

# Bread & Butter



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

September 2008

## Important Pantry Items!!

### Please Read!

~Clients Appropriate Dress: When coming to distribution, please remember although we are not a grocery store, we are considered a public place that handles food. Please dress as you would if you were going to a grocery store, no bare feet and appropriate clothing required. You will be turned away from distribution if you are not appropriately clothed.

~Clients Appropriate Behavior: Please respect our volunteers and other pantry clients when coming to distribution. No foul language. No pushing or shoving, please wait your turn, everyone will have a turn.

~Distribution Days: Our Sunday distribution has become over-crowded. Please consider coming to another distribution. Monday night or Saturday have far less clients. Saturday especially has the fewest amount of clients. All clients get exactly the same amount of food and the pick shelves are as equally stocked each month no matter which day you come. We are strongly asking that some clients consider coming on another day if you can. We need to ease our Sunday crowd. If at all possible, we do not want to have to start assigning days to clients, so please consider another day.

Thank you, Pantry Board

## October

### Distribution Dates

Sunday, Oct 12th

9:00 AM—Noon

Monday, Oct 13th

7:00-8:30 PM

Saturday, Oct 18th

10:00 AM—Noon

### School is in Session!

- **Drive Safely**
- **Watch for Children**
- **Watch for School Buses**



## Recipe Corner

### Ham 'n' Cheese Egg Bake

- 1 1/2 cups shredded Cheddar cheese
- 1/2 cup shredded mozzarella cheese
- 1/2 pound fresh mushrooms, sliced
- 6 scallions, sliced
- 1 medium sweet red pepper, chopped
- 2 tablespoons butter or margarine
- 1 3/4 cups cubed fully cooked ham
- 1/4 cup all-purpose flour
- 8 eggs
- 1 3/4 cups milk
- salt and pepper to taste

Combine the cheeses; sprinkle into a greased 13-in. x 9-in. x 2-in. baking dish. In a large skillet, sauté the mushrooms, onions and red pepper in butter; stir in ham. Spoon over the cheese. In a bowl, combine the flour, eggs, milk, salt and pepper. Pour over ham mixture; cover and refrigerate overnight. Remove from the refrigerator 30 minutes before baking. Bake, uncovered, at 350 degrees F for 35-45 minutes or until a knife inserted near the center comes out clean. Let stand for 5 minutes before serving.

### Sausage Spanish Rice

- 1 pound bulk pork sausage
- 1 medium onion, chopped
- 1 cup chopped celery
- 1 (28 ounce) can diced tomatoes, undrained
- 2 1/2 cups water
- 1 1/4 cups uncooked long grain rice
- 1/2 cup chili sauce or salsa
- 1 1/2 cups shredded sharp Cheddar cheese

In a skillet, cook sausage, onion and celery over medium heat until meat is no longer pink and vegetables are tender; drain. Add tomatoes, water, rice and chili sauce. Cover and cook over low heat for 30 minutes or until rice is tender. Remove from the heat. Sprinkle with cheese; cover and let stand for 5 minutes or until cheese is melted.

## Special Dates in September and October

- ◆ National Rice Month
- ◆ September 18th - National Cheeseburger Day
- ◆ September 21st - International Banana Festival
- ◆ September 22nd - First Day of Fall/Autumn 2008
- ◆ October 1st - First World Series Baseball Game was played, 1903
- ◆ October 4th - National Taco Day
- ◆ October 6: National Noodle Day
- ◆ October 10th - World Egg Day

### Banana Chocolate Chip Cake

- 1 1/2 cups all-purpose flour
- 2/3 cup white sugar
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup mashed bananas
- 1 egg
- 1/2 cup unsalted butter, melted
- 1/4 cup milk
- 3/4 cup semisweet chocolate chips

Preheat oven to 350 degrees F, Grease and flour a 9x13 inch pan. In a large bowl, mix flour, sugar, baking powder and salt. In a separate bowl, combine bananas, egg, melted butter and milk. Stir banana mixture into flour mixture until blended. Be careful not to over mix. Stir in chocolate chips. Pour batter into 9x13 inch pan. Bake at 350 degrees F (175 degrees C) 30 to 35 minutes, or until a toothpick inserted into center of cake comes out clean. (It will have some melted chocolate, but no crumbs.)