

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Tips for Hot Weather!

- ~ A few common sense measures can reduce heat-related problems, especially for the elderly, the very young and people with respiratory ailments.
- ~ Slow down, avoid strenuous activity.
- ~ Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature.
- ~ Drink plenty of water regularly and often, even if you do not feel thirsty.
- ~ Limit intake of alcoholic beverages. They can actually dehydrate your body.
- ~ Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- ~ Stay indoors as much as possible.
- ~ If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- ~ Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- ~ Use shades and curtains to block sunlight from coming into the house.
- ~ Avoid too much sunshine. Wear sunglasses when outside.
- ~ Never leave children or pets alone in a closed vehicle.
- ~ Do not leave pets outside for extended periods. Make sure that pets have plenty of drinking water.
- ~ Check on family, friends and neighbors.



JULY DISTRIBUTION DATES

Sunday, July 14th
9:00 AM-Noon

Monday, July 15th
7:00-8:00 PM

Saturday, July 20th
10:00 AM-Noon

June 14th

Tewksbury Public Schools last day ...
Please drive safely and watch for kids!





Grilled Turkey Sandwich

- 4 slices white bread
- 1 tablespoon mayonnaise
- 1/3 pound thinly sliced deli turkey
- 4 slices tomato
- 2 slices provolone cheese (1 ounce each)
- 1 tablespoon butter, softened



Spread two slices of bread with mayonnaise. Layer with turkey, tomato and cheese; top with remaining bread. Spread outsides of sandwiches with butter. Grill sandwiches for 3-4 minutes on each side or until golden brown.

HOW TO GRILL CORN FOIL

- Fresh Corn
- Aluminum Foil
- Soft Butter or Margarine
- Salt



Remove all corn husk and corn silk. Place each ear of corn on a piece of aluminum foil and smear 1 Tbsp softened butter over each piece of corn. Sprinkle with 1/8 tsp salt. Roll up in foil. Repeat these steps for each ear of corn you are going to cook. Place foil wrapped corn on hot grill and grill for 18-20 minutes turning 3-4 times during grill time to prevent corn from burning.

Special Dates in June and July June is National Turkey Lover's Month

- June 11th - Corn on the Cob Day
- June 12th - National Peanut Butter Cookie Day
- June 14th - Flag Day
- June 14th - Friday - Last Day for Tewksbury Public Schools
- June 16th - Sunday - Father's Day
- June 21st - Friday - First Day of Summer
- July 4th - Thursday - Independence Day
- July 13th - Beans 'n' Frank Day

Beans and Franks!!

- 6 hot dogs, cut up into serving sizes
- 1/2 cup ketchup
- 2 tablespoons brown sugar
- 1 tablespoon mustard
- 1/2 teaspoon Worcestershire sauce
- 2 16-ounce cans baked pork and beans in tomato sauce (about 5 cups)



In a casserole dish mix all ingredients together. Bake at 325 degrees for 1 hour. Serve with corn bread

Easiest Peanut Butter Cookie

- 1 cup granulated sugar
- 1 cup peanut butter or chunky peanut butter
- 1 large egg
- 1 tsp vanilla extract



Preheat oven to 350 degrees, spray a cookie sheet with pam. With a mixer mix together sugar, peanut butter, egg, and vanilla extract until thoroughly combined, batter will be a little crumbly. Scoop out about a tablespoon of dough and for each cookies and roll it between your hands. Place on prepared baking sheet. Use a fork to gently press a criss-cross pattern in the dough placing cookies about 2 inches apart on the baking sheet. Bake cookies for about 10 to 12 minutes or until cookies have dried and are no longer shiny looking. Let cookies rest on the baking sheet for 5-10 minutes, then transfer to a wire cooling rack to cool.