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Toys for Tots

A referral from a local social service agency is required. Families requesting holiday toys must request a referral from a local social service/non-profit agency. Direct applications from families are NOT accepted.



Holiday Calendar Office Closing

December 24th — Office is Closed
December 25th — Office is Closed

December Food Pantry Schedule

Monday, January 7th	5:00 PM — 8:00 PM
Tuesday, January 8th	10:00 AM — 1:00 PM
Monday, January 14th	5:00 PM — 8:00 PM
Tuesday, January 15th	10:00 AM — 1:00 PM

First Lady Tammy Murphy's NJ Family Festival

DECEMBER 8, 2018 / 11AM - 2PM
Hedge-peth Williams Middle School
301 Gladstone Ave
Trenton , NJ 08629

Trenton Health Team is pleased to be working with First Lady Tammy Murphy and other partners to present a fun-filled community event to connect Trenton area families to available services with the goal of improving the health outcomes of mothers and children.



Your One-Stop Application for Benefits and Savings in New Jersey



You May Qualify for Programs If:

- You are a resident of the State of New Jersey
- You are age 65 or older
- You are between the ages of 18 and 64 and receiving Social Security Disability benefits
- You meet certain income requirements

Benefits and Programs:

- Pharmaceutical Assistance to the Aged and Disabled (PAAD)
- Hearing Aid Assistance to the Aged and Disabled (HAAAD)
- Lifeline Utility Assistance
- Medicare Savings Programs
- Senior Gold Prescription Discount Program





Additional Savings Programs:

- Universal Service Fund (USF)
- Low-Income Heating and Energy Assistance Program (LIHEAP)
- Supplemental Nutrition Assistance (SNAP)
- Property Tax Freeze
- Reduced Motor Vehicle Fees
- Low-Cost Spaying/Neutering

Get Help Now and SAVE Today!

NJ Department of Human Services, Division of Aging Services
1-800-792-9745 www.aging.nj.gov



Scan Barcode
With Your
Smartphone!



What's Cooking in Gale's Kitchen?

Kasha Varnishkes

(Roasted Buckwheat with Bowtie Pasta)



Kasha, an earthy, gluten free and fiber-filled grain, is one of the oldest known food staples in Eastern European cuisine. It is popular with descendants of Ashkenazi and Yiddish-speaking Jews from Eastern Europe and Russia. In this preparation, toasted kasha is tossed with egg noodles, onions and mushrooms to create a warm, comforting meal.

DIRECTIONS:

- * Sauté the onions, garlic and mushrooms in oil in a non-stick large skillet until softened, about 3-4 minutes. Cover and cook gently, stirring occasionally, until tender, about 5-8 minutes. Remove to a plate.
- * Beat the egg in a small mixing bowl and stir in the kasha. Mix, making sure all the grains are coated. Put the kasha in the same frying pan, set over a high heat. Flatten, stir, and break up the egg-coated kasha with a fork or wooden spoon for 2 to 4 minutes or until the egg has dried on the kasha and the kernels brown and mostly separate.
- * Add the broth to the skillet and bring to a boil. Cover tightly, and cook over low heat, steaming the kasha for 10 minutes. Remove the cover, stir, and quickly check to see if the kernels are tender and the liquid has been absorbed. If not, cover and continue steaming for 3 to 5 minutes more.
- * Meanwhile, bring a large pot of water to a boil. Cook the bow-tie noodles according to the directions on the package. Drain.
- * When the kasha is ready, combine with the onions and mushrooms. Then mix with the pasta. Stir in the remaining broth, add salt and pepper according to your taste preference and reheat to steaming.

Serve as a side dish, enough for at least 6

INGREDIENTS:

- 3 Tbsp oil
- 2 onions, finely chopped
- 2 minced garlic cloves
- 1 cup sliced mushrooms
- 1 1/3 cups kasha (medium or coarse)
- 1 large egg, beaten
- 2 cups plus 1/4-1/2 cup hot chicken broth, divided
- 8 oz (3 cups) farfalle (bow-tie pasta)
- Freshly ground pepper to taste, use liberally
- Salt to taste

The Joy of Cooking with Kids During the Holidays

With special treats and family gatherings, the perfect time to teach your child about cooking and nutrition is during the holidays! Kids not only will get to try the new foods they prepare, but they also will get a big boost to their confidence when they see family and friends enjoying their creations. Most importantly, cooking with your children will promote future health by teaching them about nutrition and how to prepare healthy meals.

