

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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MAY 2019

Veterans and Widows or Widowers of Veterans

Are you a senior citizen veteran or a widow(er) of a veteran with an income of less than \$1,540.00 per month with cash assets of \$3,200.00 or less?

Are you a senior citizen married to a veteran and your combined income is less than \$2,050.00 per month with cash assets of \$7,000.00 or less?

Note: house and vehicle are not counted as assets

Are you a veteran or a widow(er) of a veteran with an income of less than \$1,810.00 per month and cash assets of less than \$3,000.00.

Are you a married veteran or married to a veteran, your combined income is less than \$2,425.00 per month and your cash assets are less than \$7,000.00.

If so, you may be entitled to Supplementary Financial Assistance

-OR-

Reimbursement of your Medical Expenses and/or Financial Assistance under Massachusetts General Law Chapter 115, which is an entitlement to benefits based on your spouse's military service.

If you would like information regarding benefits, please contact your city or town hall and ask for the Veterans' Services Officer. The local VSO is Lisa Downey and she can be reached at 978-640-4485.

If you are in need of any additional information or cannot contact your VSO, please call the MASS. Department of Veterans' Services at 617-210-5480 and ask for assistance.

JUNE DISTRIBUTION DATES

**Sunday, June 9th
9:00 AM-Noon**

**Monday, June 10th
7:00-8:00 PM**

**Saturday, June 15th
10:00 AM-Noon**

To all the Mothers,
Grandmothers,
Aunts, Sisters
and other women
in our lives that care for
us and love us
unconditionally,
Happy Mother's Day!

Recipe Corner



For Cinco De Mayo how about SUPER THIN TORTILLA CRUST PIZZA

1 or 2 jars/cans of Pizza Sauce
Package of burrito-size tortillas
Oil
non stick cooking spray
1 or 2 Bags of Shredded Mozzarella Cheese
(depending on how many you make)
Your Favorite Pizza Toppings (pepperoni, slices
*black olives, onions, peppers, mushrooms,
sausage, etc.)

Heat the oven to 375. Coat a large cookie sheet with non stick spray. Use a large enough one to bake two tortilla pizzas. Coat each tortillas with oil on both sides (using a pastry brush will make it easier). Place tortilla(s) on cookie sheet, make a little crust-like ridge around the outside of each tortilla. Bake for 5 minutes, then remove from oven. Spread the sauce on the tortilla and add cheese then you toppings and sprinkle with seasoning such as garlic salt, oregano, basil, pepper and return to oven and bake for 10 minutes or until cheese melts. Remove to plate and cut into slices food cutting scissors or a pizza cutter.



Special Dates in May and June May is National Egg Month

May 5th – Cinco de Mayo
May 6th – Nurse/National RN Day
May 11th – Letter Carrier's Stamp Out Hunger Food Drive Day
May 12th – Mothers Day
May 12th – National Nutty Fudge Day*
May 15th – National Chocolate Chip Day*
May 17h – National Pizza Party Day
May 18th – Armed Forces Day
May 27th – Memorial Day
June 1st – National Olive Day*
June 7th – Doughnut Day

Chocolate Chip Fudge*



3 cups semi-sweet chocolate chips
1 (14 ounce) can EAGLE BRAND® Sweetened Condensed Milk
Dash salt
3/4 cup chopped nuts (optional)
1-1/2 teaspoons vanilla extract

In heavy saucepan, over low heat, melt chocolate chips with sweetened condensed milk and salt. Remove from heat; stir in nuts (optional) and vanilla. Spread evenly into wax-paper-lined 8- or 9-inch square pan. Chill 2 hours or until firm. Lift fudge out of pan and place onto cutting board; peel off paper and cut into squares. Store covered in refrigerator.

