Dear Residents:

We hope this letter finds you and your loved ones safe and healthy. The past 10 months have, undoubtedly, been some of the most life changing weeks we’ve seen in modern times. The looking threat of COVID–19 virus has taken this country, and our state, by storm. We are hoping and praying that the extreme social distancing will prove effective to slow the spread of illness and that we all soon be back to normal.

Quarry Heights residents the PHA ask that when the Portland food Pantry delivers food boxes you only grab what’s labeled yours. Please do not take it upon yourself to deliver your neighbor’s food box to there doorstep. Do not take food out of boxes. Remember the Portland Foodbank is supported by donations, they do the best they can with what is donated.

IT’S COMMON COURTESY TO PICK UP AFTER YOUR DOG. Picking up after your dog is not only common courtesy but your duty as a pet owner. When feces is left lying in yards, grassy areas, and even the sidewalk the smell can quickly become overwhelming! IT STINKS! When you take your dog for a walk away from your home, you are entering public property. Because you own your dog, what waste your dog makes is your responsibility to pick up. Plus, it’s just good manners.

While it may be convenient to re-use plastic grocery bags, a more environmentally friendly option is biodegradable baggies made specifically for the job.

Portland Library is joining many of the neighboring libraries in closing its doors due to a rising COVID count. As of December 21st, “curbside” delivery only will be available to library users. The building will be closed to the public. If you wish to read but don’t know a particular title or author, library staff will be glad to provide assistance in finding some good reading. Curbside hours, when you may pick up requested materials are Monday through Thursday 10 am to 6 pm; Friday 10 am to 4:45 pm; Saturday 10 am to 1:30 pm. Hours are subject to change. If you are homebound and wish to have books delivered, please contact Telephone: 860-342-6770. E-mail: portlandlibrary@portlandct.org.
Burrito Zucchini Boats

3 zucchinis, halved lengthwise
2 tbsp. extra-virgin olive oil, divided
Kosher Salt
Freshly ground black pepper
1/2 onion, chopped
2 cloves garlic, minced
1 lb. ground beef
1/2 tsp. chili powder
1/2 tsp. ground cumin
1/4 tsp. paprika
1/2 c. black beans
1/2 c. chopped cherry tomatoes
1/2 c. corn
1 c. shredded cheddar
1 c. shredded Monterey jack
Freshly chopped cilantro, for garnish

1. Preheat oven to 350°. Score zucchini (like you’re dicing an avocado) and scoop out insides, reserving them for later. Place zucchini halves cut side-up into bottom of 9”x13” baking dish and drizzle with 1 tablespoon oil; season with salt and pepper. Bake until zucchini turns bright green and is just beginning to soften, 10 minutes.

2. In a large skillet over medium heat, heat oil. Add onion and reserved zucchini and cook until soft, about 5 minutes. Stir in garlic and cook until fragrant, about 1 minute more. Add ground beef, breaking up the meat with a wooden spoon. Cook until beef is no longer pink, about 6 minutes. Drain fat.

3. Stir in chili powder, cumin, and paprika, then season with salt and pepper. Stir in black beans, cherry tomatoes, and corn.

4. Spoon beef mixture into zucchini then top with cheeses. Bake until zucchini is just tender and cheeses are melted, about 15 minutes. Garnish with cilantro before serving.

December 22, 2020
By Parks & Recreation and the Waverly Senior Center.
FOOD BANK REQUEST FORM

To receive free food please check off the days you would like to receive food for and make a list of items needed below that. Quarry Heights residents please drop off forms in the laundry room collection box, Chatham Court residents use the drop off box by main office. All forms must be submitted by Monday, 4, 2021 by 8:30 am. If you don’t return this form by due date you run the risk of not receiving a food box.

Para recibir comida gratis, marque los días para los que le gustaría recibir comida y haga una lista de los artículos necesarios debajo. Los residentes de Quarry Heights deben dejar los formularios en el buzón de recolección de la lavandería, los residentes de Chatham Court usan el buzón de entrega junto a la oficina principal. Todos los formularios deben enviarse antes del lunes 4 de 2021 a las 8:30 am. Si no devuelve este formulario antes de la fecha de vencimiento, corre el riesgo de no recibir una caja de comida.

NAME: ___________________________________     ADDRESS:   CC– Apt_______ OR QH– Apt_______

PHONE #: ________________________________

01/07/2021                                                                 01/21/2021

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