

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Heat Wave Safety Tips

A heat wave is often defined as three or more consecutive days where temperatures reach 90° or higher.

Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.

Put less fuel on your inner fires. Foods, like meat and other proteins that increase metabolic heat production also increase water loss.

Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who have epilepsy or heart, kidney or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.

During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.

Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.



AUGUST DISTRIBUTION DATES

**Sunday, August 12th
9:00 AM-Noon**

**Monday, August 13th
7:00-8:00 PM**

**Saturday, August 18th
10:00 AM-Noon**

The Tewksbury
Community Market Is
Now Open on Tuesday's,
from 4 p.m. - 7 p.m. on
the Town Common
1009 Main Street
Tewksbury, MA



Special Dates in July and August July is National Deli Sandwich Month

DELI HERO SANDWICH

- 1 loaf French bread (unsliced) or 1 loaf Italian bread (unsliced)
- 1/3 cup mayonnaise
- 1/3 cup yellow mustard(French's is the best!)
- 1/4 cup red onion, minced
- 3 tablespoons horseradish (to taste)
- 3/4 lb sliced ham
- 3/4 lb smoked turkey
- 1(7 ounce) jar roasted red peppers, well black pepper, to taste drained
- sliced mozzarella cheese
- lettuce leaf

Slice the loaf of bread in half lengthwise. Scoop out the soft bread center, save or discard. In a bowl, combine mayo, yellow mustard, minced onion and horseradish. Spread mixture onto halves of bread. Layer the remaining ingredients on the bottom half of the bread. Sprinkle with black pepper. Cover with the top half of bread, pressing gently with hands. Wrap in plastic wrap; chill for 30 minutes (or longer). Cut into thick slices.

Classic Macaroni Salad

- 4 cups uncooked elbow macaroni
- 1 cup mayonnaise
- 1/4 cup distilled white vinegar
- 2/3 cup white sugar
- 2-1/2 tablespoons prepared yellow mustard
- 1-1/2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1 large onion, chopped
- White Onion, Large
- 2 stalks celery, chopped Celery
- 1 green bell pepper, seeded and chopped
- 1/4 cup grated carrot (optional)

Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain. In a large bowl, mix together the mayonnaise, vinegar, sugar, mustard, salt and pepper. Stir in the onion, celery, green pepper, carrot, and macaroni. Refrigerate least 4 hours before serving, but preferably overnight.

July 9th ~ Tewksbury Concert -The Gloucester Hornpipe 6:30-7:30 Library Back Lawn

July 14th ~ National Macaroni Day

July 16th ~ Hot Dog Night

July 24th ~ Cousins Day

July 29th ~ National Chicken Wing Day

August 2nd: National Ice Cream Sandwich Day

August 9th ~ Book Lover's Day

Old Fashioned Ice Cream Sandwich

- 24 Nabisco Chocolate Wafers, from 1 box
- 3 pints favorite ice creams (vanilla, coffee, peanut butter and mint chocolate chip work very well)
- toppings to coat edges, optional (chopped nuts, grated chocolate, chocolate chips, sprinkles, crushed —Large deep plastic container
- aluminum foil
- Take ice cream out of the freezer and let sit for a few minutes to soften slightly. Place a large, deep plastic container in the freezer for finished sandwiches. Prepare sheets of parchment foil to place in between layers of sandwiches. Place toppings in shallow bowls for dipping. Using an ice cream scoop, scoop a mound of ice cream onto a cookie. Top with another cookie and push down slightly (press on the centers of the cookies to prevent breakage). Use the back of a butter knife to smooth the edges then roll edges in topping if desired. Place finished sandwich in container in freezer and repeat with the next. When you have filled the bottom of the container, cover the sandwiches with foil and stack more sandwiches on top. Continue until all sandwiches are made. Cover with lid and let sit at least 6 hours or overnight so cookies will soften a bit. Right before serving, stack the ice cream sandwiches on a platter and serve.

