

INSIDE THIS ISSUE

Scams	Page 1
Gale's Kitchen	Page 2
Eat Right	Page 3 & 4
Taxes	Page 5 & 6



April Food Pantry Schedule

Monday, April 1st	5:00 PM — 8:00 PM
Tuesday, April 2nd	10:00 AM — 1:00 PM
Monday, April 8th	5:00 PM — 8:00 PM
Tuesday, April 9th	10:00 AM — 1:00 PM



Scams to Watch Out for in 2019

1. Beware of Social Security spoofing calls: There's been a significant uptick in fraudulent telephone calls from people claiming to represent the Social Security Administration (SSA). In them, unknown callers threaten victims that they face arrest or other legal action if they fail to call a provided phone number or press the number indicated in the message to address the issue. They may even "spoo" the actual Social Security hotline number to appear on the recipient's phone: 1-800-772-1213. Know that Social Security rarely contacts persons by phone unless you have ongoing business with them and they never make threats about arrest or legal action.

2. Watch for a new twist on the old grandparent scam: In this approach, a person calls an older adult pretending to be a grandchild who's been involved in an accident or legal trouble and needs money immediately. The FTC warns that if you or a loved one receives one of these calls, don't act right away. Call that grandchild back on a correct phone number and verify their whereabouts. If you've mailed cash, report it right away to the Postal Service or shipping company you used. Some people have been able to stop delivery by acting quickly and giving a tracking number. Be sure to also file a complaint to the FTC at FTC.gov/complaint.

3. Only work with reputable agencies after a natural disaster: Natural disasters are a golden opportunity for scammers, who target both those who've been directly affected and those who want to offer their support. Natural disaster scams typically start with unsolicited contact by telephone, social media, e-mail, or in person. Scammers may:

- Impersonate charities to get money or private information from well-meaning consumers.
- Set up fake websites with names that mimic legitimate charities to trick people into sending money.
- Pretend to be from the IRS and collect personal information under the guise of helping victims file loss claims and get tax refunds.

Source: National Council on Aging

What's Cooking in Gale's Kitchen?

One Pot Unstuffed Cabbage

Make a healthy dinner with little fuss. Protein, veggies, grains all in one pot! Cabbage is a cool season crop, incredibly nutritious – perfect for an end of winter meal

Ingredients

- 1 pound lean ground beef or ground turkey
- 1 large onion, chopped
- 4 garlic cloves, chopped or minced
- 1 cup brown rice, dry
- 8 cups chopped green cabbage
- 2 (14.5 oz) cans petite diced tomatoes, undrained
- 3 cups low sodium V-8 juice
- 2 tsp paprika
- 2 tsp oregano
- ½ tsp coarse ground pepper



Instructions

1. Heat a Dutch oven or large pot over medium heat. Add beef or turkey and break it up while it browns. Add chopped onion and cook until beef or turkey is browned. Add garlic and stir well.
2. Add the rest of the ingredients into the pot and bring to a boil. Lower heat and simmer, covered, until the rice is tender, at least 45 minutes. Stir periodically



Eat Right

Food, Nutrition, and Health Tips from the Academy of Nutrition and Dietetics

Smart Tips for Successful Meals

Preparing food at home can be a great way to save money, express creativity and stay on track with healthful eating. However, cooking can also be a challenge for many people.

With a few tips and tools, cooking at home becomes a little bit easier for everyone!

Keep a Well-Stocked Pantry

If you don't have time to plan meals some days or have unexpected guests, a well-stocked pantry can relieve some of the pressure when it comes time to make a meal. Keep the following on hand for quick, easy-to-fix dishes.

Shelf Stable Products

- Dried or canned beans, peas and lentils (such as black, garbanzo, kidney, white and pinto beans; green, yellow or split peas and lentils)
- Canned vegetables with no added salt (such as tomatoes, olives, artichoke hearts, green beans and corn)
- Whole grains (such as brown rice, quinoa, oats, millet and whole-grain pasta)
- Pouches or canned fish and chicken
- Olive, canola or other vegetable oils
- Herbs and spices

Frozen Foods

- Vegetables (such as broccoli, cauliflower, carrots and brussels sprouts)
- Fruit (such as berries, cherries and bananas)
- Whole wheat pizza dough
- Frozen poultry or seafood



Invest in the Right Tools

While you may be able to improvise, the following kitchen tools make working in the kitchen easier.

