

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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TIPS FOR SAVING AT THE GROCERY STORE

- Set a weekly food budget. Make it realistic and stick to it each week. Add your items up so you know what you are spending as you go.
- Plan out what you're going to make for lunch and dinner for the week ahead and make your grocery list around your meal plans.
- Think about multi-purpose meal buying that you can have leftovers.
- Always make a shopping list and stick to it.
- Don't go shopping when you're hungry.
- Don't take the kids if you can at all possibly avoid it.
- Avoid buying soda and sugary juices which are very expensive. Serve water it is so much better.
- Buy the more inexpensive cuts of meats and chicken.
- Buy store brands for everything.
- Watch supermarket fliers in your mail for sales and try to plan your meals around the sale items.
- Avoid junk foods such as chips, cookies and snacks that have no health value, you will not only save money but you may save yourself and your family from health issues.



OCTOBER DISTRIBUTION DATES

Sunday, October 14, 2018
9:00 AM-Noon

Monday, October 15, 2018
7:00-8:00 PM

Saturday, October 20, 2018
10:00 AM-Noon

We Still Need Plastic Bags

The Pantry has **NOT BEEN GETTING ENOUGH GOOD USED PLASTIC BAGS**. We reuse any plastic bags that we receive with donations if they are in good condition, i.e. no large holes or tears and clean. The reused bags are used for items such as canned goods and packaged items. We use new plastic bags for refrigerated and frozen foods that we distribute to you each month.

We would like to ask everyone to bring back your used plastic bags that you get from the pantry as long as they have no holes or tears and are not dirty. If you think about it ... after you bring your food home, perhaps you could put the bags in the food box and bring both with you at the next distribution!

THANK YOU SO MUCH!

Recipe Corner

BISCUIT CRUSTED CHICKEN POT PIE

- 2 cups frozen vegetables
- 1-1/2 cups cooked diced chicken
- 1 can 10.5 oz cream of chicken soup
- 1/4 teaspoon poultry seasoning
- salt & pepper to taste
- 1 cup Bisquick
- 1 egg

Preheat oven to 350 degrees. Combine vegetables, chicken, soup, 1/4 cup milk and seasoning in a 9" deep dish pie pan. In a separate bowl, combine biscuit mix, egg and remaining 1/2 cup milk. Stir with a fork and pour over the chicken mixture. Bake uncovered 30 minutes or lightly browned.



30 Minute Loaded Vegetable Pot Pie

- 2 Pillsbury pie crusts (there are 2 to a package)
- 1 medium yellow onion chopped
- 1 garlic clove minced
- 8 ounces mushrooms chopped
- 1 frozen bag of mixed vegetables peas, green beans, corn
- 1 frozen bag mixed broccoli cauliflower, and carrots
- 1 tablespoon Oil
- 1/8 tsp black pepper
- 1/4 tsp salt
- 1/4 Italian seasoning
- 10 ounce can cream of celery soup or cream of chicken
- 3/4 cup milk
- 2 ounces cheddar cheese grated
- 2 tablespoons butter

Preheat oven to 425 degrees. Spray pie dish or cast iron skillet with nonstick spray. In a large skillet, heat oil and add onion, garlic, and chopped mushrooms; sauté over medium heat for 2 minutes. Add all frozen vegetables increase heat to medium high and sauté for 5 minutes. Add cream of celery soup and milk, stir to combine. Add salt, pepper, Italian seasoning and stir; sauté for 5 more minutes. Add cheese and mix to melt. Unroll 1 pie crust and place onto bottom of baking dish. Pour vegetable mixture into the pie crust. Unroll the second crust and then place on top, pinching the sides together to close. Cut slits in the top of the crust. Place into oven and bake for 20-25 minutes, checking at 20 minutes. Remove from oven when top crust is browning. Place butter on top of crust, brush around the crust. Cut into slices and serve.

Special Dates in September and October

September National Fruit and Veggies Month

- Sept. 9th - Grandparents Day
- Sept. 10th - Rosh Hashanah
- Sept. 11th - Patriot Day - A Day of Remembrance
- Sept. 13th - International Chocolate Day
- Sept. 14th - National Kreme Filled Donut Day
- Sept. 18th - Air Force Birthday
- Sept. 23rd - National Great American Pot Pie Day
- Oct. 4th - National Taco Day
- Oct. 5th - World Smile Day
- Oct. 13th - Navy Birthday

Quick Fruit Cobbler



- 1 can (21 ounces) cherry, peach, blueberry or other fruit pie filling
- 1 cup Original Bisquick™ mix
- 1/4 cup milk
- 1 tablespoon sugar
- 1 tablespoon butter or margarine, softened
- Vanilla Ice Cream, optional

Spread pie filling in ungreased 1-1/2 quart casserole. Place in cold oven. Heat oven to 400°F; let heat 10 minutes. Remove pan from oven. While pie filling is heating, stir remaining ingredients until soft dough forms. Drop by 6 spoonfuls onto warm pie filling. Sprinkle with additional sugar if desired. Bake 18 to 20 minutes or until topping is light brown. Serve warm with cool vanilla ice cream if desired.