

BREAD & BUTTER



Tewksbury Community Pantry
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January 2011

Ways to Cut Back on Expenses for 2011

Lights/Electricity

A big expense every month is the electrical bill. A simple money saver is to open blinds and curtains and use natural light. It may be obvious, but a reminder never hurts. If you leave a room, turn the lights off. Replacing standard light bulbs with florescent energy saving bulbs can result in hundreds of dollars of savings. Purchasing new bulbs and replacing all your standard bulbs is a small investment with a large return. Also, when an appliance or any device that draws electricity isn't in use, turn it off, such as, radios, TV, computers.

Food Costs

Eating out less, plan meals for the week based on the grocery store ads and flyers and make a shopping list and stick with it. Buy only what's on sale what's on your shopping list and use coupons if you can.

Switch to Store-brand Products

Or at least give these products a try. Every year, ShopSmart tests dozens of store-brand items and we find that many of them are just as good or better than brand-name products.

Dollar Stores

One of the best kept secrets for saving money on canned goods, paper products, cleaning products and many household items that you would spend much more on in tradition stores.

Thrift Stores

Purchase clothing from thrift and consignment stores when it's appropriate. Consider the savings on an older, lightly used furniture item that can be fun to restore and paint.

Car Savings

Combine errands to do less driving to save on gas and wear on your car. Check your tire pressure regularly. You can improve your gas mileage by keeping your tires inflated to the proper pressure and the right pressure will help the lengthen the life of your tires. Pump your own gas. Drive slower, uses less gas. Don't warm your car up by letting it idle for lengthy periods of time. Modern car engines are running efficiently just seconds after ignition so a long warm-up time is not necessary. And idling wastes about a quart of gas every 15 minutes

February Distribution Dates

Sunday, February 13, 2011

9:00 AM-Noon

Monday, February 14, 2011

7:00-8:30 PM

Saturday, February 19, 2011

10:00 AM-Noon

Tips for Shoveling Snow

1. Shovel early and often. Newly fallen snow is lighter than heavily packed or partially melted snow. Shovel an inch or two at a time.
2. Push the snow instead of lifting it.
3. If you must lift the snow, lift it properly. Squat with your legs apart, knees bent and back straight. Lift with your legs. Do not bend at the waist. Scoop small amounts of snow into the shovel and walk to where you want to dump it.
4. Do not throw the snow over your shoulder or to the side.
5. See what you are shoveling. Do not let a hat or scarf block your vision.
6. Use a shovel that feels comfortable for your height and strength. Avoid a shovel that is too heavy or too long.
7. Pace yourself, take frequent breaks and replenish fluids to prevent dehydration, which affects muscles.

Recipe Corner



Special Dates in January and February 2011! January is National Soup

- January 17th ~ Martin Luther King Day
- January 20th ~ National Cheese Lover's Day
- January 23rd ~ National Pie Day
- February 2nd ~ Ground Hog Day
- February 3rd ~ Chinese New Year
- February 8th ~ Boy Scout Anniversary Day

Baked Ziti with Four Cheeses

- 1 pound Ziti or other medium pasta shape, uncooked
- 1 32-ounce jar pasta sauce
- 1 cup cottage cheese
- 3/4 cup chopped parsley
- 4 ounces grated parmesan cheese
- 8 ounces pkg. mozzarella cheese
- 4 ounces sliced provolone cheese

Cook pasta according to package directions; drain. Coat 13 x 9 x 2-inch baking dish with cooking spray; set aside. Place a thin layer of sauce in bottom of prepared dish. Continue making layers of pasta, cottage cheese, parsley, sauce, pasta, Parmesan cheese, pasta, Mozzarella, parsley, pasta, sauce and parsley. Place Provolone Cheese on top. Cover and bake in a 375°F oven for about 30 minutes or until cheese melts.

Kielbasa and Cabbage Soup

- 1 small head cabbage, coarsely chopped
- 1 medium onion, chopped
- 4 to 6 garlic cloves, minced
- 2 tablespoons oil
- 4 cups water
- 3 tablespoons cider vinegar
- 1 to 2 tablespoons brown sugar
- 1 pound smoked kielbasa halved, cut into 1/2-inch pieces
- 4 medium potatoes, peeled and cubed
- 3 large carrots, chopped
- 1/2 teaspoon pepper

In a large pot, sauté the cabbage, onion and garlic in oil for 5 minutes or until tender. Combine the water, vinegar and brown sugar; add to cabbage mixture. Stir in remaining ingredients. Bring to a boil. Reduce heat; cover and simmer for 60-70 minutes or until vegetables are tender. Yield: 8-10 servings.

Mud Pie Recipe

- 3 ounces semisweet chocolate, chopped
- 1/4 cup sweetened condensed milk
- 1 chocolate crumb pie crust (8 inches)
- 1/2 cup chopped pecans
- 2 cups cold milk
- 2 packages (3.9 ounces each) instant chocolate pudding mix
- 1 (8 ounces) container of cool whip

Melt chocolate; stir in condensed milk until smooth. Pour into crust; sprinkle with pecans. In a small bowl, whisk milk and pudding mixes for 2 minutes. Let stand for 2 minutes or until soft-set. Carefully spread 1-1/2 cups of pudding mixture over pecans. Fold 1/2 cup whipped topping into the remaining pudding mixture; spoon over pudding layer. Top with remaining whipped topping. Chill until set. Refrigerate leftovers. Yield: 8 servings

HAPPY NEW YEAR