

# Bread & Butter



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

**October 2007**



## Heating Assistance



Fuel assistance, also known as the Low Income Home Energy Assistance Program (LIHEAP), is a government program to help low-income families and individuals pay their heating bills during the winter.

Fuel assistance is for low-income tenants and homeowners, and eligibility is based on your household's gross annual income. If you rent, you may receive fuel assistance even if your heat is included in the rent. The amount of fuel assistance you will get depends on your income and your heating costs. Benefits ranged from \$465 to \$687 for the 2006-2007 heating season.

The benefits may go up if the state approves more funding. Some households qualify for extra help if their heating bills last year were very high. You may also be eligible for weatherization services, heating system repairs, and Citizens Energy heat assistance programs. In addition, most gas, electric, and telephone companies give discount rates to people receiving fuel assistance.

For more information call the Massachusetts Heat Line **toll-free at 1-800-632-8175**. You may apply any time during the heating season. Once you are found eligible for fuel assistance, your local fuel assistance agency will notify your heating company. The agency will pay your fuel assistance benefit directly to your heating company, unless your heat is included in your rent. You must pay any part of your heating costs not covered by fuel assistance. If you are eligible for weatherization, emergency furnace repair, Citizens Energy heat assistance, or utility discounts, your fuel assistance agency will explain how to get these benefits.



## November Distribution Dates

Sunday, Nov. 11th

9:00 AM—Noon

Monday, Nov. 12th

7:00-8:30 PM

Saturday, Nov. 17th

10:00 AM—Noon



## Application Renewal

*It's that time of year again and the pantry will be distributing 2008 applications to clients during the month of October. All clients are required to submit an annual application with the required supporting documentation. The pantry requires that the application be filed before our Thanksgiving distribution and it must be on hand for clients to participate in the Thanksgiving distribution this year. Please ask our volunteers about this important item if you have questions or concerns.*

**We appreciate your cooperation.**



## Recipe Corner

### Quick Black Bean Soup

- 1 Tbsp. olive oil
- 1 onion, chopped
- 2 (15 oz.) cans black beans, rinsed and drained
- 14 oz. can chicken broth
- 15 oz. can corn, drained
- 14 oz. can diced tomatoes
- 1/2 tsp. dried thyme leaves
- 1/2 tsp. dried basil leaves
- 1 tsp. balsamic vinegar
- 1/2 tsp. cumin

Cook onion in oil in a large soup pot. Open one can of beans, mash the beans using a fork, and scoop out of the can into the pot, along with the can of whole beans, drained corn, chicken broth, and tomatoes. Stir in seasonings. Cover pot and bring to a boil. Reduce heat to low and simmer the soup for 8-10 minutes, stirring frequently. Serves 4-6

### Chili Bean Casserole

- 3 tablespoons vegetable oil
- 1 large onion, chopped
- 1 carrot, shredded
- 1 clove garlic, finely minced
- 1 can (14.5 ounces) stewed tomatoes
- 1 can (16 ounces) red kidney beans, drained
- 1 can (16 ounces) pinto beans or other bean, drained
- 1 package (10 ounces) frozen cut green beans, or about 1 1/2 to 2 cups
- 1/2 teaspoon salt
- 1/8 teaspoon liquid red pepper
- 1 to 2 tablespoons chili powder, to taste

Heat oil in large skillet; sauté onion, shredded carrot, and garlic until tender but not brown. Add remaining ingredients; simmer over low heat for 25 minutes. Taste and add a little more salt, chili powder, and pepper, if desired. This bean casserole serves 6.



### **SPECIAL DATES IN OCTOBER AND NOVEMBER!**

**OCTOBER IS NATIONAL PIZZA MONTH!**

**OCTOBER 31ST ~ HALLOWEEN**

**NOVEMBER 4TH ~ DAYLIGHT STANDARD TIME RESUMES 2007 (DAYLIGHT SAVINGS TIME ENDS) -- SET CLOCKS BACK ONE HOUR**

**NOVEMBER 11TH ~ VETERAN'S DAY**

### Pita Bread Pizza

- 2 six inch pitas
- 1/2 cup prepared spaghetti or pizza sauce
- 1 small tomato, diced
- 1 small onion or several green onions, chopped
- 1/2 cup sliced olives
- 1 cup fresh mushrooms, sliced if desired
- 1 small green pepper, sliced
- 1 cup Mozzarella cheese, grated
- 1 package pepperoni, sliced if desired
- Parmesan cheese, grated

Preheat the oven to 425 degrees. Slice each piece of pita bread in two so you have two thin, flat circles by using a sharp paring knife on the edge of the pita bread. Spread sauce onto the pita bread, and add sauce and then all other toppings. Bake the pizzas on an ungreased baking sheet or pizza pan for five or six minutes or until the cheese has melted and the pita bread has reached your desired crispness.

