

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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NOVEMBER 2018



## Great American Smoke Out Day November 15th

When Smokers Quit  
From the American Cancer Society!

**20 minutes after quitting** - Your heart rate and blood pressure drop.

**12 hours after quitting** - The carbon monoxide level in your blood drops to normal.

**2 weeks to 3 months after quitting** - Your circulation improves and your lung function increases.

**1 to 9 months after quitting** - Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

**1 year after quitting** - The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

**5 years after quitting** - Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.

**10 years after quitting** - Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the larynx (voice box) and pancreas decreases.

**15 years after quitting** - risk of coronary heart disease is that of a non-smoker's.

### CONSIDER THIS!

In Massachusetts the average cost of a pack of cigarettes is \$10.00, in a year you're spending nearly \$3650.00 on tobacco!

## December Distribution Dates

Sunday, Dec. 9th  
9:00 AM—Noon

Monday, Dec. 10th  
7:00-8:00 PM

Saturday, Dec. 15th  
10:00 AM—Noon

## Thanksgiving Turkey Distribution Day

Sunday, November 18th  
10:00 AM-12:00 Noon

Registered Clients Only!



## Recipe Corner



### Turkey in a Bag

- 12-14 lb whole turkey, thawed
- 1 Large or Turkey-sized Oven Roasting Bag
- 2 Tbsp flour
- 1 large onion, cut into wedges
- 1/4 cup melted butter, margarine, or vegetable oil
- 1 Tbsp poultry seasoning (or a combination of any of these seasonings, rosemary, garlic powder, parsley, sage, thyme)
- 1 Tbsp salt
- 1 tsp ground black pepper
- 5 cups stuffing (optional)

Heat the oven 350° and prepare the roasting bag by adding the flour, twist to close briefly, and shake to coat the bag with the flour. Set the bag in a roasting pan and roll it back to ready the opening for adding the turkey.

Combine all the seasoning in a small bowl. Remove the turkey's neck and giblets. Season the outside and inside of the turkey generously. Stuff the turkey.

Put the turkey in the bag and pour the butter, margarine or oil over the turkey and close the bag. Place the turkey breast-side up in the roasting bag inside a roasting pan. Close the bag tightly with either the included closure. Make sure that any ends of the bag are tucked inside the roasting pan. Cut vents in top of the bag.

Roast the turkey for 3-1/2-4 hours. Remove the turkey from the oven and leave in sealed bag for 15 minutes. Use caution when cutting open the bag, as some steam can remain in the bag.



## Special Dates in November and December

November is National Peanut Butter Lovers Month

- November 11th - Veterans Day*
- November 13th - World Kindness Day*
- November 15th - Great American Smokeout*
- November 22nd - Thanksgiving Day*
- November 24th - Random Acts of Kindness*
- November 26th - National Cake Day*
- November 30th - Tewksbury Annual Holiday Tree Lighting will take place Friday, November 30th at 6:00 p.m. on the Town Common*
- December 2nd - Hanukkah Begins*
- December 4th - National Cookie Day*
- December 7th - Pearl Harbor Day*

### Peanut Butter Sheet Cake with Chocolate Frosting

- 1 box yellow cake mix
- 1 1/3 cups water
- 1/3 cup peanut butter
- 1/3 cup vegetable oil
- 3 eggs
- 1 teaspoon vanilla
- Chocolate Canned Frosting or your own Chocolate Frosting Recipe
- Reeses Pieces Candies, chopped up

Heat oven to 350°F (325°F for dark or nonstick pan). Spray bottom and sides of 13x9-inch pan with baking spray and then sprinkle with flour. In large bowl, beat all ingredients with electric mixer on low speed 30 seconds, then on medium speed 2 minutes, scraping bowl occasionally. Pour into pan. Bake 20 to 25 minutes or until toothpick inserted in center comes out clean.

When cool, spread frosting evenly over cake sprinkle with the Reeses Pieces and then cut into squares.