

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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APRIL 2019



Do You Need Affordable Health Care?

Lowell Community Health Center proudly provides access to high quality, **affordable health care to children and adults of all ages -- regardless of their ability to pay.** The Health Center has served the communities of greater Lowell since 1970 and has grown to include many specialty services in addition to comprehensive primary health care.

Health Center patients may choose a primary care physician, nurse practitioner or certified nurse midwife from our team of more than 40 board certified medical providers. Behavioral health services are integrated into the care provided at the Health Center. Patients are able to schedule visits with certified mental health professionals working at the Health Center. Our employees speak 28 different languages, and at least 40 staff are trained medical interpreters.

Lowell Community Health Center is committed to delivering exceptional care that improves the health of the patients it serves through prevention, treatment and education.

There are a wide-range of medical experts to choose from at Lowell Community Health Center. Many of their providers are fluent in several languages. If you wish, you may choose a primary care provider who speaks your language. They also offer interpreter services at no additional cost. If you have a specific medical condition or concern, you may choose your primary care provider based on that specialty. The Health Center has providers with special interests in diabetes, HIV, mental health, asthma, and women's health, to name a few.



Lowell Community Health Center is located at:
161 Jackson Street
Lowell, MA 01852
Call 978.937.9700 to schedule an appointment.

MAY DISTRIBUTION DATES

Please note that distribution for Saturday is a weekend earlier because of The National Post Office Food Drive, the dates are as follows:

Saturday, May 4th

10:00 AM-Noon

Sunday, May 5th

9:00 AM-Noon

Monday, May 6th

7:00-8:00 PM



The 27th annual
Letter Carriers'
Stamp Out
Hunger® Food
Drive
is on Saturday,
May 11, 2019

Recipe Corner



Ginger Ale Baked Ham

Ginger Ale is a simple addition to traditional Baked Ham, but it really makes a difference and adds a lot of flavor while keeping the ham moist.

- 3-4 lbs Ham
- 1 can (12 ounce) can ginger ale (not sugar free)
- 1/2 cup brown sugar
- Place ham in baking dish or roasting pan.
- Score ham diagonally both ways about 1/8" in.
- Pour ginger ale over top.
- Pat brown sugar all over top and sides of ham.
- Bake according to ham package directions (usually 20 minutes per pound) at 350 degrees

Scalloped Potatoes

- 4 large potatoes, peeled and sliced
- 7 slices Cheddar cheese
- 1/4 cup all-purpose flour
- 1 pinch salt and pepper to taste
- 1/2 cup milk
- Preheat oven to 350 degrees. Grease a casserole dish.
- Layer the bottom the casserole dish with potatoes.
- Cover the potatoes with a layer of cheese, followed by a light dusting of flour, salt and pepper. Repeat the layering process until all of the ingredients are used up. Pour milk over the entire casserole. Cover with aluminum foil. Bake in the preheated oven until the potatoes are tender, about 45 minutes. Remove foil and return to oven; bake until cheese is bubbly and beginning to brown.



Special Dates in April and May May is National BLT Sandwich Month

- ★ April 15th - Boston Marathon
- ★ April 15-19th - School Vacation Week
- ★ April 19th - Garlic Day
- ★ April 20th - National Pineapple Upside-Down Cake Day
- ★ April 21st - Easter
- ★ April 22nd - National Jelly Bean Day
- ★ April 19th - Passover Begins
- ★ April 26th - National Pretzel Day
- ★ April 28th - National Blueberry Pie Day
- ★ May 1st - Lemonade Day
- ★ May 4th - International Firefighters Day

Easiest Ever Blueberry Pie

- 1 box Pillsbury™ refrigerated pie crusts, softened as directed on box
- 5 cups fresh blueberries or 5 cups frozen blueberries, thawed
- 1/2 cup plus 1 tablespoon sugar
- 2 tablespoons quick-cooking tapioca
- 1 tablespoon lemon juice
- 1 tablespoon milk
- Heat oven to 400°F. Make pie crusts as directed on box for Two-Crust Pie using 9-inch glass pie plate.
- In large bowl, mix blueberries, 1/2 cup of the sugar, the tapioca and lemon juice. Spoon into crust-lined pan.
- Top with second crust; seal edge and flute. Cut slits in several places in top crust. Brush top crust with milk; sprinkle with remaining 1 tablespoon sugar.
- Place pie on a cookie sheet or something similar in middle of oven. Bake 40 to 45 minutes or until crust is golden brown and filling is bubbly. After 30 minutes of baking, cover crust edge with foil to prevent excessive

