

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER



MONTHLY NEWSLETTER

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MARCH 2019



March Is Poison Prevention Awareness Month

Poison Proof Your Home

More than 90 percent of the time, poisonings happen in people's homes. The majority of these poisonings occur in the kitchen, bathroom and bedroom. That is why it is important to follow simple steps to prevent a poisoning from happening at home.

Medicines

- Keep medicines in their original containers, properly labeled, and store them appropriately.

Carbon monoxide (CO)

- Have a working carbon monoxide detector in your home. The best places for a CO detector are near bedrooms and close to furnaces.

Household products

- Keep products in their original containers. Do not use food containers (such as cups or bottles) to store household cleaners and other chemicals or products.
- Keep all laundry products locked up, high, and out of the reach of children.

Chemicals

- Keep antifreeze and all chemicals and household products in their original containers.

Food

- Wash hands and counters before preparing all food.
- Store food at the proper temperatures. Refrigerated foods should not be left out at temperatures above 40 degrees F (5 degrees C).
- Use clean utensils for cooking and serving.

If you suspect someone in your home has been poisoned call 911!!!

Be ready (if you can) to tell the expert on the phone:

- The exposed person's age
- Known health conditions or problems
- The product involved
- How the product contacted the person (for example, by mouth, by inhaling, through the skin, or through the eyes)
- How long ago the poison contacted the person
- What first aid has already been given
- Whether the person has vomited
- Your exact location

APRIL DISTRIBUTION DATES

Sunday, April 14th -
9:00 AM-Noon

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

Saturday, April 20th -
10:00 AM-Noon

DAYLIGHT SAVINGS TIME BEGINS March 10, 2019





Disneyland Hand Dipped Corn Dogs

- 1 cup corn meal
- 1 cup all-purpose flour
- 2 tablespoons sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 1 - 1 1/4 cups milk
- 2 tablespoons vegetable oil
- 8 hot dogs
- Popsicle or craft sticks
- Vegetable oil for frying

Heat your vegetable oil in a large pot to 350 degrees. In a mixing bowl, stir together the cornmeal, flour, sugar, baking powder, and salt. Use a whisk to beat in the egg, milk, and vegetable oil. Insert the popsicle or craft sticks into each hot dog leaving enough of the stick showing to create a handle. Pat each hot dog dry with a paper towel. Dip each hot dog into the batter, covering the hot dog all the way up to where the stick is inserted. After dipping put immediately into the hot oil to fry. Each one only takes 3-4 minutes. Fry each dog until golden brown. Put on paper towels to drain.



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door



Special Dates in March and April March is National Noodle Month

- March 10th: Daylight Savings Time Begins (Spring Forward 1 Hour)
- March 16th: Corn Dog Day
- March 17th: St. Patrick's Day
- March 20th: First Day of Spring
- March 29th: National Vietnam War Veterans Day
- April 1st: April Fools Day
- April 2nd: Peanut Butter and Jelly Day
- April 4th: Ramen Noodle Day
- April 6th: Tewksbury Town Elections

CORNEBEEF AND NOODLES WITH CABBAGE

- 1 Lb Cooked Corned Beef (cut it up into serving sizes)
- 1 Yellow Onion (chopped)
- 1/2 Head Green Cabbage (sliced)
- 2 tablespoons Mustard
- 1 Lb Egg Noodles
- 3 tablespoons Parsley
- 2 tablespoons Oil
- 1/2 cup of water
- Salt and Pepper
- 2 tablespoons Butter



Cook egg noodles to package directions, set aside. In a large pot add 1 tablespoon butter and oil. Once butter has melted add onion and pinch of salt. Add water and sliced cabbage to pot and add another pinch of salt. Put lid on pot and cook for about 15 minutes or until cabbage is cooked to desired amount (add more water if needed). Remove lid and add the beef, pepper, parsley and remaining tablespoon of butter, noodles, and grain mustard and toss everything together place on platter and Serve immediately.