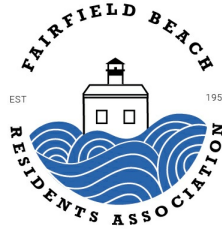


April 11, 2023



## Fairfield Beach Residents Association NEWSLETTER

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### UPCOMING EVENTS IN THE BEACH AREA

**CORRECTION:** Earth Day clean up at Jennings Beach - April 22 from 2 - 4 PM NOT 12 - 2 as previously noted. - Gloves and bags will be provided



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**Beach area events ( Note traffic could be delayed on some of the race days - plan your outings accordingly) :**

**Beach Bunny 5 K** will be held on April 8 at Jennings Beach - Food trucks , family fun and more. Contact Parks and Rec for more information.

**Fairfield Road Race half Marathon and 5 K-** Jennings beach and beach area roads June 3 and 4th - look [HERE](#) for more details

**Earth Day clean up** at Jennings Beach - April 22 from 2 - 4 - Gloves and bags will be provided

**U.S. Coast Guard Auxiliary - Safe Boating Course** at the South Benson Marina Flotilla 77 Base on [595 Turney Road](#) in Fairfield on Saturday, April 22. This same day course begins at 9 a.m. and qualifies the student to receive the Connecticut Personal Watercraft Operator's Certificate which is good for power boats, sailboats and jet skis. The course fee is \$50. To register, please call 203-913-0049.

## HEALTHY KIDS DAY, APRIL 29, 2023 10AM-1PM at the Fairfield YMCA

The Fairfield YMCA is hosting their annual Healthy Kids Day® on Saturday, April 29 10am-1pm. This free, open to the public, annual event features a variety of family-friendly activities to encourage healthy kids, healthy families and a healthy start to the summer season. Come and celebrate with us! We are also celebrating Fairfield's Earth Day! We'll have activities and special demonstrations including:

- Bike Safety Rodeo
- Touch a Truck
- Trashy Fashion Show
- Water Safety Lessons in the pool – bring your swim suit!
- Free plant give away
- A Legislator's Forum
- And so much more!

### Fairfield University Student EVENT ADVISORY:-This is a community message from Fairfield University .

Please note these dates of upcoming off-campus events, which are not affiliated with the University. When they have more specific information, such as start and end times, I will send it your way.

-Nauts will resume on Thursday evenings, 7 pm- 9:30 pm, beginning on April 13<sup>th</sup>, locations will rotate

-Powder Puff, Sunday, April 23, location TBD, will be on the beach

-Mock Wedding, Sunday, May 7, reception held at a venue in New Haven

Easter break begins tomorrow, and classes resume on Tuesday, April 11<sup>th</sup>.

For police assistance, please call either our non-emergency number, 203-254-4800, or 9-1-1 for emergencies.

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## April 10 - 16 is Food waste prevention week - check out these tips from Sustainable Fairfield Task Force

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### Green Tips

Sustainability tips

**While the world wastes about 1.4 billion tons of food every year, the United States discards more food than any other country in the world: nearly 40 million tons.**

Tip: Freeze leftovers and whatever food you will not eat in the next 3 – 4 days



Source: EPA



## Green Tips

Sustainability tips

**The US discards roughly 219 pounds of wasted food per person a year**

Tip: Be educated on Sell by and Use by dates:

- Dairy is usually good for a week after the sell by date if unopened
- Eggs are good for 3 – 5 weeks after the sell by date



Source: EPA



## Green Tips

Sustainability tips

**90% of Americans do not fully understand what a sell by or use by date means on food. Food is thrown away which is still good or can be frozen and used later.**

Tip: Be educated on Sell by/Use by dates:

Fish and Chicken should be used within 1 – 2 days after the Sell- by date or frozen



Source: American Heart Association



## Green Tips

Sustainability tips

**When food is wasted, the land, water, energy, and other inputs that are used in producing, processing, transporting, preparing, storing, and disposing the food are wasted as well.**

Tip: Nutritious, safe, and untouched food can be [donated to food banks](#) to help those in need.

**Community Food Bank**

Source: EPA



## Green Tips

Sustainability tips

**Food is the single largest category of material placed in a landfill, accounting for roughly 24% of a typical family's waste**

Tip: Some fruits (such as bananas, apples, pears, stone fruits, and avocados) release ethylene gas as they ripen, making other nearby produce ripen, and spoil, faster. Store these away from other produce.



### About the FBRA:

Founded in 1955, the Fairfield Beach Residents Association is a 501(c)4 advocacy organization comprised of homeowners from the Old Post Road south to Fairfield Beach Road west to the end of the road, and Reef Road east to Beach Road. The FBRA aims to: Represent and implement the interests and desires of the membership in maintaining and improving Fairfield Beach and vicinity; promote cooperation among the owners and renters; represent the common interests of the membership in relation to governmental authorities; and provide for the mutual assistance, enjoyment, and quality of life for all people residing in the Fairfield Beach area.



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