

BREAD & BUTTER



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March 2010

Spring Cleaning for your Medicine Cabinet

Throw Away Medicines That Have Expired.

Most prescription and nonprescription medications have an expiration date printed on them. When cleaning out your medicine cabinet, discard any medications that are past their expiration date. Although these meds may not be dangerous, chances are they've lost their effectiveness if they're past their date. Be particularly cognizant about disposing of expired antibiotics. The antibiotic Tetracycline can have adverse effects on the kidneys when taken past its expiration date. If you have over the counter medications with no expiration listed, discard them if you've had them in your cabinet for more than a year.

Throw Away Medicines With Worn Labels.

If the typing on the label is worn away and you can no longer read the expiration date or the dosage instructions, toss the medication. The medication is probably older than you think and may no longer be effective.

Throw Away Liquid Medications That Have Separated.

Inspect any bottles of liquid medication in your medicine cabinet. If you find bottles of medication where the contents have separated or have a strange odor, discard them immediately. Be sure to shake the bottle before assessing the contents as some settling may have occurred. Check expiration dates on all liquid medications.

Throw Away Medicines in Broken Containers.

This is particularly important if you have children in the house. All meds should be kept in properly closed containers with child proof tops. If the top won't seal properly, discard the medication immediately. You don't want to endanger small children who might get into your med supply. Even better, keep all your medications in a locked box.

APRIL DISTRIBUTION DATES

SUNDAY, APRIL 11, 2010

9:00 AM-NOON

MONDAY, APRIL 12, 2010

7:00-8:30 PM

SATURDAY, APRIL 17 2010

10:00 AM-NOON

Finally, Dispose Of Medications Properly.

Medications should never be poured down the sink or into the toilet. There's been recent concern about medications in the water supply not being adequately cleared by water treatment plants. Don't add to this problem by flushing medications. For solid pills, it's best to crush them into powder and place them into a sealed plastic bag for disposal in the trash. Liquid medications should be poured into a plastic bag with paper towels, tissues or toilet paper added to soak up the liquid. The bag should then be sealed and disposed in the trash. When you throw away old prescription bottles, remove the label to protect you identity and prevent another person from possibly filling the prescription



Recipe Corner



Corned Beef 'N Noodle Casserole

- 1 can of chicken soup
- 1 c. milk
- 1 can corned beef
- 1 c. shredded cheddar cheese (4 oz.)
- 1 med. onion, finely chopped (1/2 c.)
- 1/4 t. pepper
- 4 c. uncooked egg noodles (8 oz.)
- 1/2 c. dry bread crumbs
- 1 T. margarine or butter, melted

Mix soup, milk, corned beef, cheese, onion and pepper. Spread half of the corned beef mixture in greased 2 qt. casserole or 12x7 1/2x2" baking dish. Top with noodles and remaining corned beef mixture. Mix bread crumbs and margarine; sprinkle over noodles. Cook uncovered in 375° oven until hot and bubbly and noodles are tender, 40 to 45 min.

Irish Shepherds Pie

- 1 pound ground beef
- 3 bacon strips, diced
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1/2 cup tomato sauce
- 5-1/2 cups hot mashed potatoes (prepared without milk and butter)
- 2 eggs, lightly beaten
- 2 tablespoons butter, softened
- 1/4 teaspoon salt
- Additional butter, melted

In a large skillet, cook beef over medium heat until no longer pink; drain and set aside. In the same skillet, cook bacon, onion, garlic until bacon is crisp; drain. Stir in the tomato sauce and beef. Simmer, uncovered, for 10 minutes or until heated through. Meanwhile, combine the mashed potatoes, eggs, butter and salt. Spread half of the potato mixture onto the bottom and up the sides of a greased 9-in. pie plate. Layer with beef mixture and remaining potato mixture. Bake at 375° for 20 minutes. Brush the pie with melted butter. Bake 10 minutes longer or until top is golden brown

Special Dates in March and April 2010!

March is National Noodle Month

March is National Nutrition Month

- ~ March 12, 1912 = The Girl Scouts were founded
- ~ March 14th = Day Light Savings, Spring Ahead our Clocks 1 Hour
- ~ March 17, 1845 = The rubber band was invented. Can you imagine life without them!
- ~ March 17th = St. Patrick's Day
- ~ March 18th = Oatmeal Cookie Day
- ~ March 20th = First Day of Spring
- ~ March 29th = Passover Begins
- ~ March 29, 1886 = Coca Cola is invented
- ~ April 3rd = Patriots Day
- ~ April 4th = Easter Sunday

St. Patrick's Day Zucchini-Oatmeal Cookies

- 1/2 cup butter or margarine
- 3/4 cup white sugar
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 1/2 cups grated zucchini
- 1 1/2 cups all-purpose flour
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1 cup quick cooking oats
- 2 cups semisweet chocolate chips

Preheat oven to 350 degrees. In a medium bowl, cream butter and sugar until fluffy. Stir in the egg and vanilla, mix well, then stir in the shredded zucchini. Sift together the flour, baking soda and cinnamon, stir into the zucchini mixture. Finally, stir in the oats, granola and chocolate chips. Drop dough from a teaspoon onto an unprepared cookie sheet. Leave at least 2 inches between cookies. Bake for 10 to 12 minutes in the preheated oven. The cookies will stay soft and moist because of the zucchini.

Happy
St. Patrick's Day

