

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Heat Wave Safety Tips

A heat wave is often defined as three or more consecutive days where temperatures reach 90° or higher.

Slow down. Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

Dress for summer. Wear lightweight, light-colored clothing to reflect heat and sunlight.

Put less fuel on your inner fires. Foods, like meat and other proteins that increase metabolic heat production also increase water loss.

Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. Persons who have epilepsy or heart, kidney or liver disease, are on fluid restrictive diets or have a problem with fluid retention should consult a physician before increasing their consumption of fluids. Do not drink alcoholic beverages and limit caffeinated beverages.

During excessive heat periods, spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, go to a library, store or other location with air conditioning for part of the day.

Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.



AUGUST DISTRIBUTION DATES

**Sunday, August 10th
9:00 AM-Noon**

**Monday, August 11th
7:00-8:30 PM**

**Saturday, August 16th
10:00 AM-Noon**

**PLEASE RETURN YOUR EMPTY
FOOD BOXES AT THE NEXT
DISTRIBUTION!!**



Recipe Corner



LAZY - DAY LASAGNA

- 1 lb. Italian sausage or 1 lb. ground beef
- 32 oz. jar spaghetti sauce
- 1 c. water
- 15 oz. ricotta cheese
- 2 tbsp. chopped fresh chives
- 1/2 tsp. oregano
- 1 egg
- 8 oz. uncooked lasagna noodles
- 16 oz. sliced Mozzarella cheese
- 2 tbsp. grated Parmesan cheese

Cook meat..set aside. Mix ricotta cheese, chives, oregano and egg. Spread 1-1/2 cups meat sauce in bottom of 9 x 13 inch pan. Top with 1/2 of the noodles, 1/2 the ricotta cheese mixture and 1/2 of the Mozzarella cheese. Repeat layers. Top with remaining meat sauce and sprinkle with Parmesan cheese. Cover and refrigerate overnight. Heat oven to 350 degrees. Uncover and bake for 50 to 60 minutes. Let stand for 15 minutes before serving. Use regular lasagna noodles. Do not cook them first.

CHILI CHEESE DOG CASSEROLE

- 1 pkg. corn bread mix
- 1 can chili
- 1 pkg. hot dogs
- 1 c. shredded Cheddar cheese
- Chopped onions (optional)

Prepare corn mix according to package directions. Pour half the mix in a greased casserole dish. Place hot dogs, sliced in half lengthwise, on top of the mix. Pour can of chili over the hot dogs, and sprinkle with cheese. Pour remaining mix over the cheese. Cook for one hour at 350 degrees.

Special Dates in July and August July is National Blueberries Month

- July 19th - National Hot Dog Day
- July 20th - National Ice Cream Day
- July 28th - National Milk Chocolate Day
- July 29th - Lasagna Day
- July 30th - Friendship Day
- July 31st - National Chili Dog Day
- August 1st - US Air Force Day
- August 3rd - Watermelon Day
- August 4th - National Chocolate Chip Day
- August 6th - National Root Beer Float Day
- August 7th - Lighthouse Day

PUNCH BOWL CAKE

- 1 yellow cake mix, bake as directed
- 2 lg. Cool Whip
- 1 can blueberry pie filling
- 1 can crushed pineapple, drained
- 5 bananas, sliced
- 1 can cherry pie filling
- 1/2 c. coconut (optional)
- 1 c. pecans, chopped
- Chocolate chips

Bake yellow cake mix as directed. Cool. Cut into bite-sized pieces. Place in bottom of punchbowl. Then layer as follows: 1 large Cool Whip, 1 can blueberry pie filling, another large Cool Whip, 1 can crushed pineapple, drained, 5 bananas, sliced and 1 cherry pie filling. Top with coconut, chopped nuts, chocolate chips. Refrigerate.

Charcoal Grill Tips

To light a charcoal fire, place the coals in a pyramid shape 20 to 30 minutes prior to cooking. The pyramid provides ventilation for the coals to catch fire. Soak the coals with about 1/2 cup fluid. Wait 1 minute to let the fluid soak in, then light with a match. NEVER use gasoline or kerosene because either one can cause an explosion.