

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

Email: [info@tewksburypantry.org](mailto:info@tewksburypantry.org)

Website: <http://www.tewksburypantry.org/>

JANUARY 2017



## Client Code of Conduct Reminder for 2017

Welcome to the Tewksbury Community Pantry. Since 1995, we have provided short and long-term food assistance to Tewksbury residents in financial need. Help is also offered by informing clients of available resources through: links on our website, information at the pantry, monthly newsletters, our Facebook page, flyers and posters. Confidential assistance is given to everyone who receives services. In order to provide a safe and enjoyable environment for our volunteers and clients, the Tewksbury Community Pantry Board of Directors has developed a Client Code of Conduct. We ask our clients to carefully read and abide by the Code of Conduct.

~Clients are expected to show respect to each other and the volunteers.

~Clients are expected to respect the privacy of the other Pantry clients.

~Clients must be responsible for supervising children they bring with them into the Pantry.

~Smoking is not allowed inside the Pantry building. Smokers outside the building are asked to be considerate of people entering and exiting the Pantry.

### The following behaviors are strictly prohibited:

~Verbal, physical or visual abuse or harassment of a Pantry member, volunteer or client

~Possession or use of alcoholic beverages or illegal drugs or being under the influence of drugs or alcohol

~Possession of dangerous or illegal materials

Clients are expected to cooperate with and follow the guidance of the Pantry Director(s) or designee.

**Our Volunteers work hard to provide the best services possible. We hope the services we provide will greatly aid you and your family in time of need.**

**Best wishes to you all for the New Year!**

## FEBRUARY DISTRIBUTION DATES

**Sunday, February 12th-  
9:00 AM-Noon**

**Monday, February 13th-  
7:00-8:30 PM**

**Saturday, February 18th-  
10:00 AM-Noon**

**2017 Tewksbury Community Pantry Distribution Dates**  
978-858-2273 (858-CARE) [www.tewksburypantry.org](http://www.tewksburypantry.org)  
e-mail: [info@tewksburypantry.org](mailto:info@tewksburypantry.org)

Like us on Facebook: Tewksbury Community Pantry

Month	Sun 9 am-12	Mon 7-8:30 pm	Sat. 10 am-12
JAN	8	9	14
FEB	12	13	18
MAR	12	13	18
APR	9	10	15
MAY	7*	8*	6*
JUN	11	12	17
JUL	9	10	15
AUG	13	14	19
SEPT	10	11	16
OCT	8	9	14
NOV	12	13	11*
DEC	10	11	16

**\*except where noted**

**Thanksgiving Dist 11/19 10-12**

## Recipe Corner



### \*Hamburger Vegetable Soup

- 1 pound ground beef
- 4 cups chicken broth
- 4 cups water
- 2 (1 ounce) packages dry onion soup mix
- 1 (15 ounce) can tomato sauce
- 1 can Diced Tomatoes
- 2 stalks celery, chopped
- 1 onion, chopped
- 1 (16 ounce) package frozen mixed vegetables
- 3/4 cup elbow macaroni

In a saute pan, brown ground beef, over medium heat.  
In a large stock pot, combine broth, water, onion soup mix, tomato sauce, celery, onion, frozen vegetables and macaroni. Bring to a boil and then simmer until macaroni is done.  
Add browned ground beef, mix and serve.



### \*Beef & Cheese Stuffed Peppers

- 4 medium sized red or yellow bell peppers or a combination
  - 1 lb. lean ground beef
  - 1-1/2 cups tomato spaghetti sauce
  - 1 pouch (8.8 oz.) fully cooked brown rice (or 1-3/4 cups cooked rice)
  - 1 Bag of Shredded Mozzarella Cheese, divided
- Cut peppers lengthwise in half through stem end; discard seeds. Place pepper halves in a baking dish and cook uncovered at 375° until they are almost cooked.  
Meanwhile, brown ground beef in a skillet over medium heat and add spaghetti sauce and rice; mix well and cook 1 minute. Remove from heat; stir in 1-1/4 cups cheese. Drain pepper halves; arrange cut sides up in a 13 x 9-inch baking dish. Spoon meat mixture into pepper halves top with remaining cheese. Bake in preheated 375°F oven 20 minutes. Top with Parsley if desired.



## Special Dates in January and February January is National Soup Month\*

January 11th: Cigarettes Are Hazardous To Your Health Day

January 16th: Martin Luther King Day

January 20th: \*National Cheese Lover's Day

January 23th: \*National Pie Day

January 29th: National Puzzle Day

February 2nd: Ground Hog Day

February 5th: Super Bowl Sunday

February 6th: Girl Scout Cookie Day

February 9th: National Pizza Day

### \*Cherry Pie

- 2 ready to bake pillsbury pie crusts
- 1 teaspoon flour
- 2(21 ounce) cans cherry pie filling
- 1(15 ounce) can pitted cherries, drained
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

Line a 9" pie plate with 1st unbaked pie crust, bottom side floured.

Combine cherry pie filling and pitted cherries in a bowl, then add in the extract and cinnamon. Add more or less of each to your own taste. Pour into pie crust.

Top with 2nd pie crust. Crimp edges tightly.

Cover crust edges lightly with tinfoil. Place pie plate on top of a cookie sheet to catch drips. Bake at 400 degrees for 40 minutes, or until pie has browned. Let cool before serving to allow filling to set.

2017  
HAPPY NEW YEAR