

Bread & Butter



Tewksbury Community Pantry
978 858-2273 (858-CARE)



October 2008

Flu and Cold Season!

What is the difference between a cold and the flu? The flu and the common cold are both respiratory illnesses but they are caused by different viruses. Because these two types of illnesses have similar flu-like symptoms, it can be difficult to tell the difference between them based on symptoms alone. In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

How can you tell the difference between a cold and the flu?

Because colds and flu share many symptoms, it can be difficult (or even impossible) to tell the difference between them based on symptoms alone. Special tests that usually must be done within the first few days of illness can be carried out, when needed to tell if a person has the flu.

What are the symptoms of the flu versus the symptoms of a cold?

In general, the flu is worse than the common cold, and symptoms such as fever, body aches, extreme tiredness, and dry cough are more common and intense. Colds are usually milder than the flu. People with colds are more likely to have a runny or stuffy nose. Colds generally do not result in serious health problems, such as pneumonia, bacterial infections, or hospitalizations.

Clean surfaces - Keep kitchen and bathroom counter tops clean.

Tissues instead of cloth hankies - Use boxed tissues only, cloth hankies hold in germs. Discard used tissues right away.

Hand Sanitizer - Use often when in public places. These spots can pass on germs to you, for example: grocery cart handles, escalator railings, door handles, salt and pepper shakers and condiment containers in restaurants, chair arms, public bathroom faucet handles, ATM machines, magazines in waiting rooms, public computers, credit card machines, money, airplane seat-belts and arms with buttons, etc.

November Distribution Dates

Sunday, Nov. 9th

9:00 AM - Noon

Monday, Nov. 10th

7:00-8:30 PM

Saturday, Nov. 15th

10:00 AM - Noon

Avoid touching your eyes, nose or mouth - Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

Avoid close contact - Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick - If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose - Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands - Washing your hands often with warm water and soap will help protect you from germs.

Recipe Corner

Syrian Bread Pizza

- 1 Pkg of Syrian Bread
- 1 Can of Pizza Sauce
- 1 Pkg of Shredded Mozzarella Cheese
- Toppings as desired (peppers, mushrooms, pepperoni, onions, black olives)
- Salt, Pepper, Oregano, basil, garlic salt
- Oil

Cut each Syrian Bread around edge to make two pizzas do same for more pizza. Spread top with oil, bake in 400 degree oven until very lightly toasted, remove from oven top each with sauce, cheese, toppings, season with salt, pepper, oregano, basil and garlic salt.. Return to 400 degree oven and bake until cheese is bubbly.

Mediterranean Chicken with Pasta

- 1 pound Pasta
 - 2 ripe tomatoes, cored
 - 2 tsp. oil
 - 1 large onion, peeled and finely diced
 - 4 large cloves garlic, peeled and finely chopped
 - 1 pound boneless, skinless chicken breast, cut into strips
 - 12-16 medium green ripe olives, coarsely chopped
 - 1 green bell pepper cut up
 - 1 15 1/2-oz. can chicken broth
 - 1 cup grated cheese
- Prepare pasta according to package directions. While pasta is cooking, chop tomatoes . Heat the oil in a large skillet and add the onion and garlic and cook until the onion is lightly browned. Add the chicken cook until the chicken is lightly browned, stir in the olives, green pepper and tomatoes and cook until the tomatoes begin to give off liquid. Add the chicken broth to the skillet, heat to boiling and boil until half of the liquid is evaporated. When pasta is done, drain it well and add to sauce mixture. Toss until pasta is evenly mixed with sauce. Transfer to serving dish, top with cheese and serve.

Special Dates in October and November!

October is National Pizza & Pasta Month

Oct 13th ~ Columbus Day

Oct 16th ~ World Food Day is a worldwide event designed to increase awareness, understanding and informed, year-around action to alleviate hunger.

Oct 25th ~ Make A Difference Day a celebration of neighbors helping neighbors. Make A Difference Day is an annual event that takes place on the fourth Saturday of every October.

Oct 28th ~ National Chocolate Day

Oct 31st ~ Halloween

Nov 2nd ~ Daylight Standard Time Resumes
2008-- Set clocks BACK one hour

Nov 4th ~ Presidential Election

Chocolate Pudding Cake

- 1 box Betty Crocker® SuperMoist® chocolate fudge cake mix follow baking directions on box
- 1 box (4-serving size) milk chocolate instant pudding and pie filling mix
- 2 cups cold milk

Heat oven to 350°F (325°F for dark or nonstick pan). Bake and cool cake as directed on box for 13x9-inch pan.

Poke cake every 1/2 inch with handle of wooden spoon. In medium bowl, beat pudding mix and milk with wire whisk about 2 minutes. Pour pudding evenly over cake. Run knife around sides of pan to loosen cake. Refrigerate about 2 hours or until chilled. Store loosely covered in refrigerator. Try warming in oven and served with ice cream or chilled topped with cool whip, DELICIOUS!

