

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Spring Clean - Your Fridge

Ah, spring, the season of renewal. Hopeful signs of spring are everywhere, with birds chirping, tulips and daffodils showing off their colors. But is the inside of your fridge also showing off its colors. Is there mold and funny looking stuff in there. When is the last time you really clean that fridge? Lurking deep inside could be a scary "science experiment" or an ice-encrusted mess begging to be thrown away. Food kept too long or at improper temperatures can become contaminated with bacteria, which can cause illness. A good way to start is to take everything out — everything! — and lay it all on your counter. Start with the freezer. You can't always tell if a food has spoiled by its smell or appearance. Don't take chances with your health. The advice from the FDA: When it doubt, throw it out. Throw away outdated items and anything that doesn't look right.

Remove draws, bins and shelves wash in warm soapy water. Clean fridge surfaces with Clorox® Disinfecting Wipes as they clean and disinfect at the same time. When you use a sponge, dishrag or even paper towel, you can spread bacteria from one surface to another. Instead of killing germs, you are pushing them around and possibly increasing the contaminated area. Once you have cleaned the inside of your fridge and replaced the draws, bins and shelves, use the Clorox Wipes and clean the bottoms of jars, bottles and containers, they drip, get sticky and you don't want to put them back in your nice clean



APRIL DISTRIBUTION DATES

Sunday, April 9th -
9:00 AM-Noon

Monday, April 10th -
7:00-8:30 PM

Saturday, April 15th -
10:00 AM-Noon



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door





HAMBURGER, CELERY & RICE CASSEROLE

- 1 lb. hamburger
- 1 1/2 c. diced celery
- 1 can cream of mushroom soup
- 5 tbsp. soy sauce
- 2 med. onions
- 3/4 c. raw rice
- 1 1/3 c. water

Brown hamburger; add onions. Cook a few minutes, then add celery, rice, cream of mushroom soup, water and soy sauce. Bake 350 degrees for 1 hour in casserole dish with lid on. Stir twice during cooking time.

Easy Corned Beef and Cabbage

- 1 medium onion, cut into wedges
- 4 large red potatoes, quartered
- 1 pound baby carrots
- 3 cups water
- 3 garlic cloves, minced
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 1/2 teaspoon pepper
- 3 pounds Corned Beef Brisket

Place the onion, potatoes and carrots in a 6-7-qt. pot. Combine the water, garlic, sugar, vinegar, pepper pour over vegetables. Top with brisket and cabbage. Cover and cook on low boil for 2-1/2 to 3 hours or until meat and vegetables are tender.



Special Dates in March and April March is National Celery Month

- March 12th: Girl Scouts Day
- March 17th: St. Patricks Day and Corned Beef and Cabbage Day
- March 19th: National Chocolate Caramel Day
- March 26th: National Spinach Day
- March 31th: Tater Day
- April 1st: April Fools Day
- April 2nd: National Peanut Butter and Jelly Day

Grilled Peanut Butter & Jelly

- 2 slices hearty thick white bread
- 1 Tbsp butter, softened
- Peanut Butter
- Jam (any flavor)

Butter outsides of bread on each slice, then spread peanut butter on unbuttered side of one slice and spread jam on the unbuttered side of remaining slice. Sandwich bread together. Heat a medium non-stick skillet over medium heat. Place sandwich in skillet and cook until golden brown on bottom, then flip and cook opposite side until golden brown. Slice in half and serve warm.

The Benefits of SPINACH

- *Aids in digestion
- *Helps maintain low blood sugar
- *Promotes heart health
- *Combats cancer
- *Strengthens bone mass
- *Prevents cataracts
- *Improves brain function
- *Alkalizes the body

