

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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## Be a Smart Grocery Shopper!

- 1. Have an ongoing weekly Grocery and Menu List** - Each week start a list of easy meals you want to cook for each day and shop by what you will need for those meals. Always check to make sure you don't already have your menu items, but if items has expired, throw them away. Also, when you run out of something add it to your list immediately so you won't forget.
- 2. Plan your meals around sale items** - Look through grocery ads each week and plan your menu around sale items.
- 3. Organize your grocery list by store aisles** - This will help you stick to you list and get through shopping quicker without wasting
- 4. Buy items on sale** - But only buy what you really need, remember, it is no sale if you don't need it!
- 5. Shop Store Brands** - The quality of most store brands, are pretty much the same as brand name items but with store labels instead. In most cases you'll never know the difference.
- 6. Do NOT Be Brand Loyal** - Don't purchase a brand just because you have in the past, always opt for the best value, you never know, you may actually like the cheaper brand better.
- 7. Don't Shop When Hungry** - If you're hungry you will compulsive shop and buy food you neither want or need.
- 8. Use Coupons** - The key to coupons is to only use coupons on things you need but don't be fooled by coupons that require you to purchase large amounts of something as you will spend more money than you would if you don't use the coupon. Only use coupons that will truly be a savings to you.
- 9. Need only 1 or 2 items** - Don't grab a cart or basket, rather carry the items in your hands. That way you won't be tempted to throw impulse purchases into a cart or basket. You can't buy what you can't carry.



## July DISTRIBUTION DATES

**Sunday, July 9th**  
**9:00 AM-Noon**

**Monday, July 10th**  
**7:00-8:30 PM**

**Saturday, July 15th**  
**10:00 AM-Noon**

**Last day of school for Tewksbury Public Schools!**  
**June 23, 2017**



## Recipe Corner



### Simple Oven-Roasted Corn on the Cob

4 ears corn  
2 tablespoons butter (softened)  
salt

Preheat oven to 450 degrees  
Remove husks and silks  
from corn

Butter corn, sprinkle with  
salt and wrap in foil  
Place on cookie sheet and  
roast for 20 to 25 minutes



### Veggie Spiral Pasta Salad

1 cup uncooked tricolor spiral pasta or any pasta  
1/2 cup chopped seeded cucumber  
1/2 cup thinly sliced celery  
1/2 cup of grape or tiny tomatoes cut in half  
1/2 cup chopped carrots  
1/2 cup chopped red onion  
1/2 cup sliced radishes  
1/2 cup sliced black olives  
1/2 cup cheese cubes  
1/8 teaspoon garlic powder  
1/8 teaspoon pepper  
1/4 cup Italian dressing

Cook pasta according to package directions once  
cooked, drain pasta and rinse in cold. In a large bowl,  
add pasta, toss in all ingredients and add seasoning and  
salad dressing. Mix well, refrigerate for about 1/2 hour  
before serving.



## Special Dates in June and July

June is National Fresh Fruit and Vegetable Month

- ★ June 11th - Corn on the Cob Day
- ★ June 14th - Flag Day
- ★ June 14th - Tewksbury Family Summer Concert Series At Livingston Park Begins - 6:00 pm
- ★ June 16th - Fudge Day
- ★ June 18th - Fathers Day
- ★ June 21st - First Day of Summer
- ★ June 23rd - Tewksbury Schools Last Day
- ★ July 1st - National Gingersnap Day
- ★ July 4th - Independence Day

### Best Ever Strawberry Cake

1 box white cake mix  
3 tablespoons plain flour  
1 (3 Oz) box strawberry jello  
1/2 cup water  
3/4 cup oil  
2 cup fresh or frozen strawberries (one cup for cake & one cup for icing)  
4 eggs

Combine cake mix, flour, Jello and water. Add oil and eggs, one at a time, beating well between.  
Add strawberries. Beat 2 minutes. Pour batter into well greased and floured 9x13 pan. Bake at 350\* for about 45 minutes. Cool.

### CREAM CHEESE ICING

1 stick butter softened  
1 8 oz. pkg. cream cheese, softened  
1 cup frozen or fresh pureed strawberries  
3 cups powdered sugar  
Add all ingredients to a mixing bowl and mix with mixer until creamy. Pour over cake after it cools from the oven.  
Add a strawberry to top for garnishment or pureed strawberries to top. Eat and Enjoy!

