



## Apple Cider-Glazed Chicken (Serves 6)

Recipe by Lena Abraham

Find this and other recipes at Delish.com

### INGREDIENTS

- 1 large sweet potato, peeled and cubed
- 2 apples, sliced
- 2 tbsp. olive oil, divided
- 1 tbsp. chopped fresh rosemary
- Kosher salt
- Freshly ground black pepper
- 6 bone-in, skin-on chicken thighs, trimmed
- 2/3 c. apple cider
- 2 tbsp. honey
- 1 tbsp. Grainy mustard
- 1 tbsp. butter
- 3 rosemary sprigs, for skillet

### DIRECTIONS

Preheat oven to 425°. In a medium bowl, add potatoes, apples and chopped rosemary and season with salt and pepper. Drizzle with 1 tablespoon olive oil and toss until combined.

In a large ovenproof skillet over medium-high heat, heat remaining olive oil. Add chicken and sear, skin side down, until golden, about 2 minutes. Remove chicken from heat while you make the glaze. To the same skillet, add apple cider, honey and grainy mustard. Bring mixture to a rapid simmer and cook until mixture has reduced slightly then whisk in the butter. Return the chicken to the skillet, skin side up, and scatter the sweet potato mixture and rosemary sprigs around the chicken. Turn off the heat and transfer the entire skillet to the oven.

Bake until the sweet potatoes are tender and the chicken is cooked through, about 20 minutes. (If potatoes need longer to cook, transfer chicken to a cutting board to rest and continue cooking until tender.) Serve chicken and potatoes with pan drippings.

### Upcoming Deadline for Salvation Army Holiday Assistance

The Salvation Army offers toys, pajamas and stocking stuffers to eligible families. Applications for holiday assistance are being accepted from October 7–November 7 on Mondays, Wednesdays and Thursdays from 9am-12noon and after hours appointments for working families on October 16 and November 6 by appointment only. Call the Salvation Army at 443-3611 for more information or to schedule an appointment. November 7 is the final day to apply for holiday assistance. This year the Salvation Army will not be providing holiday meals.

### Please Don't Forget Your LIHEAP Application!

If you receive SNAP benefits (food stamps), remember that you need to apply for LIHEAP each year in order to maintain your full SNAP benefits. You will have the option for an in-person interview (the closest location is Wiscasset) or a phone interview. **If you haven't yet scheduled your appointment or have any questions about the required documents, contact the Kennebec Valley Community Action Program (KVCAP) at 859-1500 or 800/542-8227.** If you have Internet access, you can also request an appointment online at [www.kvcap.org](http://www.kvcap.org) (Select "For the Home" and then "HEAP") and review the list of required documents there. One of the requirements is a current rental agreement. Just call our office at 443-3116 and let Sarah know that you need a rental document for LIHEAP and she will print it for you to pick up. You can also contact Kristen if you need any help connecting with KVCAP.



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October 2019

# Family Scuttlebutt



### Bath's Autumnfest 2019 Returns

Bath's Autumnfest and Citizen Involvement Day will take place on Saturday, October 12 from 9:30am-12:30pm at Waterfront Park. Activities will include cooking demos, flu shots, scarecrow making, the farmer's market and more. Service organizations will also be set up in the park with information on their programs. In addition, Midcoast Maine Community Action will be hosting a Touch a Truck event

from 9am-12noon. The first hour of this event will be a Quiet Hour with no lights or sirens, designed to provide a calmer, quieter visit for anyone who could benefit from less sensory stimulation.



### Safely Dispose Of Any Unused or Expired Prescription Medication

National Prescription Drug Takeback Day is **Saturday, October 26** and medications will be collected at the Bath Police Department from 10am-2pm.

### Questions About Any of the Current Child Seat Laws?

September marked some updates to Maine's Child Car Seat laws. At the Bath Police Department, Officer Devin Hook and Corporal Mark Steele are both certified car seat inspectors and are available to answer questions, check car seats or help with installation. You can reach them at 443-5563 to ask a question or schedule an appointment.



### Could You Benefit from Support Around Budgeting? Saving Money? Navigating Fed-Cap or DHHS? Exploring Family Services, Including Child Care?

MidCoast Maine Community Action has welcomed Crissia Lindsey as the Whole Family Case Manager to support families in establishing and working on individual and family goals. Individuals that qualify can work with Crissia on budgeting strategies, debt management, and personal goals as well as identifying local, state and government resources. Crissia will also assist in opening Federal Development Accounts (FDA). In these accounts, the FDA will contribute four dollars for each dollar you have earned. These funds might help you save toward a home, repairing or purchasing a vehicle, education or emergency expenses. If your households has goals of greater self-sufficiency, Crissia can help support those goals as well. You can reach her directly at [Crissia.Lindsey@mmcacorp.org](mailto:Crissia.Lindsey@mmcacorp.org) or 442-7963 x288 or contact Kristen, Resident Service Coordinator at [kmcevoy@bathhousing.org](mailto:kmcevoy@bathhousing.org) or 295-3317 for assistance connecting with Crissia.

### Remember that Maine's Hands-Free Driving Law Has Taken Effect!

The new law prohibits drivers from holding a phone or any other device not part of the operating equipment of the vehicle.