

BREAD & BUTTER



Tewksbury Community Pantry
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October 2010

IMPORTANT NOTICE! **Client Application Renewal!**

Much of the food that we distribute comes from the Merrimack Valley Food Bank, the Massachusetts Emergency Food Assistance Program, and the USDA. In order to participate in these programs, we need to ask you to fill out applications on a yearly basis. Please note that we have changed the Senior classification to 65 and above to comply with their statistics.

The 2011 application **MUST** be returned at or before the November distribution. **If you do not return your application by the November distribution you will not be eligible to receive your Turkey and Fixings at the Special Thanksgiving Distribution which takes place the Sunday before Thanksgiving. In addition you will not be eligible for further assistance until the application is completely filled out and returned with other requirements (current utility bill or proof of residence if utilities are included in rent & drivers license).**

If you believe that you have already submitted your application, license & utility bill, we will certainly check the files to see if we can find it. If we can't, we will require that you fill out another one.

We need to fulfill these requirements to participate in programs that provide us with a great deal of food. We are not trying to make life difficult for anyone. Thank you for your understanding!

Thank you,

**Tewksbury Community Pantry
Board of Directors**

November

Distribution Dates

Sunday, November 14th

9:00 AM—Noon

Monday, November 15th

7:00-8:30 PM

Saturday, November 20th

10:00 AM—12:00 Noon



Thanksgiving Distribution

Sunday, November 21st

10:00 AM-12:00 Noon

Notice to Clients and Volunteers

Our mission is to serve those in Tewksbury who are in need of food assistance. Beyond providing a good abundance and variety of food, we strive to maintain a safe and welcomed environment for both clients and the volunteer who work during distributions. If we feel that anyone either client or volunteer displays disruptive, harmful, threatening or unlawful behavior we reserve the right to ask those individuals to remove themselves from the pantry immediately with the assistance of the Tewksbury Police Department if needed.

Recipe Corner



Chicken Cacciatore

- 1 Pkg of cut chicken, about 3 pounds
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 3 medium cloves garlic minced
- 3 tablespoons olive oil
- 2 cans (14.5 ounces each) stewed tomatoes
- 2 teaspoons oregano
- 2 teaspoons salt
- 1/2 teaspoon pepper, or to taste
- 1 cup chicken broth

Heat olive oil over medium heat in a large skillet. Brown chicken on all sides in hot oil, about 10 minutes. Remove chicken and drain off excess grease, leaving a tablespoon or two. Add chopped onion, green pepper, and minced garlic to hot skillet; sauté until onion is tender. Stir in tomatoes, chicken broth, oregano, salt, and pepper. Add chicken back to sauce and bring to a boil. Reduce heat, cover, and simmer for about 45 minutes, or until chicken is tender. Serve over hot cooked spaghetti or other pasta

Ziti Pasta Bake

- 1 lb. sausage
- 1 (15 oz.) jar spaghetti sauce
- 8 oz. ziti noodles (cooked and drained)
- 1/3 c. grated Parmesan cheese
- 1 (8 oz.) pkg. shredded Mozzarella cheese

Brown sausage and drain. In a quart casserole dish combine sausage, sauce, noodles, Parmesan cheese and 1/2 of Mozzarella cheese. Mix well. Top with remaining cheese. Bake 25 minutes at 350 degrees

Special Dates in October and November 2010!

pudding Season begins October 1st

- ♦ **Oct 10th** ~ Columbus Day
- ♦ **Oct 15th** ~ National Chicken Cacciatore Day
- ♦ **Oct 17th** ~ National Pasta Day
- ♦ **Oct 24th** ~ United Nations Day
- ♦ **Oct 31st** ~ Halloween
- ♦ **Nov 7th** ~ Day Light Saving Time Ends Turn your clocks back!
- ♦ **Nov 11th** ~ Veteran's Day

Banana Pudding Cake

- 1 lrg. pkg. instant vanilla pudding mix
- 2 ½ cups milk
- 1 (14 oz.) can Eagle Brand milk
- 1 (8 oz.) tub Cool Whip
- Bananas, sliced (Your choice of amount)
- Vanilla Wafers (Your choice of amount)

Mix vanilla pudding mix & milk together till well blended To this mixture, add: Eagle Brand Milk & Cool Whip to pudding

Using a 9 x 13 oblong dish, or a large bowl

Place a layer of Vanilla Wafers first

Then a layer of pudding mix

Then a layer of bananas

Then a layer of pudding mix

Alternate layers ending up with vanilla wafers on top

Refrigerate until chilled, usually overnight

Household Hint - For perfectly golden pie, brush the top of the pie with a beaten egg right before baking. This will make a wonderful golden brown crust that is picture perfect.