

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Dear Clients, What is a Food Pantry?

Simply put, a food pantry provides food directly to local residents who may not have enough to eat. We rely heavily on local organizations such as churches, schools, police and fire departments, post office, banks and so many other businesses and organizations that donate funds and food. The people who run the food pantry in Tewksbury are all unpaid volunteers. Our volunteers assist with the following activities: loading and unloading food, sorting food items, checking for expiration dates, filling boxes, discarding expired items, and maintaining the pantry so our clients will have a safe, clean and organized environment to pick up their food each month. This is only a small part of what our volunteers do consistently without praise or compensation. Clients do not see all the effort it takes to run a pantry, from maintaining the building, heat and air condition, federal and local food compliance's, paperwork, newsletters, thank you letters, fundraisers..just to name a few of the many tasks volunteers do. Our volunteers have jobs, families and busy lives outside of the pantry, but they still find time to be there for our clients. With this said, **we are here to help you, please respect our volunteer's time and energy by adhering to the pantry distribution times which are posted every month in the newsletter that you will find in your food box. We can only give out what we get, so please don't make food requests to the volunteers for things you wish you could have. Our food pantry is here to supplement your food needs, we are NOT a grocery store!!**

Thank you for your understanding, patience and kindness toward your pantry volunteers.

MARCH DISTRIBUTION DATES

Sunday, March 10th
9:00 AM-12:00 Noon

Monday, March 11th
7:00 PM- 8:00 PM

Saturday, March 16th
10:00 AM-12:00 Noon

Sunday, March 10th
Spring Forward



Recipe Corner



Special Dates in February and March February is National Cherry Month

- ◆ February 12th ~ Lincoln's Birthday
- ◆ February 14th ~ Valentine's Day
- ◆ February 17th ~ Random Acts of Kindness Day
- ◆ February 18th ~ President's Day
- ◆ February 19th ~ Chocolate Mint Day
- ◆ February 24th ~ National Tortilla Chip Day
- ◆ March 5th ~ Mardi Gras
- ◆ March 10th ~ Daylight Savings Time Begins
(Turn Ahead 1 Hour)

Tortilla Bake

1 1/2 lbs. ground beef
14.5 oz. can diced tomatoes
1 small can of diced green chilies
1/2 cup water
1 cup sour cream
1 pkg. taco seasoning
8 to 12 oz. pkg. shredded cheese such as monterey jack or colby cheese (use more if you like a lot of cheese)
Tortilla chips

Preheat oven to 350°. In a medium skillet over medium heat, brown the ground beef and drain fat. Add the diced tomatoes and green chilies, water, sour cream and taco seasoning mix. Let simmer for 5-10 minutes. In the bottom of a greased 9x13" baking dish, place a layer of tortilla chips then a layer of meat mixture then a layer of cheese. Repeat this process until the last layer is cheese. Bake for 20 minutes, or until the cheese is bubbly.

Mardi Gras Recipe of Kidney Beans and Rice

1-1/2 pounds ground beef
1/4 cup chopped onion
1 can (16 ounces) kidney beans, rinsed and drained
1 can (14-1/2 ounces) stewed tomatoes
1 teaspoon salt
1 teaspoon chili powder
1/2 teaspoon garlic salt
1/4 teaspoon oregano
1/4 teaspoon pepper
2 cups cooked white rice

In a skillet, cook beef and onion over medium heat until meat is no longer pink; drain. Stir in the beans, tomatoes and seasonings. Cover and simmer for 5 minutes. Add rice; cover and simmer for 30 minutes or until heated through.

Chocolate Cake with Fluffy Mint Chocolate Chip Buttercream Frosting

CHOCOLATE CAKE

1 Pkg of Chocolate Cake Mix

THE FLUFFY MINT CHOCOLATE

CHIP BUTTERCREAM:

1 cup butter or margarine at room temperature
3 cups powdered sugar
1/8 tsp salt
3 tablespoons of half and half
2 tsp. mint extract (not peppermint!)
1 tsp. vanilla
green food coloring, if desired
3 oz. (about 1/2 cup) finely chopped semi-sweet chocolate



For Cake, follow directions on the box, baking in a 9x13 greased baking dish. Remove from oven and let cool.

FLUFFY MINT CHOCOLATE CHIP BUTTERCREAM:

In the bowl, with an electric hand mixer, whip butter or margarine on medium-high speed until very fluffy, about 8 minutes, occasionally scraping down the sides and bottom of the bowl. Add powdered sugar and salt, and beat on low to mix thoroughly. Add half and half, mint extract, and vanilla, mixing on low until combined. Increase mixer speed to medium-high and beat until very light and fluffy, about 5 to 6 minutes, occasionally scraping down the sides and bottom of the bowl. Add

♥ Happy Valentines Day ♥