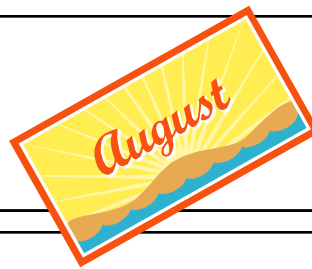


BREAD & BUTTER PANTRY NEWSLETTER



Tewksbury Community Pantry
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August 2011

August Heat... Know the Signs!

Heat Wave: More than 48 hours of high heat (90°F or higher) and high humidity (80 percent relative humidity or higher) are expected.

Heat Index: A number in degrees Fahrenheit that tells how hot it really feels with the heat and humidity. Exposure to full sunshine can increase the heat index by 15° F.

Heat Cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. It is generally thought that the loss of water and salt from heavy sweating causes the cramps.

Heat Exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

Heat Stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Signals include hot, red and dry skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be very high--sometimes as high as 105°F.

September Distribution Dates

Sunday, September 11th

9:00 AM—Noon

Monday, September 12th

7:00-8:30 PM

Saturday, September 17th

10:00 AM—Noon

Reminder!

Car Safety in the Heat

- ◆ Make sure your child's safety seat and safety belt buckles aren't too hot before securing your child in a safety restraint system, especially when your car has been parked in the heat.
- ◆ Never leave your child unattended in a vehicle, even with the windows down.
- ◆ Teach children not to play in, on or around cars.
- ◆ Always make sure all children have left the car when you reach your destination. Don't leave sleeping infants in the car ever!

Every year in the U.S., about 40 children die from being left alone in cars in hot weather. In addition, pets die in hot cars as well. Do not ever leave children or pets in a closed car. It doesn't take much for heat stroke to set in, or worse. Every year children and pets die in cars. Small children and animals are not able to open a window or open a door like you can. Typically, they will be quiet as heat overcomes them, so there won't be crying or other audible indications of trouble. Cracking the windows does not help; it doesn't prevent the temperature in the car from rising. Leaving children and pets inside a closed car, or even one with the windows rolled down, is dangerous, deadly, and illegal. Report children or pets in hot cars to the police immediately by calling 911.

Recipe Corner



Corn and Chicken Chowder

- 2 1/4 cups chicken broth
- 1 1/2 cups chopped onions
- 2 teaspoons chopped garlic
- 3 cups cubed cooked red potatoes
- 3 1/2 cups frozen whole-kernel corn, thawed and drained
- 2/3 cup milk
- 1/2 cup diced cooked skinless chicken
- salt

In a large soup pot over medium-high heat, heat 1/4 cup of the broth; when it's simmering, add the onions. Cook and stir for 3 minutes, or until the onions are soft. Add the garlic, potatoes and remaining 2 cups of broth. Bring the soup to a boil. Simmer, covered, for 15 minutes, or until the potatoes are soft. Add corn, milk and chicken to the soup. Simmer for 15 minutes. Add salt and pepper to taste and stir in the parsley.

Deli Potato Salad with Salami

- 6 to 10 potatoes, boiled, cooled and cut in chunks
- 3 hard boiled eggs, chopped
- 1/2 lb. salami cut in chunks
- 3 dill pickles, chopped
- 1 onion, chopped
- 3 tbsp. mayonnaise
- 3 tbsp. red wine vinegar
- salt and fresh ground pepper to taste

Mix potatoes, pickles, eggs and onion in a large bowl. Fry salami lightly and drain off excess fat, cool. Stir salami, mayonnaise and seasoning into potato mixture. Chill for 2 hours.



Special Dates in August and September

September National Chicken Month

- ◆ August 19th - National Aviation Day and Orville Wright's Birthday
- ◆ August 19th - Potato Day
- ◆ August 27th - Banana Lover's Day
- ◆ August 30th - Tewksbury Schools Open
- ◆ September 5th - Labor Day
- ◆ September 7th - Salami Day!

Banana and Blueberry Bread

- 1 Cup Sugar
- 1/2 Cup Shortening
- 1 Cup Mashed Bananas
- 2 Eggs
- 1/2 Cup Chopped Walnuts or Pecans
- 1-1/2 Cups Flour
- 1/2 Cup Quick Cook Oats
- 1/4 Salt
- 1 Tsp Baking Soda
- 1/2 Cup of Fresh Blueberries

Cream the shortening gradually adding the sugar, beat until light and fluffy. Add the eggs one at a time, beating well, then stir in the banana. Combine remaining ingredients together in a separate bowl and stir and then add to the banana mixture and stir well. Spoon the mixture into a greased and floured 9x5x3 inch loaf pan. Bake for 50-55 on 350 until wooden pick inserted in the center comes out clean.

Banana Facts:

- ◆ Bananas rank as the fourth most eaten food in the world behind rice, wheat and corn.
- ◆ Portuguese colonists started the first banana plantations in the Caribbean and Central America in 1502.
- ◆ The banana was mentioned for the first time in history in Buddhist texts in 600 BC.