

BREAD & BUTTER



Tewksbury Community Pantry
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February 2011

Ways to Save at the Grocery Store

- ♥ Look at the grocery stores ads every week in the mail. See what items are on sale and plan your weekly meals around the sale items.
- ♥ Clip coupons from your Sunday papers but beware not to use them just to use them...use them only if it is something you need
- ♥ Make a shopping list
- ♥ Bring the list with you to the store and stick to it. Many times when we go to the store without a shopping list we tend to impulse shop. If you have a list then you are more likely to stick with what is on the list.
- ♥ Take inventory of what you have on hand so you don't overbuy
- ♥ Look at all the products before purchasing. Many of the most expensive items are at eye level to make sure it catches you first. So look all around and compare prices.
- ♥ Buy store brands
- ♥ Cut the junk: Evaluate how much money you are spending on items such as soda (regular or diet), cookies, crackers, prepackaged meals, processed foods, etc. Limit or completely cut out these unhealthy foods. Your wallet and your body will thank you
- ♥ Check the freezer aisle. Look for the largest packages of vegetables in the frozen foods section. These are great for stir-fries and soups. Frozen and fresh veggies are equally nutritious, still taste good, and often the largest frozen bags will be cheaper.
- ♥ Prevent Impulse buying. We've all succumbed to the lure of the end cap displays; you know, those yummy displays of things at the end of the aisles that you would not normally buy.
- ♥ The less people you bring on your trip the less money you will spend
- ♥ Lastly, Eat First, Grocery stores know the power of the sweet smell of freshly baked bread. Just one sniff will ignite the appetite and send even the most hardened shopper down the aisle grabbing for anything that looks good. Remember, everything looks good when our stomachs are screaming, "feed me!"

March Distribution Dates

Sunday, March 13, 2011

9:00 AM-Noon

Monday, March 14, 2011

7:00-8:30 PM

Saturday, March 19, 2011

10:00 AM-Noon

Parking at the Pantry

As we all know it has been a very bad winter so far and it isn't over yet!

With all the snow and ice, we ask that you **NOT** park right in front of the building and please keep the walkway spaces in front of the doors open. It makes it very difficult to maneuver the grocery carts to and from your cars as well as walking in and out of the doors.

Thank you and lets hope for an early spring!



Recipe Corner



Chicken and Ham Mardi Gras Jambalaya

- 1 tablespoon butter
- 1 tablespoon oil
- 1 cup chopped onion
- 3/4 cup chopped green pepper
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 2 cups cubed, fully cooked ham (about 10 ounces)
- 2 chicken breast, chopped
- 1 14-1/2 ounce can chopped tomatoes
- 1-1/4 cups chicken broth
- 1/2 teaspoon dried thyme, crushed
- 1/8 to 1/4 teaspoon ground red pepper
- 3/4 cup rice

Melt butter with oil and chicken, onion, green pepper, celery, and garlic. Cook over medium heat until chicken is cooked and vegetables are tender. Add ham, undrained tomatoes, chicken broth, thyme, red pepper, and bay leaf. Bring to boiling; stir in rice. Reduce heat; cover and simmer about 20 minutes or until rice is tender.

Broccoli Noodle Casserole

- 1 large package of frozen chopped broccoli
- 1 lb. ground beef
- 1 bag of noodles
- 1 package of shredded Mozzarella cheese
- 4 potatoes boiled, then mashed or 1 package of instant potatoes

Cook all ingredients separately as directed. Fry ground beef. Make mashed potatoes. Combine noodles and ground beef. Then layer in a casserole dish, noodles, broccoli, cheese and potatoes. End up with potatoes on top. Place in 325 degree oven and bake for 20 minutes.

Special Dates in February and March 2011!

March is Peppers and Broccoli Month

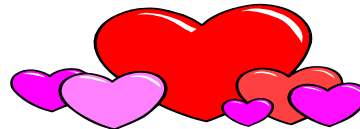
- February 14th ~ Valentine's Day
- February 19th ~ Chocolate Mint Day
- February 21st ~ President's Day
- February 22nd ~ George Washington's Birthday
- February 24th ~ National Chili Day
- March 3rd ~ National Anthem Day
- March 8th ~ Mardi Gras Begins
- March 9th ~ Lent Begins

CHOCOLATE MINT ICE CREAM PIE

- 1 Keebler 6 oz. Ready Crust chocolate flavored pie crust
- 1 qt. mint chocolate chip flavored ice cream, softened
- Topping**
- 3/4 c. powdered sugar
- 1 tbsp. butter
- 3 squares semi sweet chocolate
- 1/2 c. evaporated milk

Spread softened ice cream into the crust. Freeze 1 to 2 hours. For **Topping**: In saucepan combine sugar, butter, chocolate and milk. Heat, stirring occasionally until thickened. Let cool.

Remove frozen ice cream and pie crust from freezer, spread cooled topping over the firm ice cream, return to Freezer for 1 hour. Let stand at room temperature for 15 minutes before serving.



Household Hint

- ~Adding a little sugar to the batter of pancakes and waffles will make them brown more quickly
- ~Microwave garlic cloves for 15 seconds and the skins slip right off
- ~You can correct greasy gravy by adding a little baking soda to it