

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

Email: info@tewksburypantry.org

Website: <http://www.tewksburypantry.org>

SEPTEMBER 2019



Fire Prevention in the Kitchen

Careless cooking is the number one cause of residential fires. Here are a few rules that will help prevent kitchen fires in your home....

- Never leave cooking unattended.
- It's wise to have a fire extinguisher near the kitchen. Keep it 10 feet away from the stove on the exit side of the kitchen.
- Never pour water on a grease fire; turn off the stove and cover the pan with a lid, or close the oven door.
- Keep pot handles on the stove pointing to the back, and always watch young children in the kitchen.
- Don't store items on the stove top or in the oven, as they could catch fire when burner or oven is turn on.
- Keep kitchen appliances clean and in good condition, and turn them off and disconnect them when not in use.
- Don't overload kitchen electrical outlets and don't use appliances with frayed or cracked wires.
- Wear tight-fitting clothing when you cook. Here's why: An electrical coil on the stove reaches a temperature of 800 degrees. A gas flame goes over 1,000 degrees. Your dish towel or pot holder can catch fire at 400 degrees. So can your bathrobe, apron, or loose sleeve.
- Be sure your stove is not located under a window in which curtains are hanging.
- Clean the exhaust hood and duct over the stove regularly and wipe up spilled grease as soon as the surface of the stove is cool.

OCTOBER DISTRIBUTION DATES

Sunday, October 13TH
9:00 AM-Noon

Monday, October 14TH
7:00-8:00 PM

Saturday, October 19TH
10:00 AM-Noon

Starting January

2020 Pantry

Distribution

**Hours will Change
to the Following
Times:**



SUNDAY: 9:00 AM - 11:00 AM

SATURDAY: 10:00 AM - 11:00 AM

Monday will stay the same
7:00 PM - 8:00 PM

Recipe Corner



One Crust Chicken Pot Pie

4 tablespoons butter or margarine
1 lb. boneless skinless chicken breast cut into small bite size pieces
1 cup sliced carrots
1/2 cup sliced celery
1/2 cup chopped onion
1 1/4 teaspoons salt
1/2 teaspoon garlic powder
1/4 teaspoon ground black pepper
1/4 cup all-purpose flour
1 cup chicken broth
1/2 cup heavy cream
1/2 cup frozen peas
2 tablespoons minced parsley
1 (for top) unbaked pie crusts (Pillsbury Pie Crust in the long red box works the best)

Make sure there is an oven rack on the bottom rack of the oven. Preheat oven to 425 degrees F.

Add the butter to a large skillet over medium heat. Once the butter or margarine is melted, add the chicken, carrots, celery, onion, salt, garlic powder and pepper. Cook for 8-10 minutes, until the chicken is cooked through, stirring often. Add the flour. Stir well, until no dry flour remains. Slowly stir in the cream, then the chicken broth. Cook until bubbling and thick, stirring often, 3-4 minutes. Remove from the heat. Stir in the peas and parsley. Let this cool for 15-30 minutes before filling the pie.

Spoon the filling into the pie plate. Top with the one pie crust. Seal the edges of the pie crust together. Cut 3-4 slits in the top crust to allow steam to escape. Place the filled pie plate on a baking sheet. Bake for 30 minutes on the bottom rack of the oven. Cool for 15-30 minutes before slicing and serving.



Special Dates in September and October September is Eat Chicken Month

September 8th ~ Grandparents Day
September 11th ~ Patriots Day
September 14th ~ Banana Day
September 20th ~ Tewksbury Family
Movie Night - Town Common - 6:00 PM
September 22nd ~ Ice Cream Cone Day
September 23rd ~ National Great
American Pot Pie Day
September 28th ~ National Good Neighbor
Day
October 8th ~ National Fluffernutter Day
October 11th ~ World Egg Day

FLUFFERNUTTER SANDWICH

2 slices Soft White Bread
Fluff Marshmallow Cream
Peanut Butter, creamy or chunky

Spread Peanut Butter on one side, spread peanut butter on the other side. Put the together, cut into half and enjoy!

For an added treat, put sliced bananas on top of the peanut butter before putting the bread together!!!

