

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER



MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

Email: info@tewksburypantry.org

site: <http://www.tewksburypantry.org/>

JANUARY 2018



Client Code of Conduct Reminder for 2018

Welcome to the Tewksbury Community Pantry. Since 1995, we have provided short and long-term food assistance to Tewksbury residents in financial need. Help is also offered by informing clients of available resources through: links on our website, information at the pantry, monthly newsletters, our Facebook page, flyers and posters. Confidential assistance is given to everyone who receives services. In order to provide a safe and enjoyable environment for our volunteers and clients, the Tewksbury Community Pantry Board of Directors has developed a Client Code of Conduct. We ask our clients to carefully read and abide by the Code of Conduct.

~Clients are expected to show respect to each other and the volunteers.

~Clients are expected to respect the privacy of the other Pantry clients.

~Clients must be responsible for supervising children they bring with them into the Pantry.

~Smoking is not allowed inside the Pantry building. Smokers outside the building are asked to be considerate of people entering and exiting the Pantry.

The following behaviors are strictly prohibited:

~Verbal, physical or visual abuse or harassment of a Pantry member, volunteer or client

~Possession or use of alcoholic beverages or illegal drugs or being under the influence of drugs or alcohol

~Possession of dangerous or illegal materials

Clients are expected to cooperate with and follow the guidance of the Pantry Director(s) or designee.

The Tewksbury Community Pantry Board of Directors and Members would like to thank you for utilizing our services. Our Volunteers work hard to provide the best services possible. We hope the services you receive will greatly help you and your family during your time of need.

FEBRUARY DISTRIBUTION DATES

**Sunday, February 1 1th -
9:00 AM-Noon**

**Monday, February 1 2th -
7:00-8:00 PM**

**Saturday, February 1 7th -
10:00 AM-Noon**

2018 Tewksbury Community Pantry Distribution Dates

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| Month | Sun 9 - 12 | Mon 7 - 8:00 pm | Sat 10 - 12 |
|-------|---------------|--------------------|----------------|
| JAN | 14 | 15 | 20 |
| FEB | 11 | 12 | 17 |
| MAR | 11 | 12 | 17 |
| APR | 8 | 9 | 14 |
| MAY | 6* | 7* | 5* |
| JUN | 10 | 11 | 16 |
| JUL | 8 | 9 | 14 |
| AUG | 12 | 13 | 18 |
| SEPT | 9 | 10 | 15 |
| OCT | 14 | 15 | 20 |
| NOV | 11 | 12 | 10* |
| DEC | 9 | 10 | 15 |

*except where noted 2018 Thanksgiving Dist 11/18 10-12



CHICKEN-CABBAGE SOUP

- 1/2 c. finely chopped carrots
- 1/2 c. finely chopped celery
- 1/2 c. finely chopped onion
- 2 tbsp. butter
- 6 c. chicken broth
- 1 tbsp. salt
- 1 tsp pepper
- 2 c. finely chopped cabbage
- 1/2 c. finely chopped potato
- 2 1/2 c. chicken, cooked
- 1/8 tsp. garlic powder (or 1-2 cloves of minced garlic)

In a large pan sauté carrots, celery and onion in butter for 5 minutes, stir occasionally. Add broth, salt and pepper; bring to boil, simmer 20 minutes. Add cabbage and potato; simmer, uncovered, 10 minutes. Add cooked chicken and garlic, simmer 10 minutes or until heated through.

Chicken Lemon Rice Soup

- 1 tbsp oil
- 1 small onion chopped
- 1 medium carrot chopped
- 4 cups chicken broth
- 1/2 cup rice
- juice of one lemon
- 3 eggs
- 1 cooked chicken from grocery store or left over from your house, chopped up.
- salt and pepper to taste

Heat the oil in a soup pot over medium-high heat then add the chopped onion and carrot and cook for about 5 minutes or just until the tender and the onion is translucent. Add the chicken broth and rice to the pot and bring to a boil. Reduce the heat to a simmer and cook for about 15 minutes or until the rice is cooked through. Add chicken to the pot letting this cook for about 20 minutes. Meanwhile in a small bowl beat the egg together with the juice from one lemon, add this to the soup and stir well.

Mini Meatball Soup

- 2 tablespoons oil
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 1 medium onion, chopped
- Salt and black pepper
- 1 pound ground beef
- 1 egg, beaten
- 2 cloves garlic, minced
- 1/2 cup grated cheese
- 1/2 cup plain bread crumbs
- 6 cups chicken broth
- 2 cups water
- 1-1/2 cups dried pasta

In a deep pot over medium heat add oil, chopped carrots, celery and onions. Season with salt and pepper. Cover pot and cook veggies 5 or 6 minutes, stirring occasionally. While the veggies cook, combine meat, egg, garlic, grated cheese, bread crumbs, salt, pepper

Uncover your soup pot and add broth and water to the pot. Increase heat to high and bring soup to a boil. When soup boils, reduce heat a bit and start to roll meat mixture into small balls, dropping them straight into the pot. You are making meat dumplings that will cook in the broth. When you are done rolling the meat, add meat and pasta to the soup and stir. Cover and simmer soup 20

Easy Ham and Bean Soup

- 2 cans great northern white beans, drained, rinsed
- 2 cups diced cooked ham
- 1 medium onion, chopped (1/2 cup)
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 2 can chicken broth
- 1 tablespoon oil
- 1 tablespoon butter
- 1 tsp pepper

In 3-quart saucepan, heat oil and butter together and add carrots, celery, onions and garlic cook until all tender. Add ham and cook into the vegetables, then add chicken broth and stir, add beans and pepper simmer for 45 minutes.