

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

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JANUARY 2019



Client Code of Conduct Reminder for 2019

Welcome to the Tewksbury Community Pantry. Since 1995, we have provided short and long-term food assistance to Tewksbury residents in financial need. Help is also offered by informing clients of available resources through: links on our website, information at the pantry, monthly newsletters, our Facebook page, flyers and posters. Confidential assistance is given to everyone who receives services. In order to provide a safe and enjoyable environment for our volunteers and clients, the Tewksbury Community Pantry Board of Directors has developed a Client Code of Conduct. We ask our clients to carefully read and abide by the Code of Conduct.

~Clients are expected to show respect to each other and the volunteers.

~Clients are expected to respect the privacy of the other Pantry clients.

~Clients must be responsible for supervising children they bring with them into the Pantry.

~Smoking is not allowed inside the Pantry building. Smokers outside the building are asked to be considerate of people entering and exiting the Pantry.

The following behaviors are strictly prohibited:

~Verbal, physical or visual abuse or harassment of a Pantry member, volunteer or client

~Possession or use of alcoholic beverages or illegal drugs or being under the influence of drugs or alcohol

~Possession of dangerous or illegal materials

Clients are expected to cooperate with and follow the guidance of the Pantry Director(s) or designee.

Our Volunteers work hard to provide the best services possible. We hope the services we provide will greatly aid you and your family in time of need.

Best wishes to you all for the New Year!

FEBRUARY DISTRIBUTION DATES

**Sunday, February-10th
9:00 AM-Noon**

**Monday, February-11th
7:00-8:00 PM**

**Saturday, February-16th
10:00 AM-Noon**

2019 Tewksbury Community Pantry Distribution Dates
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Like us on Facebook: Tewksbury Community Pantry

Month	Sun 9 - 12	Mon 7 - 8:00 pm	Sat. 10 - 12
JAN	13	14	19
FEB	10	11	16
MAR	10	11	16
APR	14	15	20
MAY	5*	6*	4*
JUN	9	10	15
JUL	14	15	20
AUG	11	12	17
SEPT	8	9	14
OCT	13	14	19
NOV	10	11	16
DEC	8	9	14

*except where noted 2019 Thanksgiving Dist 11/24 10-12



Recipe Corner



One-Pot Cheesy Chicken, Rice and Broccoli Sunday Supper

- 2 tablespoons Oil
- 4 boneless skinless chicken breasts, cut into 1-inch pieces
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup uncooked regular long-grain white rice
- 2 1/2 cups chicken broth
- 1 cup chopped red bell pepper (1 large)
- 2 1/2 cups broccoli florets, cut into bite-size pieces
- 2 cups shredded Cheddar cheese

In 12-inch nonstick skillet, heat oil over medium-high heat. Cook chicken, salt and pepper in oil 4 to 6 minutes, stirring frequently, until chicken is no longer pink in center. Add rice and chicken broth; heat to boiling. Cook over medium-high heat 10 to 15 minutes, stirring frequently, until most of the liquid is absorbed. Add bell pepper, broccoli and 1 cup of the cheese. Cover; reduce heat to medium-low; cook 8 to 10 minutes or until vegetables are crisp-tender. Remove from heat. Sprinkle with remaining 1 cup cheese. Cover; let stand 1 to 2 minutes or until cheese is melted.

Easy Cheesy Meatloaf Recipe with Velveeta Cheese

- 2 pounds ground beef
- 2 cups Italian style bread crumbs
- 3 large eggs, beaten
- 1 tsp Salt
- 1 tsp Pepper
- 1 medium sweet onion, chopped
- 1 small bell pepper, chopped
- 1 Tablespoon minced garlic
- 2 Tablespoons oil
- 20 ounces of a 2 pound Velveeta cheese loaf

Cook onion and pepper in oil in a pan on medium heat for 1-2 minutes. Set aside. In a bowl, beat 3 eggs then add bread crumbs, ground beef, salt and pepper, minced garlic mix well then add cooked onion and bell pepper, In an ungreased 9x13 baking pan, use 2/3 of the meat mixture to form a loaf in the middle of the pan. Leave extra room on the sides. Hollow out a wide channel in the meat mixture. Slice the Velveeta loaf in four ounce sections, reserving four ounces for step 11. Lay two sections in the bottom of the meat mixture. Cover with the other two. Use the remaining meat mixture to cover the top of the cheese and form the meatloaf. Shape as needed. Poke 6 holes into the top of the meatloaf, going down into the cheese. Bake in oven at 350° for 1 hr. Remove from pan and grease and serve.

Special Dates in January and February January is National Egg Month

January 13th~National Sunday Supper Day

January 20th~National Cheese Lovers Day

January 21st ~Martin Luther King Jr. Day

January 24th~National Peanut Butter Day

January 29th~National Puzzle Day

February 2nd~Groundhog Day

February 2nd~Ice Cream For Breakfast Day

Ice Cream For Breakfast Ideas

- Top warm waffles, french toast or pancakes with a scoop of ice cream and maple syrup !
- Top ice cream with bananas and strawberries, chopped nuts and crunched up honey nut cheerios!!

Or just eat ice cream by itself for Breakfast!

THIN & CHEWY PEANUT BUTTER COOKIES

- 1/2 cup butter or margarine , softened
- 1/4 teaspoon salt
- 1 cup chunky peanut butter
- 3/4 cup granulated sugar
- 3/4 cup light brown sugar
- 2 large eggs
- 1/2 tablespoon milk
- 1 cup all purpose flour
- 1/4 teaspoon baking soda
- 1/4 teaspoon ginger

Preheat oven to 325 degrees F.

Beat together butter, salt and peanut butter. Beat in both sugars and eggs and continue beating until fluffy. Beat in milk. Mix together flour, baking soda, and ginger (if using). Add to butter mixture and stir until incorporated. If dough is not stiff enough to scoop, chill for 30 minutes. Drop by rounded teaspoonfuls onto ungreased baking sheet or use a small cookie scoop to scoop rounds of dough. Press into criss-cross pattern and bake for 12-14 minutes.