- Baking sheets and roasting pans
- Stock pot, sauce pans and skillets
- Tongs and spatulas
- Slotted and mixing spoons
- Potholders and towels
- Colander or strainer
- Mixing bowls in various sizes
- Separate cutting boards for raw and cooked foods
- Measuring cups and spoons
- Chef knives and vegetable peelers

Don't Stress

You don't need to be a master chef in order to whip up something tasty and nutritious.

You can create healthy and tasty meals without a recipe. For example:

- Pasta with sautéed veggies and baked fish
- Black bean and vegetable burrito
- Scrambled eggs with cheese, salsa and whole grain toast

If you don't have an ingredient, try substituting with something similar:

- Making black bean burgers but running short on black beans? Try them with pinto beans instead.
- Having pasta but forgot the sauce? Toss together canned tomatoes, a drizzle of olive oil and season with herbs to provide that extra flavor.
- If you're missing sour cream, plain Greek yogurt can be used in its place in chili, on potatoes and in baked goods.
- Cauliflower can replace broccoli in casseroles and soups.



Mix and Match

These easy combinations pair well and contain many items you may already have on hand:

- Whole grain pasta with garbanzo beans and canned tomatoes, seasoned with basil and served with a medley of microwaved frozen vegetables on the side.
- Quinoa with black beans, corn, and bell pepper, dressed with olive oil and lime juice.
- Salad with lettuce, hard boiled eggs, tuna, tomatoes and olives and dressed with a little olive oil and vinegar.

Find more healthy eating tips at:

www.eatright.org

www.kidseatright.org

www.ChooseMyPlate.gov

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit
www.eatright.org



The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. The Academy is committed to improving the health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:

Authored by Academy of Nutrition and Dietetics staff registered dietitian nutritionists.



Mercer sites offer help to qualified citizens

TRENTON—Many sites throughout Mercer County will offer free income tax preparation assistance to help residents prepare and file their 2018 taxes, Mercer County Executive Brian M. Hughes said.

The deadline for filing 2018 tax returns for both state and federal taxes is April 15, 2019. Below is a list of sites where free income tax preparation assistance is being provided to qualified individuals. Service is offered Feb. 1 through mid-April unless otherwise noted. Call the site for required paperwork.

AARP Tax-Aide program sites in Mercer County

The AARP Foundation provides Tax-Aides to assist people with low to moderate incomes with 2018 tax preparation at Mercer County Connection, libraries and other sites. For more information, including a list of documents to bring to the Tax-Aide site, visit www.aarp.org/money/taxes/aarp_taxaide/.

Ewing Branch, Mercer County Library System, 61 Scotch Road, Ewing
Wednesdays, 2 to 4 p.m., and Saturdays, 10 a.m. to noon. Appointment necessary; call (609) 882-3148.

Hamilton Senior Center, 409 Cypress Lane, Hamilton
Thursdays, 8:30 a.m. to 4 p.m. Appointment necessary; call (609) 890-3686.

Hickory Corner Branch, Mercer County Library System, 138 Hickory Corner Road, East Windsor
Tuesdays 10 a.m. to 2 p.m. Appointment necessary; call (609) 448-1330.

Hopewell Branch, Mercer County Library System, 245 Pennington Titusville Road, Pennington
Tuesdays, 10 a.m. to 1 p.m. Appointment necessary; call (609) 737-2610.

Lawrence Headquarters Branch, Mercer County Library System, 2751 Brunswick Ave., Lawrence
Thursdays, 11 a.m. to 3 p.m. Appointment necessary; call (609) 882-9246.

Lawrence Senior Center, 30 East Darrah Lane, Lawrence
Tuesdays, 9 a.m. to 1 p.m. Appointment necessary; call (609) 844-7048.

