

Peanut Butter Protein Balls

Recipe by Lauren Miyashiro

Find recipe and video at delish.com

Makes 24 Balls

- 1 1/4 c. old fashioned oats
- 1/2 c. unsweetened shredded coconut
- 1/4 c. mini chocolate chips
- 2 tbsp. chia seeds
- 2 tbsp. flax seeds
- 1/2 tsp. ground cinnamon
- 1/4 tsp. kosher salt
- 3/4 c. natural peanut butter
- 1/4 c. honey
- 1/2 tsp. pure vanilla extract
- 2 tbsp. milk or dairy-free milk



Line a large baking sheet with parchment paper. In a large bowl, stir oats, chocolate chips, coconut, chia, flax, cinnamon and salt until combined. Stir in peanut butter, honey, and vanilla. Mixture should be slightly crumbly. If it's too dry, gradually stir in milk. Roll mixture into balls then place on prepared baking sheet. Refrigerate until chilled, about 30 minutes.

You Are Invited to a Family-Friendly Brunch Celebration of Maine's Bicentennial!

Come celebrate the Bicentennial of the State of Maine and what makes it special to be here in Bath. Kids are very welcome, enjoy games and activities, free food (including beans, breads and baked goods) and the Autumn Breeze Barbershop Quartet.

Saturday, March 14, 11am-2pm

Old Rec Center in the Columbia Block (above Wags & Whiskers), space donated by Bath Housing

Free event, Food Bank food donations welcome

Please Join Us in Welcoming Ryan!

We are excited to welcome Ryan Mack, the newest member of the Maintenance team. Ryan joins Josh, Karl, Terry and Jonathan and will be floating among the buildings. Please say hello when you see him!



Daylight Savings Time begins this month, so remember to set your clocks an hour ahead on *Sunday, March 8!*



80 Congress Ave
Bath, ME 04530
(207) 443-3116
March 2020

Family Scuttlebutt

It's Census Time....and Kids Count!

Responding is Important

As mandated by the U.S. Constitution, the Census is a once-every-decade count of everyone living in the country. Counting everyone matters, as Census data informs the distribution of more than \$675 billion in federal funds for states and communities each year. Children under 5 had the highest undercount of any age group in the 2010 Census. **When kids aren't counted, communities don't get their fair share of federal funding for programs like Head Start, school lunches, MaineCare, housing, SNAP, WIC, foster care assistance and grants for special education.** The data also determines legislative districts and congressional representation. Each of us makes a difference!

Responding is Easy

By April 1, every household will receive an invitation in the mail to participate. **You can choose from 3 easy options for responding: online (including on a mobile device), by phone or by mail.** Anyone choosing the phone option will be able to receive assistance with Census questions. The Census will ask a few simple questions such as age, sex and the number of people living in your home. **Children of all ages count, including newborns.** From May to July, Census takers will visit households that have not yet responded. There are currently many openings for temporary Census jobs. If you take a temporary Census position, these earnings will not count as income with Bath Housing.

Responding is Safe

The Census Bureau is bound by law to keep your information confidential. In addition to strict cybersecurity measures, the penalty for Census employees for a breach of confidentiality is 5 years in jail and a \$250,000 fine. Your responses can only be used to produce statistics and cannot be shared with law enforcement agencies or used against you by any government agency or court. **Responses cannot impact government benefits.** You will be asked to share accurate information about anyone who is living/sleeping in your household most of the time, including individuals who are not on your lease and including children of any age. **Your confidential information will not be shared with Bath Housing and cannot impact your housing.**

Beware of Scams

The real Census will never ask for your social security number, bank or credit card information, request a donation, threaten you or contact you on behalf of a political party. A legitimate in-person Census taker will have a valid ID badge. If you suspect fraud or have any questions about a Census taker's identity, contact a Census Bureau Representative at 1-800-923-8282.

