

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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## SPRING CLEAN YOUR FRIDGE!!!

Our refrigerators might possibly be the most overlooked area in our home when it comes to cleaning. Constantly in use, this essential appliance doesn't usually get a second thought.

Whether we just don't think about it at all, or assume that because food is kept cold, that the fridge stays relatively clean, the truth is that cross-contamination, spills, splashes and all sorts of disgusting things can spread throughout the fridge in this perfect storm of moisture, food, dirty hands and frequent use. **So its time to CLEAN!**

Remove all food from the refrigerator, check for expired items and throw them away!! Throw out any old leftovers.

No need to use toxic cleansers inside the fridge just mix warm water and baking soda. Remove drawers and shelves and soak in warm water and dish soap. Dry draws and shelves before you put it back. Wipe off the bottoms of bottles jars, etc. for sticky stuff before you put them back.



## MAY DISTRIBUTION DATES

Please note distribution for  
May...it will be Saturday,  
Sunday and Monday!

Saturday, May 5th

10:00 AM-Noon

Sunday, May 6th

9:00 AM-Noon

Monday, May 7th

7:00-8:00 PM

## Food Boxes

Please return your boxes at the  
next distribution!





### Easy Baked Pork Chops

- 4 pork chops
- 4 tablespoons oil
- 2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon paprika
- 1 teaspoon onion powder

Preheat an oven to 400 degrees F. Lightly grease a baking sheet. Rub each pork chop with oil. In a small bowl mix together salt, pepper, paprika, and onion powder. Season all sides of the pork chop with this mix. Place seasoned pork chops onto the prepared baking sheet. Bake in the preheated oven for 45 minutes.

### Inside Out English Muffin Grilled Cheese

- 4 Sandwich-size English Muffins
- Butter, softened
- 8 Slices Cheese
- 4 Tomato Slices
- Salt and pepper

Heat a cast-iron skillet or griddle over medium-low heat. Lightly spread the inside of each English muffin half with butter. Arrange the muffins buttered sides out and build 4 sandwiches, each with a cheese slice, a tomato slice, some salt and pepper and another cheese slice. Place the English Muffin Sandwiches in the pan and cook, turning once or twice, until the cheese is melted and the muffins are golden-brown.



### Special Dates in April and May April is National Grilled Cheese Month

**Monday, April 16th: Boston Marathon**

**Monday, April 16th: April School Vacation Starts**

**Monday, April 16th: Patriots Day Massachusetts**

**Tuesday, April 17th: File your Tax deadline**

**Sunday, April 22nd: National Jelly Bean Day**

**Sunday, April 22nd: Global Earth Day**

**Monday, April 23rd: National English Muffin Day**

**Friday, April 27th: National Arbor Day**

**Tuesday, May 1st: National Chocolate Parfait Day**

**Wednesday, May 2nd: National Truffle Day**

**Friday, May 4th: National Weather Observers Day**

### SIMPLE CHOCOLATE PARFAIT

- 12 oz Evaporated Milk
- 12 oz Semi-Sweet Chocolate Morsels
- 8 oz Cool Whip

**Pour the evaporated milk into a pan on the stove and heat over medium heat to a simmer.**

**Pour chocolate morsels into the simmering evaporated milk and stir until the chocolate is melted and the mixture is smooth.**

**Let the mixture cool a bit.**

**Gently fold in whipped topping.**

**Place in a container with a lid, and place in the freezer for a couple of hours until the mixture is thick and cool.**

