

GHCT October 2020 Newsletter



Fight the Flu: According to the CDC, influenza (flu) is a contagious disease that can be serious. Every year, millions of people get sick, hundreds of thousands are hospitalized, and thousands to tens of thousands of people die from flu. The CDC urges everyone to take action to protect themselves and others from flu. For more information, click here for [English](#) and here for [Spanish](#).

Virtual Food Talk with Snap4CT - Hidden Sources of Sugar: Join Snap4CT on Monday, October 26 from 5:30 PM-6:30 PM for this online event. Catalina Quesada, Community Education Specialist with UCONN Health, will present ways to identify sneaky sources of sugar and healthier alternatives to sugary Halloween candies. Learn how to minimize your sugar intake, and to recognize healthier treats at the grocery store without breaking the bank. Registration is required. Click [here](#) to register.

Dental Care Resource: Have you been delaying dental treatment due to Covid-19 fears? Click [here](#) for a helpful list of questions you can ask your dental provider to learn more about their Covid-19 safety procedures. This important information can help you feel more comfortable seeking dental care, because delaying care could be harmful to your overall health. Click [here](#) for the Spanish version.

Stay Safe, Stay Healthy at Home: The US Department of Agriculture, SNAP-Ed, has an online library of resources to help you and your family stay safe at home during this pandemic. These include information on how to stock your pantry, how to plan your weekly menu, when and how to consider food safety, and even special quarantine recipes. Click [here](#) to view the resources that are available.

2020 Farmer's Market Season is coming to a Close: Many of the 2020 Farmers Markets will end in October. Click the links below to view the markets that are available in your area. There is still time to purchase fresh produce at many locations!

- [Greater Bridgeport](#)
- [Greater Greenwich](#)
- [Greater New Haven](#)

Free Food Distributions

Farmers to Families Food Boxes Available- Free boxes of food are being distributed around the state weekly throughout the month of October. Don't see your town below? Check with your Town's Emergency Management Team or their Social Services Department. Each box will contain approximately 12 pounds of produce, 5 pounds of meat, and 5 pounds of dairy, and will weigh around 22 pounds.

- Hamden Farmers to Families Food Boxes: Drive thru or walk up every Friday in October from 9:30 AM-1:00 PM at 11 Pine Street in Hamden. For more information call, (203) 562-5129 ext. 1110.
- Trumbull Farmers to Families Food Boxes: If you are a Trumbull resident who is a recipient of SNAP, approved for free or reduced price school lunches, a food pantry client, currently unemployed, or over the age of 65, you qualify for this program. Click [here](#) to register or call Trumbull Social Services at (203) 452-5133. You must register for every week that you would like to reserve a food box. The pickup day is anticipated to be on Tuesdays throughout October. Must pre-register. Note: If you are facing financial challenges but are not currently enrolled in one of the above-stated programs, please contact Trumbull Social Services at (203) 452-5133 to see if you may be able to benefit from this program.

Other Local Food Distributions

- **Stratford Health Department Food Distribution:** Tuesday, October 6 from 3:00 PM-4:00 PM at Holy Name of Jesus Church, 1950 Barnum Avenue in Stratford. This is a drive thru food pantry.
- **Bridgeport Hospital Food Distribution:** Every 3rd Tuesday from 5:30 PM-6:30 PM at 200 Mill Hill Avenue. The October distribution will take place on Tuesday, October 20. Click [here](#) for more information.
- **St. Vincent's Medical Center Food Distribution:** Next monthly distribution to take place on Friday, October 30 from 1:30 PM-3:00 PM at 2800 Main Street in Bridgeport. Click [here](#) for more information and remaining 2020 dates.
- **In the New Haven area?** Visit the Coordinated Food Access Network, CFAN [website](#) for more information on resources to help you feed your family.
- **The CT Food Bank** hosts several local mobile food pantry and milk/dairy distributions each month. The best way to get the most up-to-date information on the locations is to visit their [webpage](#).
- To learn about additional food distributions in the Greater Bridgeport area, please follow the [Health Improvement Alliance](#) Facebook Page. HIA is a local coalition that is comprised of the two Bridgeport hospitals, federally qualified health centers, health departments and other community organizations and providers.

Follow Get Healthy CT on [Facebook](#) and [Twitter](#) for more health and wellness information!