Teaching Basics

To begin cooking, teach your child the basics, such as cracking an egg or gathering the ingredients for a favorite holiday recipe. Convey to your child the importance of measuring the correct amount of each ingredient and the different types of utensils you need to use.

Look Who's Cooking!

To keep your children enthusiastic about cooking, assign tasks of a holiday recipe they are able to prepare based on their abilities. Here are some ideas depending on your child's age and ability:

- * Three to five year olds: mix together simple ingredients, snap green beans, tear lettuce for a salad, press cookie cutters
- * Six to seven year olds: shuck corn, use a vegetable peeler, crack eggs, measure ingredients
- * Eight to nine year olds: use a can opener, juice citrus fruits, check the temperature of foods with a thermometer, pound chicken on a cutting board
- * Children age ten and older: slice or chop vegetables, boil potatoes, microwave foods, bake foods in the oven, simmer ingredients on the stove.

Remember to allow your child to gradually master cooking methods. Start with simple techniques such as rolling dough, using a cookie cutter or spreading frosting. Give your child time to work his or her way up to completing the entire cookie making process, from pouring liquids into batter to baking them in the oven. Have fun!





Princeton Human Services

Municipality of Princeton, Monument Hall
One Monument Drive, Princeton, NJ

Mission

The Department of Human Services coordinates and administers programs and services to the various population groups in need. The scope of services includes programs that assist residents with limited income and resources in the areas of financial assistance, employment, housing and emergency assistance. The department also serves the community as an information and referral source to connect residents to other social services agencies.

Services

General Assistance

Through the State's Work First NJ General Assistance Program (formerly known as welfare) the department assists single adults over the age of 18 with no dependents, and childless couples by providing financial and emergency assistance to eligible Princeton residents who have no income or employment. Emergency Assistance (EA) is an extra or additional payment to GA recipients authorized immediately following the occurrence of an emergency. In addition, if the eligible individual is in a state of homelessness, the municipal welfare agency determines the provision of shelter.

NJ FamilyCare (Medicaid)

Our office offers assistance with first-time NJ FamilyCare applicants who are Princeton residents. NJ FamilyCare is a federal and state funded health insurance program created to help qualified New Jersey residents of any age, get access to affordable health insurance. NJ FamilyCare is for individuals who do not have employer health insurance. Individuals eligible to apply include: children, pregnant women, parents/caretaker relatives, single adults and childless couples. Immigrant applicants must have Legal Permanent Resident status in the US for at least five years in order to be eligible for NJ FamilyCare. Financial eligibility is determined by the latest federal tax return. For more information, or to apply online, visit www.njfamilycare.org.

NJ Supplemental Nutrition Assistance Program

Our office offers assistance with first-time NJ SNAP applicants who are Princeton residents. NJ SNAP, formerly known as food stamps, provides food benefits, access to a healthy diet, and education on food preparation and nutrition to low-income households. To qualify for the program, applicants must fall within the income limit. To apply online, visit <https://oneapp.dhs.state.nj.us/>.

Housing Stability

The Housing Stability Coalition (a group of agencies that assist families in need of housing, at-risk of eviction or who are homeless) created a Community Wide Intake for residents in need of housing assistance supports. This has established a coordinated intake system between agencies in efforts to assist effectively assist residents in a housing emergency which can include: facing eviction due to non-payment, help with utilities due to shut off notice, assistance with rent or security deposit. The organizations involved include: Princeton Human Services, Housing Initiatives of Princeton, Arm in Arm, Stone Hill Church, St. Vincent de Paul, and HomeFront. Applicants can fill out an intake with a staff member at any of these agencies.

Summer Youth Employment Program (SYEP)

The Summer Youth Employment Program is open to youth ages 14 through 18, living in Princeton or attending Princeton High School. Students are exposed to: real-world job experience, job readiness and career development training for 8 weeks in the summer. Students must apply to the program and are selected based on eligibility, meeting program requirements and availability of jobs.

Holiday Gift Drive

The annual Holiday Gift Drive is open to Princeton children between the ages of 0-12 years old. Families are asked to provide an application, which includes a wish list from the child. Each child is matched with a donor. Applications for this program are available in October.

Book Bag and School Supplies Drive

The annual Book Bag and School Supplies Drive provides backpacks and school supplies for school aged children between Kindergarten and sixth grade who live and/or attend a Princeton School. Applications for this program are available in July.