

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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AUGUST 2019

## Tewksbury Public School's Open August 28th Drive Carefully-Observe School Bus Safety

For millions of students nationwide, the school day begins and ends with a trip on a school bus. The greatest risk is not riding the bus, but approaching or leaving the bus. Before children go back to school or start school for the first time, it is essential that adults and children know traffic safety rules.

- When backing out of a driveway or leaving a garage, watch out for children walking or bicycling to school.
- When driving in neighborhoods with school zones, watch out for young people who may be thinking about getting to school, but may not be thinking of getting there safely.
- Slow down. Watch for children walking in the street, especially if there are no sidewalks in neighborhood.
- Slow down. Watch for children playing and congregating near bus stops.
- Be alert. Children arriving late for the bus may dart into the street with out looking for traffic.
- Learn and obey the school bus laws in your state. Learn the "flashing signal light system" that school bus drivers use to alert motorists of pending actions:
  - **Yellow flashing lights** indicate that the bus is preparing to stop to load or unload children. Motorists should slow down and prepare to stop their vehicles.
  - **Red flashing lights** and extended stop arms indicate that the bus has stopped, and that children are getting on or off. Motorists must stop their cars and wait until the red lights stop flashing, the extended stop sign is withdrawn, and the bus begins moving before they can start driving again.



## SEPTEMBER DISTRIBUTION DATES

**Sunday, September 8th**  
**9:00 AM-Noon**

**Monday, September 9th**  
**7:00-8:00 PM**

**Saturday, September 14th**  
**10:00 AM-Noon**

**Starting January**  
**2020 Pantry**  
Distribution Hours  
will Change to the  
Following Times:



**SUNDAY ~ 9:00 AM - 11:00 AM**  
**SATURDAY ~ 10:00 AM - 11:00 AM**

**Monday will stay the same ~**  
**7:00 PM - 8:00 PM**

## Recipe Corner



### Cheese Pizza Sandwich

2 slices white bread lightly toasted  
2 tsp pizza sauce  
1 thin slice of a large tomato  
olives thinly sliced  
pepperoni  
onion thinly sliced  
green pepper sliced thin  
¼ tsp seasonings, basil, marjoram, oregano, rosemary, sage and thyme, salt and pepper  
Mozzarella Cheese slices  
tsp soft butter

Spread 2 tsp pizza sauce over one slice of toasted bread top with tomatoes, pieces olives, slices onion, peppers, pepperoni and seasonings top with Mozzarella Cheese. Take the other toasted bread slice and place on top and spread with butter.

Grill on a low heat flat surface pan until cheese melts, flip over once to brown the other side. Slice like a sandwich.

### Chicken and Bacon Fajitas

3 boneless, skinless chicken breast halves  
salt and pepper chicken to taste (add chili powder for an extra kick)  
3 slices bacon, diced  
1/2 cup chopped onion  
1 chopped green bell pepper  
1 chopped red bell pepper  
1 cup cherry tomatoes, cut in half  
3/4 cup chopped cilantro (if desired)  
8 large flour tortillas (burrito size), warmed to soften  
salsa  
sour cream  
shredded lettuce  
sliced black olives

Heat a large skillet over medium-high heat. Cook the chicken breasts until the outside is golden brown, and the juices run clear. Salt the breasts to taste, remove chicken to a plate and cook the bacon in the same skillet until it begins to release some oil. Stir in the onion, and bell peppers; cook until the bacon is crispy and the onions are translucent. Stir in the tomatoes and continue cooking until the tomatoes are cooked. Slice the cooked chicken breasts into bite-sized pieces, then add to the skillet along with the cilantro. Stir to combine, and cook for a minute to reheat. Spoon into warmed tortillas to serve. Top with your favorite toppings such as sour cream, salsa, lettuce, sliced black olives...etc.

## Special Dates in August and September

### August is National Sandwich Month

August 13th - International Lefthander's Day

August 18th - National Fajita Day

August 19th - National Cupcake Day

August 28th - Tewksbury's Public Schools Open

August 31st - Bacon Day

Sept. 1st - Random Acts of Kindness Day

Sept. 2nd - Labor Day

Sept. 5th - National Cheese Pizza Day

### BEST CHOCOLATE CUPCAKES

1 Box Devil's Food Cake Mix  
Following Cake Mix directions  
Instant Chocolate Pudding Mix  
Chocolate Chips  
Eggs  
Oil  
Warm Water  
Sour Cream



Preheat oven to 325° and line cupcake liners in 2 muffin pans.

Combine cake mix and pudding mix in large bowl. Then add in the chocolate chips (this prevents them from sinking) and stir until combined.

Next mix in the eggs, canola oil and water. Then stir in sour cream. Pour cupcake mixture into liners (about 3/4 full) and bake for 20-25 minutes, until toothpick comes out clean. Remove from oven and allow to cool on cooling rack. Wait to frost chocolate cupcakes until cooled completely. Frost with your favorite frosting or top with cool whip right before

**Happy Labor Day**  
**To ALL Of You**

