

BREAD & BUTTER PANTRY NEWSLETTER



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Store Brands vs. Name Brands

If concern about taste has kept you from trying store-brand foods, hesitate no more. In blind tests, our trained tasters compared a big national brand with a store brand in 29 food categories. Store and national brands tasted about equally good 19 times. Four times, the store brand won; six times, the national brand won. What's more, the store-brand foods we tested cost an average of 27 percent less than big-name counterparts (based on a survey in 2009).

During double-digit inflation in the late 1970s, cheap no-frills goods (aka generics) came in plain packaging that said little more than "applesauce" or "whole-kernel corn." They usually weren't very good. Today's store brands enjoy more prominent placement on shelves, snazzier packaging, more promotion, and, in general, higher manufacturing standards than in years past. That's not surprising, since some companies make both national brands and store brands. Many big-name companies make their usual types of products for the stores; others make additional private-label items. Among the big names that also make store-brand products: Sara Lee (baked goods), Reynolds (wraps, storage containers), 4C (bread crumbs, iced tea, soup mixes), McCormick (seasonings, extracts, sauces, gravies), Feit (light bulbs), Manischewitz (frozen appetizers, soup mixes, side dishes), Joy Cone (ice cream cones), Stonewall Kitchen (gourmet condiments, specialty foods), and Royal Oak (charcoal). In addition, what a lot of consumers don't know is that a lot of the store brand versus name brands, FDA guidelines are exactly the same as they have to follow the same FDA guidelines

Switching to store brands can be a painless way to stretch your grocery money.



Note SCHEDULE CHANGE for next distribution!

Saturday, April 30, 2011

10:00 AM-Noon

Sunday, May 1, 2011

9:00 AM-Noon

Monday, May 2, 2011

7:00-8:30 PM

Letter Carriers' Annual Food Drive Set for Saturday, May 14, 2011 Throughout The Nation



PUT YOUR NON-PERISHABLE DONATION IN A BAG BY YOUR MAILBOX.
WE'LL DELIVER IT TO A LOCAL FOOD BANK.



Supporting Partners: **AFL-CIO**

Recipe Corner



Tuna Casserole

- 1 (12 ounce) package extra wide egg noodles
- 1 cup Frozen Green Peas
- 1 (6 ounce) can Light Tuna in water, drained
- 2 tablespoons Butter
- 3 tablespoons All-Purpose Flour
- 1 3/4 cups Chicken Broth
- 1 (12 fluid ounce) can evaporated milk

In a 5- to 6-quart pan, bring 3 quarts of salted water to a boil over high heat. Add noodles; cook according to package directions. Add peas to pasta and cook until peas are bright green and tender to bite, about 1 minute. Drain noodles and peas, then return to pan. Blend in tuna. While noodles cook, in a 12- to 14-inch frying pan, melt butter over medium-high heat. Add flour and whisk vigorously until a smooth paste forms; stir mixture until it simmers, about 1 minute. In a bowl, mix together broth and milk. Very gradually, add this mixture in small batches to frying pan, whisking vigorously after each addition until smooth and thickens, about 2 minutes. Pour sauce over tuna-noodle mixture and gently stir to mix well. Serve immediately.

Easter Lemon Icebox Pie

- 1 (9 inch) prepared graham cracker crust
- 2 (8 ounce) packages cream cheese, softened
- 1 (14 ounce) can sweetened condensed milk
- 2 lemons, juiced
- 1 teaspoon lemon zest

In a medium mixing bowl, beat cream cheese until fluffy. Add condensed milk, lemon juice, and lemon rind. Mix until smooth. Pour mixture into crust. Refrigerate at least 2 hours before serving. Garnish with whipped cream.



Yum!

Special Dates in April and May 2011!

May is National Hamburger Month

- ◆ April 18: Passover Begins at Sunset
- ◆ April 18: Boston Marathon
- ◆ April 18: Patriots Day
- ◆ April 19: Garlic Day
- ◆ April 22: Earth Day
- ◆ April 22: National Jelly Bean Day
- ◆ April 24: Easter
- ◆ May 1: World Laughter Day

Meatloaf

- 2 slices whole wheat bread
- 2 pounds ground beef
- 1 scallions, chopped
- 2 tablespoons chopped onion
- 1 cup medium salsa
- 2 tablespoons Dijon mustard
- 1 teaspoon Worcestershire sauce
- 2 tablespoons minced garlic
- salt and pepper to taste
- 1 tablespoon barbeque sauce

Preheat the oven to 375 degrees F (190 degrees C). Soak the bread in warm water in a small bowl. Place the beef in a large bowl. Drain bread and add to beef along with scallions, onion, salsa, Dijon mustard, Worcestershire sauce, garlic, salt and pepper. Mix by hand until well blended. Form into a loaf and place in a greased loaf pan. Bake for 1 hour in the preheated oven. Drain off excess fat and top with barbeque sauce. Return to the oven and bake for an additional 15 minutes.

