

## Sunshine Muffins

### Ingredients

- 12 standard cupcake liners
- 2 large eggs
- 1/2 cup applesauce, unsweetened
- 1/4 cup olive oil
- 1 teaspoon vanilla extract
- 2 cup whole wheat flour
- 3/4 cup sugar
- 1 tablespoon cinnamon
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 3 medium carrots
- 1 medium apple
- 1/2 cup raisins, seedless
- 1/4 cup walnuts, chopped
- 2 tablespoon wheat germ



Find this recipe and more at [superhealthykids.com](http://superhealthykids.com)

- 1) Preheat oven to 400 degrees. Line muffin pan with paper liners.
- 2) In a large mixing bowl, whisk together eggs, applesauce, oil, and vanilla. In a separate bowl, mix flours, sugar, cinnamon, baking powder and soda, and salt.
- 3) Peel and grate carrots. Peel and dice apple. Add dry ingredients into the wet; mix until just combined. Fold in carrots, apples, raisins, walnuts and wheat germ.
- 4) Preheat oven to 400 degrees. Line muffin pan with paper liners.
- 5) Fill muffin cups 3/4 of the way full. Bake for 20-30 minutes or until a toothpick inserted comes out clean. Allow to cool in pan for 5 minutes; remove from pan and allow to cool to the touch. Makes 12 muffins.

### Veggie Update



Free, fresh local vegetables continue to be available on **Wednesday afternoons from 1-3pm in the Bath Housing Office**. Other veggie sources? **The Sharing Table** offers free, self-serve produce from local farms each week. Find them outside the library and next to the gazebo on Thursdays from 3-6pm. The **Free Table at the Salvation Army** at 25 Congress Ave often includes local produce. Bring your own bag Monday-Thursday 9am-2pm. And the **Food Pantry** at 807 Middle Street offers fresh produce as it is available on Tuesdays and Thursdays 5-7pm.

Would you like to contact Kristen, Resident Service Coordinator, about any other local resources? You can reach her at [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org) or 295-3317.

# Family Scuttlebutt

### Who is Interested in Ice Cream?

We'll be heading over with lots of ice cream on **Monday, September 9** and hope that you will join us as a time to connect with neighbors, share feedback and check in about the fall construction. All residents are invited. **Please contact Kristen at [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org) or 295-3317 to let her know how many people from your household will be participating so that we can be sure to have enough treats!** We'll be at Shaw Street 4:30-5pm and Middle Street 5-5:30pm.



### Flu Shots Available At Multiple Locations



**CHANS staff will be offering Flu Clinics for Bath Housing residents on Monday, September 30.** If you have an insurance card, please bring this to your Flu Clinic. CHANS will provide vaccines at no charge to anyone who does not have insurance. Flu Clinics will take place at Moorings (10-11am), Anchorage (11:30am-1pm), Seacliff (2-2:30pm) and Dikes Landing (3-3:30pm). Contact Kristen at 295-3317 or [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org) to make arrangements to access any of the Clinics.



### Are you interested in being entered in a drawing for a \$25 Shaws gift card?

Participate in a Needs Assessment interview appointment with Kristen, Resident Service Coordinator. Appointments available at 1:30, 2 and 2:30pm on Friday, September 13 and 8:30, 9 and 9:30am on Friday, September 27 at the Bath Housing Office. Call 295-3317 if you would like more information or to schedule a time.

### Are You a Pet Owner?



Do you know about Dogwill? The Goodwill for all kinds of household pets, Dogwill provides food, toys, treats, toileting materials and other supplies at no cost to Bath Housing residents who own pets. Dogwill collects specific information on what your pet eats and what kind of supplies you need. 2 visits per month are allowed to the Dogwill truck, which is currently at The Food Pantry at 807 Middle Street on Tuesdays and Thursdays 5-7pm, the Little Flock Non-Food Bank at 889 High Street the 2nd and 4th Wednesdays of the month 10am-2pm and the Dogwill office at 1328 Washington Street on Tuesdays from 10am-2pm.