

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

## MONTHLY NEWSLETTER

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## OCTOBER 2019



### PLEASE BRING BACK YOUR FOOD BOX!!

Dear Clients, The ban in Tewksbury on single-use, plastic shopping bags is now in full swing. As with other communities, Tewksbury's ban prohibits stores from giving out plastic bags, prompting stores to use paper bags or boxes. With that said, our food boxes have always been generously donated by local grocery stores, however, now that grocery stores are banned from using the plastic bags, many customers are opting to use the same boxes that we get for the pantry so our supply is dwindling.

When we hand you your box of food each month we seldom see these boxes again, eventually we will not have anymore. Without the boxes, we cannot give you a "box" of food and may eventually have to hand out paper bags which will contain less food each month.

**With all of this said, we are desperately pleading with you to PLEASE bring back your box at each distribution.**

Thank you,  
Tewksbury Community Pantry  
Board of Directors

### NOVEMBER DISTRIBUTION

**Sunday, Nov. 10th  
9:00 AM—Noon**

**Monday, Nov. 11th  
7:00-8:00 PM**

**Saturday, Nov. 16th  
10:00 AM—Noon**

**Thanksgiving Distribution  
Sunday, November 24th  
10:00 AM - 12:00 Noon**



### IMPORTANT NOTICE! Client Application Renewal for 2020!

Please fill in out your application completely, if you do not return your application by the November distribution you will not be eligible to receive your Turkey and Fixings at the Thanksgiving Distribution which takes place the Sunday before Thanksgiving. In addition you will not be eligible for further assistance until the application is completely filled out and returned with (current utility bill or proof of residence).

Thank you,  
Tewksbury Community Pantry  
Board of Directors

## Recipe Corner



### Classic Meatloaf

- 1-1/2 pounds Ground Beef
- 3/4 cup bread crumbs
- 3/4 cup ketchup
- 1/2 cup minced onion
- 1 egg
- 1 tablespoon Worcestershire sauce
- 2 teaspoons minced garlic
- 3/4 teaspoon pepper
- 1/2 teaspoon salt

Heat oven to 350°F. Combine ground beef, bread crumbs, 1/2 cup ketchup, onion, egg, Worcestershire, garlic, pepper and salt in large bowl, mixing lightly but thoroughly. Shape beef into 8 x 4-inch loaf. 350°F oven for 1 hour, remove from oven and let stand for 10 minutes and the cut into slices.

### Spinach and Feta Pasta

- 1 (8 ounce) package penne pasta
- 2 tablespoons oil
- 1/2 cup chopped onion
- 1 clove garlic, minced
- 3 cups chopped tomatoes
- 1 cup sliced fresh mushrooms
- 2 cups spinach leaves, packed
- salt and pepper to taste
- 8 ounces feta cheese, crumbled

Bring a large pot of lightly salted water to a boil. Cook pasta in boiling water until desired. Meanwhile, heat oil in a large skillet over medium-high heat; add onion and garlic, and cook until golden brown. Mix in tomatoes, mushrooms, and spinach. Season with salt, pepper. Cook 2 minutes more, until tomatoes are heated through and spinach is wilted. Reduce heat to medium, stir in pasta and feta cheese, and cook until heated through.

## Special Dates in October and November

### October is American Cheese Month

- October 14th - Columbus Day
- October 17th - National Pasta Day
- October 18th - Meatloaf Appreciation Day
- October 28th - National Chocolate Day
- October 31st - Halloween
- November 2nd - All Souls Day
- November 3rd - Turn Back Your Clocks 1 Hour
- November 10th - Town Nurse will be at the Pantry on Sunday distribution doing flu shots.

### EASY CHOCOLATE CREAM CAKE

- 1 (2 layer size) pkg. yellow cake mix
- 1 pkg. instant vanilla pudding mix
- 1 (1 oz.) sq. unsweetened chocolate
- 1 tbsp. butter
- 1 c. sifted powdered sugar
- 1/2 tsp. vanilla
- 3-4 tsp. water

Prepare cake pans and mix following directions. Cool cake layers. Prepare pudding mix following directions for pudding. Let stand 10 minutes. Lay 1 cake layer on platter, bottom side up. Spread pudding over. Top with second cake, bottom side down. In a pan, stir chocolate and butter over low heat until melted. Remove from heat and stir in sugar and vanilla. Blend enough water into chocolate mixture so it will pour easily. Spread chocolate

**“Fall back” in the fall by setting clocks back one hour, Sunday, November 3, 2019**

