

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Tewksbury's 9th Annual Zero Waste Day

Saturday, September 23rd 9:00am

All are welcome to attend Tewksbury's 9th Annual Zero Waste Day event, scheduled for Saturday, September 23rd, from 9am to 1pm in the Wynn Middle School parking lot. This is a **DRIVE THRU DONATING AND RECYCLING** event featuring more than a dozen local non-profit organizations who will graciously accept your gently used items and recyclables. Please do not donate items that are in disrepair (broken, stains, ripped) as it poses quite a large disposal cost to the non-profit organizations. If you would not share it with a friend, do not donate it at Zero Waste Day.

DONATE

clothing, furniture, baby gear, household goods, decorative items, bikes, building supplies, books, pet supplies

RECYCLE

off-rim tires, batteries of all kinds, paper, cell phones, and (for a nominal fee, CASH ONLY) electronics

Hazardous waste **WILL NOT** be collected at ZWD.

OCTOBER DISTRIBUTION DATES

**Sunday, October 8, 2017
9:00 AM-Noon**

**Monday, October 9, 2017
7:00-8:30 PM**

**Saturday, October 14, 2017
10:00 AM-Noon**

KIDS ARE BACK TO SCHOOL!



TAKE EXTRA
PRECAUTIONS IN
SCHOOL ZONES



IT'S ALL ABOUT BREAKFAST ANYTIME OF THE DAY!

Easy Sausage Omelette

- 4 pre-cooked sausage patties
- 6 eggs
- salt and pepper - to taste

Beat eggs until well combined. Place in greased heated (medium-high heat) skillet and let cook. Place sausage patty on top and flip. Cook until sausage is warmed up. (4 servings)

Pizza Omelette

- 2 eggs
- 2 tbsp water
- Salt and pepper to taste
- Cooking spray
- 3 tbsp pizza sauce
- 5 slices pepperoni
- 1/4 cup shredded Mozzarella cheese
- 1 tbsp grated Parmesan cheese

Beat eggs with water; season with salt and pepper. Spray an 8-inch (20 cm) non-stick skillet with cooking spray. Heat skillet over medium-high heat.

Pour in egg mixture. As mixture sets at the edges, with spatula, gently push cooked portions towards center. When eggs are almost set on surface but still look moist, spread pizza sauce over half of the omelette.

Top with pepperoni and Mozzarella cheese. Fold the omelette in half and slide onto a warm plate. Sprinkle with Parmesan cheese.

(1 serving)

Special Dates in September and October

September is All American Breakfast Month

Sept. 11th - A Day of Remembrance

Sept. 18th - National Cheeseburger Day

Sept. 21st - International Eat An Apple Day

Sept. 21st - World Peace Day

Sept 22nd - Ice Cream Cone Day

Oct. 4th - National Taco Day

Burger Breakfast Scramble

- 1/2 pound hamburger
- 4 large eggs
- 1/4 cup milk
- 1/4 pound Cheddar cheese - shredded or cut into cubes
- salt and pepper - to taste

In a large skillet over medium-high heat, brown and crumble the hamburger.

As the hamburger cooks, beat the eggs with the milk and salt and pepper in a medium mixing bowl.

Once the hamburger is completely cook through, add the egg mixture and the cheese to the skillet.

Continue to cook, stirring and scrambling often, until the eggs are set and the cheese is melted.

(2 servings)

Breakfast Apple Wedges

- 1/4 cup packed brown sugar
- 1/4 teaspoon ground cinnamon
- 2 medium cooking apples, peeled, thinly sliced (about 2 cups)
- 1/3 cup water
- 2 tablespoons butter or margarine
- 1/2 cup Original Bisquick® mix
- 2 eggs
- Maple-flavored syrup, if desired

Heat oven to 400°F. Generously grease 9-inch glass pie plate with shortening or cooking spray. In medium bowl, mix brown sugar and cinnamon. Add apples; toss to coat. Set aside.

In 2-quart saucepan, heat water and butter to boiling. Reduce heat to low. Add Bisquick mix; stir vigorously until mixture forms a ball. Remove from heat. Beat in eggs, one at a time; continue beating until smooth. Spread batter in bottom of pie plate. Arrange apples on top to within 1 inch of edge of pie plate. Bake about 23 minutes or until puffed and edges are golden brown.

Serve immediately. Drizzle with syrup. Sprinkle with powdered sugar, and serve with warm maple syrup.

“There are those nights when breakfast is the only way dinner is going to get on the table”