

BREAD & BUTTER



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

February 2007

HELP !!!

ASSISTANCE RESOURCES

Citizens Prescription Drug Program

The Citizens Health Prescription Drug Program reduces the costs of medications to senior citizens and uninsured working families. For a small annual fee, participating individuals or families can get discounts on brand name and generic prescription drugs. These discounts are accepted at thousands of pharmacies nationwide. For more info call 1-800-563-5479.

Gas Assistance Program

Households that heat their home with natural gas and believe they may qualify for assistance through this program should call 1-866-427-9918. Callers to this hotline will be asked to leave a name and address on the message so that Citizens Energy can mail an application form. Applicants need to complete the application and mail the form back to Citizens Energy, along with a copy of their gas utility bill. If the applicant is eligible, Citizens Energy will work with their gas utility to credit \$150 towards the household's gas account.

Fuel Assistance Program

Fuel Assistance, also known as the Low Income Home Energy Assistance Program (LIHEAP), can provide financial assistance to income eligible applicants. Contact the Massachusetts Department of Housing and Community Development 1-800-632-8175 for more information.

March Distribution Dates

Sunday, March 11th

9:00 AM—Noon

Monday, March 12th

7:00-8:30 PM

Saturday, March 17th

10:00 AM—Noon

Energy Bucks

Energy Bucks helps eligible Massachusetts customers with fuel assistance, energy discounts and efficiency services. For more information, call 1-866-537-7267.

Good Neighbor Energy Fund

This fund is a state-wide fund managed by The Salvation Army. The Good Neighbor Energy Fund helps customers who may not qualify for other means of assistance pay their electric bill. For more information call the Salvation Army at 1-800-334-3047.

Recipe Corner

Easy Cheesy Potatoes

- 6 medium potatoes
- 1 onion -- sliced
- 1/4 teaspoon dried parsley
- 1 cup shredded cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup butter or margarine

Slice potatoes very thin. Place 1/2 in an oiled 2-quart casserole. Add 1 layer onion slices. Sprinkle with half the dried parsley, half the salt and half the pepper. Add 1/2 cup shredded cheese and top with half the butter. Repeat layering. Cover and cook for 15 minutes, until potatoes are tender.

Crispy Parmesan Chicken Breasts

- 1/3 cup Grated Parmesan Cheese
- 1/4 cup seasoned dry bread crumbs
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 6 boneless, skinless chicken breast halves
- 3 tablespoons butter or margarine melted

Preheat oven to 400 degrees F. Mix cheese, crumbs and seasonings in shallow dish. Dip chicken in butter; coat with cheese mixture. Place in greased 15x10x1-inch baking pan. Bake 20 minutes or until chicken is cooked through.



Special Dates in February and March!

February is National Potato Lovers Month!

Wednesday, Feb 14th ~ Valentines Day

Monday, Feb 19th ~ President's Day

Friday, Feb 23rd ~ National Banana Bread Day

Sunday, Mar 11th ~ New Federal Law - Spring Forward in March, Back in November. The Federal government announced a major change in Daylight Saving Time. Beginning in March 2007, Daylight Savings Time will start Sunday of March 11th and end on Sunday, November 4th.

Banana Bread

- 1/2 cup Shortening
- 1 cup Sugar
- 2 Eggs
- 1 cup Mashed Bananas
- 1 teaspoon Lemon Juice
- 1 teaspoon Vanilla
- 2 cups Flour
- 3 teaspoons Baking Powder
- 1/2 teaspoon Salt
- 3/4 cup Walnuts

Cream shortening and sugar. Mix eggs, bananas, lemon juice, and vanilla and add to creamed mixture. Mix dry ingredients and add to mixture. Fold in nuts. Bake in greased loaf pan at 375 for about 1 hour. Cool in pan for 10 minutes then transfer to rack.