Mercer County Connection, 957 Route 33 (Acme shopping center), Hamilton
Mondays, Wednesdays and Fridays, 10:30 a.m. to 2 p.m. Appointment necessary; call (609) 890-9800.

Nassau Presbyterian Church, 61 Nassau St, Princeton
Saturdays, 9 a.m. to 1 p.m. English/Spanish bilingual assistance. Walk-ins welcome.

Princeton Public Library, 65 Witherspoon St., Princeton
Mondays, 8:45 a.m. to 1 p.m. Appointment necessary; call (609) 924-9529, ext. 1220.

Princeton Senior Resource Center, 45 Stockton St., Princeton
Fridays, 9 a.m. to noon. Appointment necessary; call (609) 924-7108.

Robbinsville Branch, Mercer County Library System, 42 Robbinsville Allentown Road, Robbinsville
Wednesdays, 9:30 a.m. to 12:30 p.m. Appointment necessary; call (609) 259-2150.

RWJ Fitness and Wellness Center, 3100 Quakerbridge Road, Mercerville
Wednesdays, 9 a.m. to 1 p.m. Appointment necessary; call (609) 584-5900.

West Windsor Senior Center, 271 Clarksville Road, Princeton Junction
Tuesdays, 9 a.m. to 2 p.m. Appointment necessary; call (609) 799-9068.

IRS Volunteer Income Tax Assistance program sites in Mercer County

The VITA Program generally offers free tax help to people who make \$54,000 or less, people with disabilities, and limited-English-speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide free basic income tax return preparation with electronic filing to qualified individuals in local communities. For more information, visit www.irs.gov/Individuals/Free-Tax-Return-Preparation-for-You-by-Volunteers.

Arm in Arm (formerly Crisis Ministry), 123 E. Hanover St., Trenton
Fridays, 9 a.m. to 3 p.m. English/ Chinese/ Spanish bilingual assistance. Walk-ins welcome; call (609) 396-9355 for required paperwork.

Catholic Charities of Trenton, 383 West State St., Trenton
Tuesdays and Thursdays, 2 to 6 p.m., English/Spanish bilingual assistance. Walk-ins welcome; call (609) 394-5181, ext. 1101, for required paperwork.

Catholic Charities of Trenton El Centro, 327 S Broad St., Trenton
English/Spanish bilingual assistance. Appointment required; call (609) 394-2056 for required paperwork.

Hamilton Township Free Public Library, 1 Justice Samuel A. Alito Way, Mercerville
Wednesdays and Thursdays, 9 a.m. to noon. English only. Walk-ins welcome; call (609) 581-4060 for required paperwork.

Latin American Legal Defense and Education Fund, 714-716 South Clinton St., Trenton
Tuesdays, 10 a.m. to 2 p.m., walk-ins welcome; and Saturdays, 10 a.m. to 1 p.m., appointment only. English/Spanish bilingual assistance. Call (609) 688-0881 for required paperwork.

United Way of Greater Mercer County, 3150 Brunswick Pike, Crossroads Corporate Center, Suite 230, Lawrence
Mondays, 3 to 6 p.m., and Thursdays, 4 to 7 p.m. Appointment preferred; call (609) 896-1912, ext. 211, for required paperwork.

Hightstown Memorial Branch, Mercer County Library System, 114 Franklin St.
Saturday, Feb. 9, 9:30 a.m. to 2:30 p.m.
Saturday, March 9, 9:30 a.m. to 2:30 p.m.
Saturday, April 6, 9:30 a.m. to 2:30 p.m.
Appointment necessary; call (609) 448-1474.

Twin Rivers Branch, Mercer County Library System, 276 Abington Drive, East Windsor
Saturday, Feb. 23, 9:30 a.m. to 2 p.m. (Full)
Saturday, March 16, 9:30 a.m. to 2 p.m.
Friday, April 5, 9:30 a.m. to 2 p.m.
Appointment necessary; call (609) 443-1880.