

# Bread & Butter



**Tewksbury Community Pantry**  
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## Coupon Experts Save Money With Clip & Save Strategies

The best way to use coupons, if your goal is to save money, is to clip only coupons for products you would buy anyway. The manufacturers don't like to hear people say this because it completely defeats the purpose of distributing them in the first place. Don't worry, though, they'll survive because it's an effective marketing technique that works on most people.

However, if you want to beat the system and use coupons to your benefit instead of theirs, make a grocery list before you sort through them. If you're not due for a trip to the grocery store any time soon, take a refresher look through the pantry and the refrigerator, to re-familiarize yourself with the products and types of food you buy.

Then, sit down with the coupons, a pair of scissors and a waste basket, and start seeking out the ones that offer discounts on the food you buy. Keep them in an organized place – you don't have to buy a fancy organizer, an envelope will do just fine – and refer to them the next time you're planning a trip to the supermarket. Also, when you head to the supermarket, keep an eye open for "double coupon" days, and plan your trip accordingly.

If you decide to try a new brand because you have a coupon for it, check to see if the discount isn't eaten up by the difference between that product and the one you usually buy. In other words, if you usually buy Ketchup Brand A and you get a 50-cent coupon for Ketchup Brand B, but the regular price of Brand B is a dollar more than Brand A, you're really losing 50 cents instead of saving it.

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## September

### Distribution Dates

Sunday, Sept 9th

9:00 AM—Noon

Monday, Sept 10th

7:00-8:30 PM

Saturday, Sept 15th

10:00 AM—Noon

As usual, the best way to keep control of your finances is by organizing and planning ahead, then sticking to the plan. It's possible to save a small percentage on your grocery bill with coupons, if you're disciplined about how you use them. At the very least, you'll recover the cost of the newspaper assuming you don't drop the coupon section in your driveway.

*Be sure to check expiration dates!*



## Recipe Corner

### Mediterranean Potato Salad

2 pounds potatoes  
1 green bell pepper, minced  
1 cucumber, sliced and quartered  
1/2 cup sliced red onion  
8 ounces crumbled feta cheese  
1 Tablespoon Lemon Juice  
1/2 cup Italian-style salad dressing  
salt and pepper to taste

Bring a large pot of salted water to a boil. Add potatoes and cook until tender but still firm, about 15 minutes. Drain, cool and chop. In a large bowl, combine the potatoes, green peppers, cucumbers, red onion and cheese. Whisk together the lemon juice, salad dressing, salt and pepper. Pour over salad and toss to coat.

### American Chop Suey

1 lb Ground Beef  
1 large green pepper, chopped  
1 large onion, chopped  
1 large can of peeled tomatoes  
2 large cans of tomato sauce  
8 slices of American cheese  
1 lb. box of Macaroni  
1 Tablespoon Margarine or Oil

Cook macaroni as directed on package, about 12 minutes in boiling water with a dash of salt in the water. In a frying pan, add oil or margarine, green pepper, onion and ground beef and cook until beef is done. Add can of tomatoes and cut them into small pieces. Coat a baking dish with a spray oil. Drain the macaroni and put it into the baking dish. Add the ground beef mixture into the macaroni and mix well. Add the cut up tomatoes to the mix. Pour tomato sauce over all. Break up the cheese and mix in. Bake at 400 degrees for 30 to 40 minutes.



## Special Dates in August and September

### Potato Day - Friday, August 19th

**National Senior Citizens Day - Friday, August 21st** ~ On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society. In his Presidential Proclamation (August 19, 1988), President Ronald Reagan said "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older."

### Tewksbury Schools Open - Wednesday, August 29th

### Chop Suey Day - Wednesday, August 29th

**Labor Day - Monday, September 3rd** ~ Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

### Summer Peach Pudding Dessert

2 cups sliced fresh peaches or 1 (20 ounce) can canned peaches, drained  
3/4 cup sugar  
3/4 cup flour  
1/4 teaspoon salt  
1/2 cup melted margarine  
2 teaspoons baking powder  
3/4 cup milk

Preheat oven at 350 degrees. Spread peaches in a well greased 13x9 baking dish. Blend flour, sugar, baking powder and salt. Add milk, beating until a batter forms. Pour over peaches. Drizzle margarine over top of mixture. Bake at 350 degrees for 40 minutes. Let cool and refrigerate about 4 hours prior to serving.