

BREAD & BUTTER



Tewksbury Community Pantry
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January 2007

Heating Tips for Cold Weather

Heating Without Getting Burned

Most home heating fires involve portable heaters and space heaters, with gas and kerosene heaters accounting for the highest fatality risk. But all heating systems, including fireplaces, can be dangerous if not used and maintained properly.

Wood-Burning Stoves

To protect the floor under wood-burning stoves from heat or stray embers, put down approved protection or a floor protector endorsed by a testing lab

Fireplaces

When you use your fireplace, protect your home from sparks by using a fire screen made of sturdy metal or heat-tempered glass. Burn only seasoned wood. **DO NOT burn rubbish or scraps of treated lumber.** Add wood carefully; sparks can escape into the room while the screen is open. Be sure dampers are in working order, and never leave fires unattended, especially in an area used by children or pets.

Vents and Chimneys

All fueled heaters must be vented to prevent dangerous carbon monoxide build-up in your home. Creosote and carbon deposits caused by inefficient burning in fireplaces and wood stoves can coat chimney flues and pose a fire hazard. Have your chimney inspected by a professional before each heating season and have it cleaned if necessary. Unusually high concentrations of chimney deposits could mean your fireplace or wood stove is not burning efficiently and should be inspected for defects. If you use a wood stove, have the flue and chimney connection inspected and cleaned regularly. Consider installing a spark arrester on top of any chimney that vents a solid-fuel stove or fireplace.

Space Heaters

Give space heaters space. Keep all combustible materials away from portable and space heaters. Place all space heaters at least three feet from furniture, walls, curtains or anything else that could catch fire. Turn off space heaters when you leave home or go to bed.

Liquid Fuel Safety

If your space heater burns liquid fuel such as kerosene, let the heater cool down before refueling it. Adding fuel to a hot heater can cause fumes to ignite. Always refuel your heater outdoors in an area away from structures where a spill won't present a fire hazard. Use only the type of fuel recommended by the manufacturer.

February Distribution Dates

Sunday, Feb. 11

9:00 AM—Noon

Monday, Feb. 12

7:00-8:30 PM

Saturday, Feb. 17

Natural Gas-Fueled Heaters

Check vents periodically to make sure they aren't blocked. Never install unvented heaters in bathrooms or sleeping areas. Carbon monoxide can build up to dangerous levels in small, enclosed spaces.

In addition:

Make sure there is a working smoke detector on every level of the home. Check the batteries every six months (Daylight Saving Time in April and October are a good rule of thumb) and replace them yearly.

Consider installing carbon monoxide detectors on every level of the home, near sleeping areas where the audible alarm can be heard.

Never use an electric generator indoors, inside the garage, or near the air intake of your home because of the risk of carbon monoxide poisoning:

Never use charcoal grills or portable gas camp stove indoors—the fumes are deadly.

Recipe Corner

POTATO AND CHEDDAR SOUP

2 cups water
2 cups potatoes, peeled and cubed
3 tablespoons butter or margarine
1 small onion, chopped
3 tablespoons all-purpose flour
Black pepper to taste
3 cups low-fat milk
1/2 teaspoon sugar
1 cup cheddar cheese, shredded
1 cup (8 ounces) cooked ham, cubed

Bring water to a boil in large saucepan. Add potatoes and cook until tender. Drain, reserving liquid. Measure 1 cup, adding water if necessary. Melt butter in saucepan over medium heat. Add onion; cook and stir until tender but not brown. Add flour; season with black pepper. Cook 3 to 4 minutes. Gradually add potatoes, reserved liquid, milk, and sugar to onion mixture; stir well. Add cheese and ham. Simmer over low heat 30 minutes, stirring frequently.

WARM TOMATO-PEPPER PASTA

1/2 cup green onion, thinly sliced
2 Tbsp. olive oil
3 cups (1.5 pounds) tomato, seeded and diced
2 Tbsp. parsley, chopped
1/8 tsp. cayenne pepper
1 tsp. garlic, finely chopped
1 large red bell pepper, diced finely
1/2 cup Parmesan cheese, grated
1/4 tsp. pepper
8 ounces dry linguine or spaghetti

Sauté onion and garlic in oil until soft. Add red bell pepper and saute until tender-crisp, about 2 minutes. Stir in tomato and cook over high heat until juices evaporate. Stir in cheese and next 4 ingredients: reserve. Cook pasta and drain well. Toss hot pasta with reserved tomato mixture.

Special Dates in January and February!

January 15, 2007 ~ Martin Luther King, Jr. Birthday

January 15, 2007 ~ First Superbowl Game, 1967 (Green Bay Packers defeated Kansas City Chiefs)

January 20, 2007 ~ National Buttercrunch Day

February 2, 2007 ~ Groundhog Day

February 4, 2007 ~ Super Bowl Sunday

February 6, 2007 ~ Massachusetts became the 6th US State on February 6, 1788

KELLOGG'S BUTTER CRUNCH SQUARES

1/3 cup butter or margarine
3/4 cup firmly packed brown sugar
1/2 cup corn syrup or honey
1/2 cup smooth peanut butter
1 teaspoon vanilla extract
3 cups corn flakes
1 1/2 cups corn pops cereal
3/4 cup blanched peanuts

In large heavy saucepan over low heat, melt butter. Stir in sugar and corn syrup. Cook over med. heat, stirring constantly, until sugar is dissolved and mixture is bubbly. Remove from heat. Blend in peanut butter and vanilla. Add cereals and peanuts, stirring until thoroughly coated. Press firmly and evenly into buttered 9" square pan. Chill until set (about 45 min.). Cut into squares. Store covered at room temperature.

