, such as carrots and butternut squash, plus dark green foods including spinach and collard greens. Liver, milk and eggs are other great sources of vitamin A. Similar to lutein and zeaxanthin, beta carotene and vitamin A are absorbed best when eaten with a little healthy fat such as olive oil.

Oranges: Help You "C" Better

Fresh, juicy oranges are a good thing for your eyes, and contain plenty of vitamin C, which is an antioxidant that can help lower your risk of cataracts. Also, be sure to load up your plate with other vitamin C-rich foods including bell peppers, broccoli, strawberries, grapefruit and cantaloupe.

Salmon: Goodbye, Dry Eyes

Dry eyes? Eating enough omega-3 fatty acids can help alleviate the problem. Get some healthy fats every day in the form of salmon or other types of fish (two to three times per week), walnuts (which also contain eye-healthy vitamin E), flax and chia seeds. Salmon also is a good source of vitamin D, which helps protect against macular degeneration. You also can get vitamin D by enjoying sardines, mackerel, milk and orange juice fortified with vitamin D.

Green Tea: Antioxidant Powerhouse

A cup of green tea is more than relaxing and delicious — its antioxidants may help lower risk of developing cataracts and macular degeneration. Green tea contains healthful substances called catechins, which are responsible for its anti-inflammatory and antioxidant properties.



Advancing Opportunities

All Disabilities. Many Services. One Agency.

1005 Whitehead Road Extension,
Suite 1

Ewing, New Jersey 08638

Toll Free: 888-322-1918

Fax: 609-882-4054

Online: www.advopps.org

Email: info@advopps.org

Services and Supports for Children

Advancing Opportunities understands the additional responsibilities that can come with having a child with a disability. The agency offers a wide variety of supports, including: **Special Education Advocacy** to ensure children are receiving the education to which they are entitled; **Assistive Technology** evaluations and training for devices that enable communication and learning, and evaluations for home modifications; several different types of **Respite** options, including in-home, recreational and self-directed respite; and **Camp Supports** for children who want to attend summer camp with their non-disabled peers.



Transition Services and Supports

The services individuals receive during their transition years are vital to ensuring they reach their potential. Advancing Opportunities provides: **Special Education Advocacy** to make sure students receive all of the services they are entitled to; **Assistive Technology** evaluations and training on devices and software needed to succeed in post-secondary schooling or on the jobsite; **Career Development Services** to help young adults prepare for and enter the workforce; and **Student Services** to help ensure high school and college students are preparing for futures that are exciting to them.

Services and Supports for Adults

We believe men and women with all types of disabilities should have the opportunity to live where they choose, seek employment, and enjoy recreational activities in the community. The agency provides **Assistive Technology Services**, including evaluations for environmental modifications and evaluations and trainings for devices for communication and employment; **Career Development Services** for individuals looking to join the workforce; **Employment and Day Supports** for men and women who want to become active members of their communities; **Individual and Family Supports**, including respite and self-directed individual supports; and **Residential** programs including group home and supervised apartment programs.

