

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER



MONTHLY NEWSLETTER

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February

Flu Season

Flu season begins in late October and stretches into early April. Here are a few tips to keep in mind.

*GET A FLU SHOT! It is not too late!

*Wash Your Hands - Washing your hands is the number one way to stop the spread of the influenza virus, which can live on the surface of your hands, counters, and door handles for up to two days in certain conditions.

*Use alcohol-based hand sanitizer when you are out in public

*Avoid getting close to people who are sick. For example, don't shake hands or kiss

*Do the elbow cough

*Disinfect Common Surfaces - Viruses that cause colds and flu can survive on common surfaces for up to 72 hours. Use Clorox® disinfecting wipes similar on phone receivers, doorknobs, light switches, and remote controls.

*Drink Lots of Water - Water can help strengthen your immune system.

Flu symptoms that you may need to call your doctor.

- High Fever
- Severe Cough
- Sore Throat
- Multiple Muscle or Body Aches
- Unusually Bad Headaches
- Strong Fatigue
- Vomiting and Diarrhea



MARCH DISTRIBUTION DATES

Sunday, March 11th-
9:00 AM-Noon

Monday, March 12th-
7:00-8:00 PM

Saturday, March 17th-
10:00 AM-Noon



Happy
Valentine's
Day



Beef Chili

- 1 1/2 pounds lean ground beef
- 2 Tablespoons Oil
- 1 onion, chopped
- 1 small green bell pepper, chopped
- 2 garlic cloves, minced
- 2 (16-ounce) cans red kidney beans, rinsed and drained
- 2 (14-1/2-ounce) cans diced tomatoes
- 1 Small can of tomato sauce
- 2 to 3 tablespoons chili powder
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon ground cumin
- 2 teaspoon of tabasco sauce for more spice

In a large pot, cook first 5 ingredients over medium-high heat, stirring until beef crumbles and is no longer pink. Stir in remaining ingredients and simmer for an hour. Serve with shredded cheddar cheese and nacho chips!!

Chicken Chili

- 1 tablespoon oil
- 1/2 onion, diced
- 1/2 jalapeño, minced
- 1 pound boneless, skinless chicken breasts, cut into 1-inch pieces
- 1 garlic clove, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 1/4 teaspoons salt
- 1/4 teaspoon cayenne pepper
- 1/2 cup frozen corn kernels (no need to thaw)
- 2 (15-ounce) cans white beans (Great Northern or Cannellini or 1 of each), drained and rinsed
- 2 cups chicken broth
- Shredded Cheddar Cheese for Garnish

In a medium soup pot, heat the oil over medium heat. Add the onion, garlic and jalapeño and cook, stirring, until the onion has softened, Add the chicken and cook, stirring occasionally, until it is lightly browned on the outside and no longer pink on the inside. Add spices into the pot and stir. Add the corn, beans, and chicken broth and bring to a boil. Reduce the heat to low and simmer, about 20 minutes.

Special Dates in February and March February is Celebration of Chocolate Month



February 12th: Abraham Lincoln's Birthday

February 13th: Mardi Gras

February 14th: Valentine's Day

February 18th: Eat Ice Cream for Breakfast Day

February 19th: Presidents' Day

February 22nd: National Chili Day

March 6th: Oreo Cookie Day

March 10th: Salvation Army Day

Better than Anything Oreo Poke Cake

- 1 box german chocolate cake mix, and all ingredients it requires
- 1 (14 oz) can sweetened condensed milk
- 1 (16 oz) Jar of Fudge Sauce
- 1 (8 oz.) tub cool whip
- 15 Oreos, crushed/chopped

Bake cake according to directions in a 9x13 pan. Let cake cool for about 5 minutes. Poke holes in cake with the handle end of a wooden spoon. While cake is still warm, slowly pour over sweetened condensed milk over the top making sure some gets in all the holes of the cake. Heat fudge sauce in sauce pan then pour over top of cake, making sure some gets in all the holes of cake. Let cake cool completely then spread thawed cool whip over the top. Sprinkle crushed/chopped Oreos over the top of Cool Whip.

Store in fridge until ready to eat. Store any leftovers in fridge.

