

Bread & Butter



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

July 2007

Grilling Safety Tips

Grilling food can be found at almost every summer gathering. Follow these tips to ensure a safe and enjoyable barbeque!

Check for Gas Leaks

If using a gas grill, make sure there are no gas leaks by rubbing soapy water onto the gas hose and turning the gas on. If there is a leak, you will see bubbles appear. DO NOT, under any circumstances, ignite the grill. Buy a new hose before using the grill again.

Keep Water Nearby

Keep a garden hose filled with water nearby. If this is not possible, have a bucket of water nearby anytime you barbecue in order to put out a flame in an emergency or to use on a burn.

Ventilation

Don't ever barbecue in the garage, even with the door open. The area may not be as well ventilated as you think. Barbecues produce carbon monoxide, which can build up in an enclosed area. Carbon monoxide is invisible, colorless and tasteless -- but extremely dangerous. Instead, set up your grill in a corner of your deck or patio. Avoid grilling on a covered or enclosed porch or on top of anything that can catch on fire.

Continued ----->

August

Distribution Dates

Sunday, August 12th

9:00 AM—Noon

Monday, August 13th

7:00-8:30 PM

Saturday, August 18th

10:00 AM—Noon

Child Safety

This may be a hard rule to enforce because children like to be around the grill and may be unaware that it is very hot. Keep the kids away from the grill. Better yet, grill away from people. The New York City Fire Department suggests keeping grills at least 10 feet away from your house, garage or trees.

First Aid

In addition to water, have a phone and first-aid kit nearby. Don't hesitate to call 911 in case of an emergency. Also, make sure your first-aid kit is handy and stocked with updated products for outdoor activities.

Recipe Corner

TUNA PASTA SALAD

- 1 cup creamy salad dressing
- 1 teaspoon dried dill
- 1/2 teaspoon ground black pepper
- 2 cups elbow macaroni
- 1 (6 ounce) can tuna, drained
- 1 cup chopped broccoli
- 1 cup chopped carrots
- 1 cup sliced celery
- 1 cup cucumber - peeled, seeded and chopped

In a large bowl, mix dressing, dill weed and ground black pepper. Mix in macaroni, tuna, broccoli, celery and cucumber until well blended. Cover and refrigerate until ready to serve.

FOIL GREEN BEAN & CHICKEN DINNER

- 4 (18 x 12-inch) sheets heavy duty aluminum foil
- 4 boneless, skinless chicken breast halves (1 to 1 1/4 lb.)
- 1 (10 3/4 ounce) can cream of mushroom soup, undiluted
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Paprika
- 2 cups frozen cut green beans
- 1 1/3 pounds (4 medium) potatoes, cut into 1/2-inch cubes
- 2 tablespoons butter or margarine

Heat oven to 450 degrees F or set grill to medium-high.

Center one chicken breast half on each sheet of heavy duty aluminum foil. Combine soup, salt and pepper. Spoon soup mixture over chicken; sprinkle with paprika. Top with vegetables; dot with margarine. Bring up foil sides. Double fold top and ends to seal packet, leaving room for heat circulation inside. Repeat to make four packets. Bake for 30 to 35 minutes on a cookie sheet in oven or grill for 22 to 24 minutes in covered grill

Special Dates in July and August

July ~ National Blueberry Month

July 10th, 1890 ~ Wyoming Became the 44th State

July 16, 1790 ~ District of Columbia was Established

July 17, 1955 ~ Disneyland Opened

July 20, 1969 ~ First Man on the Moon - U.S. astronaut Neil A.

Armstrong became the first person to walk on the moon. He placed the United States Flag on the moon on this date.

August 4th ~ National Chocolate Chip Day

August 4, 1790 ~ U. S. Coast Guard Established

MAINE BLUEBERRY BETTY

- 3 cups Maine blueberries
- 2 tbsp. lemon juice
- 2/3 cup brown sugar
- 1/2 cup flour
- 1 cup quick oats
- 2/3 cup melted butter
- 3/4 tsp cinnamon
- 1/4 tsp. salt

In a 9 inch square baking dish place cleaned blueberries. Sprinkle with lemon juice. Mix the rest of the ingredients together (don't be afraid to play with the topping a little... add more or less oats or butter to taste). Spread on top of blueberries. Bake at 375°F for 30 minutes.