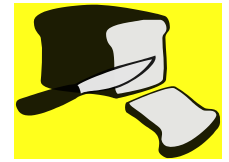


BREAD & BUTTER PANTRY NEWSLETTER



Tewksbury Community Pantry
978-858-2273 (858-CARE)
Email: info@tewksburypantry.org
Website: <http://www.tewksburypantry.org/>

September 2011

SCHOOL IS IN SESSION!

- **DRIVE SAFELY**
- **WATCH FOR CHILDREN**
- **WATCH FOR SCHOOL BUSES**



October Distribution Dates

Sunday, October 9th

9:00 AM—Noon

Monday, October 10th

7:00-8:30 PM

Saturday, October 15th

10:00 AM—Noon

Storage Times for the Refrigerator and Freezer

These short but safe time limits for home-refrigerated foods will keep them from spoiling or becoming dangerous to eat. The guidelines for freezer storage are for quality only. Frozen foods remain safe indefinitely.

Category	Food	Refrigerator (40 °F or below)	Freezer (0 °F or below)
Salads	Egg, chicken, ham, tuna & macaroni salads	3 to 5 days	Does not freeze well
Hot dogs	opened package	1 week	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Luncheon meat	opened package or deli sliced	3 to 5 days	1 to 2 months
	unopened package	2 weeks	1 to 2 months
Bacon & Sausage	Bacon	7 days	1 month
	Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Hamburger & Other Ground Meats	Hamburger, ground beef, turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months
Fresh Beef, Veal, Lamb & Pork	Steaks	3 to 5 days	6 to 12 months
	Chops	3 to 5 days	4 to 6 months
	Roasts	3 to 5 days	4 to 12 months
Fresh Poultry	Chicken or turkey, whole	1 to 2 days	1 year
	Chicken or turkey, pieces	1 to 2 days	9 months
Soups & Stews	Vegetable or meat added	3 to 4 days	2 to 3 months
	Leftovers	Cooked meat or poultry	3 to 4 days
Leftovers	Chicken nuggets or patties	3 to 4 days	1 to 3 months
	Pizza	3 to 4 days	1 to 2 months

Recipe Corner



Easy Cheesy Broccoli and Rice

- 1 10-ounce package frozen chopped broccoli
- 1 cup quick-cooking rice
- 1 cup water
- 1/4 teaspoon salt
- 1 cup shredded cheddar

In a medium saucepan combine frozen broccoli, uncooked rice, water, and salt. Bring to boiling, stirring frequently to break up frozen broccoli. Remove from heat. Cover and let stand for 5 minutes. Return saucepan to burner. Over low heat, add cheese, stirring just until cheese is melted. Makes 6 servings.

Skillet Tuna Noodle Casserole

- 8 ounces egg noodles
- 1 tablespoon oil
- 1 medium onion, finely chopped
- 8 ounces mushrooms, sliced
- 1/2 teaspoon salt
- 6 tablespoons all-purpose flour
- 3 cups milk
- 1/2 teaspoon freshly ground pepper
- 12 ounces canned chunk light tuna drained
- 1 cup frozen peas, thawed
- 1 cup finely grated Parmesan cheese, divided
- 1/2 cup breadcrumbs

Bring a large pot of water to a boil. Cook noodles until just tender, 6 to 8 minutes or according to package directions and drain. Meanwhile, heat oil in a large over medium-high heat. Add onion, mushrooms and salt and cook, stirring often, until the onion is softened but not browned, about 5 minutes. Sprinkle flour over the vegetables; stir to coat. Add milk and pepper and bring to a simmer, stirring constantly. Stir in tuna, peas and 1/2 cup Parmesan, stir in the noodles. Remove from heat and place in oven proof baking dish, sprinkle the casserole with breadcrumbs and the remaining 1/2 cup Parmesan. Bake in 325 oven until bubbly and lightly browned on top. Serve with Green Salad



Special Dates in September and October

September is

National Breakfast and National Rice Month

- ◆ September 11 - Patriot Day, in remembrance of those who lost their lives in the terrorist attacks on September 11, 2001
- ◆ September 13 - International Chocolate Day
- ◆ September 19 - National Butterscotch Pudding Day
- ◆ September 21 - International Day of Peace
- ◆ September 23 - First Day of Autumn
- ◆ October 6 - National Noodle Day

BUTTERSCOTCH PUDDING NUT COFFEE CAKE

- 1 box yellow cake mix
- 1 sm. box butterscotch pudding (not instant)
- 1 (6 oz.) pkg. butterscotch morsels
- 1 c. chopped nuts

Prepare pudding according to directions on box. Pour dry cake mix into cooked pudding mix. Pour into greased and floured 9 x 13 inch pan. Sprinkle butterscotch morsels and nuts over top. Bake at 350 degrees for 20-25 minutes.

For delicious flavorful Rice with almost no added calories, cook in chicken, beef or vegetable broth instead of water.