

BREAD & BUTTER



Tewksbury Community Pantry
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October 2011



IMPORTANT NOTICE!

It's Time Again!
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. The 2012 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 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).** We need to fulfill these requirements to participate in programs that provide us with a great deal of food.

Thank you for your understanding!

Tewksbury Community Pantry
Board of Directors

ATTENTION: If you picked up a Green Jacket at the pantry with a set of keys in the pocket, please return it to the pantry as soon as possible as it belongs to a volunteer. If there is no one in the building, please put it in the food bin outside. Thank You!

Important: Please bring back your empty food box, we would like to recycle them as our box supply is low.

November

Distribution Dates

Sunday, November 13th

9:00 AM—Noon

Monday, November 14th

7:00-8:30 PM

Saturday, November 19th

10:00 AM—12:00 Noon

Thanksgiving Distribution

Sunday,

November 20th

10:00 AM-12:00 Noon



Free Child Safety Seat Inspection and Installation Clinic Sponsored by the Tewksbury Police Department
Sunday, October 9th & Saturday, October 15th

The Tewksbury Police Department, in conjunction with the Tewksbury Community Food Pantry's Board of Directors, will be providing a no cost Child Safety Seat Inspection and Installation Clinic. The clinic is open to all clients and their families, which will take place in the parking lot of the pantry during distribution on Sunday, October 9th and Saturday, October 15th. If you come to the Monday distribution you are still welcome to come to the clinic on either day. **We would encourage all those clients that use or need a child safety seat to attend.**



Recipe Corner



Easy Chili

1 pound ground beef
1 cup chopped onion
1/2 cup chopped green bell pepper
2 1/2 tablespoons chili powder
1 clove garlic, minced
1 bay leaf
1/2 teaspoon ground cumin
4 teaspoons finely chopped jalapeno chile peppers
1 (29 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (16 ounce) can red kidney beans, drained
salt and pepper to taste

In a large saucepan over medium high heat, combine the ground beef, onion and bell peppers. Saute for about 5 minutes, or until beef is browned. Drain excess fat. Add the chili powder, garlic, bay leaf, cumin, chile peppers, tomatoes, tomato sauce and salt and pepper to taste. Bring to a boil and reduce heat to low. Cover and simmer for 1 1/2 hours, stirring occasionally. Stir in the beans and heat through.

Egg and Pasta Scramble

1/2 cup small pasta such as orzo or chili mac
8 large eggs
1/2 teaspoon salt
1/4 ground black pepper
2 ounces mozzarella cheese, cut into 1/2-inch cubes
2 tablespoons basil
1 tablespoon butter
4 ounces ham or sausage, coarsely chopped
1/2 cup chopped onion
8 asparagus stalks, trimmed, cut crosswise into 1/2-inch pieces

Cook Pasta according to directions. Drain and set aside. Scramble eggs, salt, pepper, cheese and basil. Set aside. Melt the butter in a large skillet over medium heat. Add the ham or sausage and saute until crisp and golden. Add the onion and saute until tender. Add the asparagus and saute until crisp-tender, add the pasta and stir to coat. Finally, add the egg mixture and stir the mixture until the eggs are softly set.



Special Dates in October and November

October in National Chili Month

October 10th - Columbus Day

October 13th - World Egg Day

October 18th - National Chocolate Cupcake Day

October 25th - World Pasta Day

October 31st - Halloween

November 6th - I Love Nachos Day

November 10th - Lung Cancer Awareness Day

November 11th - Veterans Day

Dreamy Cream-Filled Cupcakes

1 box Betty Crocker® SuperMoist® devil's food cake mix (water, vegetable oil and eggs called for in cake mix box)
1-1/2 containers Betty Crocker® Whipped fluffy white frosting
1/2 cup miniature semisweet chocolate chips

Heat oven to 350°F (325°F for dark or nonstick pans). Make and bake cake mix as directed on box for 24 cupcakes. Cool 10 minutes; remove from pan to cooling racks. Cool completely, about 30 minutes. Spoon frosting into corner of heavy-duty food-storage plastic bag. Cut about 1/4 inch off corner of bag. Gently push cut corner of bag into center of cupcake. Squeeze about 2 teaspoons frosting into center of each cupcake for filling, being careful not to split cupcake. Frost tops of cupcakes with remaining frosting. Sprinkle chocolate chips on top of each cupcake. Store loosely covered



Candy Corn: is a confection in the United States and Canada, popular primarily in autumn around Halloween (though available year-round in most places). Candy corn was created in the 1880s by George Renninger of the Wunderle Candy Company; the three colors of the candy mimic the appearance of kernels of corn. Each piece is approximately 3 times the size of a whole kernel from a ripe or dried ear. Candy corn is made primarily from sugar, corn syrup, artificial coloring and binders. A serving size of 22 pieces contains 140 calories and no fat. Candy corn pieces are traditionally cast in three colors: a broad yellow end, a tapered orange center, and a pointed white tip.