

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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## Flu Season - Get Your Flu Shot

Don't let the warm temperatures fool you - flu season will be here before you know it.

The timing of flu is very unpredictable and can vary from season to season. Flu activity most commonly peaks in the U.S. in January or February. However, seasonal flu activity can begin as early as October and continue to occur as late as May.

CDC recommends a yearly flu vaccine for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. While there are many different flu viruses, the seasonal flu vaccine is designed to protect against the top three or four flu viruses that research indicates will cause the most illness during the flu season. People should begin getting vaccinated soon after flu vaccine becomes available, ideally by October, to ensure that as many people as possible are protected before flu season begins.

In addition to getting vaccinated, you can take everyday preventive steps like washing your hands to reduce the spread of germs. If you are sick with flu, stay home to prevent spreading flu to others.



## OCTOBER DISTRIBUTION DATES

**Sunday, October 12th, 2014  
9:00 AM-Noon**

**Monday, October 13th, 2014  
7:00-8:30 PM**

**Saturday, October 18th, 2014  
10:00 AM-Noon**



**HELP US BY RETURNING YOUR  
EMPTY BOXES FROM THE  
PREVIOUS DISTRIBUTION**

## Recipe Corner



### Makeover for Your Spaghetti

½ pound spaghetti noodles  
2 eggs  
¾ cup grated Parmesan cheese, divided  
1 tablespoon olive oil + extra for greasing the casserole dish  
½ onion, peeled and diced  
½ green bell pepper, deseeded and diced  
1 pound ground beef  
1 clove garlic, minced  
½ teaspoon salt  
Crushed red pepper, to taste (a few firm shakes for us)  
1 - 26 oz jar of your favorite red spaghetti sauce or 3 cups homemade sauce  
¾ cup ricotta cheese  
1 cup grated mozzarella cheese  
¼ cup whole-wheat breadcrumbs

-Preheat oven to 350 degrees F. Brush a rectangular baking dish with olive oil and set aside.

-Cook the spaghetti noodles al dente, drain, and then mix with the eggs and ½ cup of the Parmesan cheese. Put in the bottom of the casserole dish.

-In a large saute pan over medium heat, warm the olive oil. Add the onion and bell pepper and cook until soft, but not brown, about 5 minutes.

Add the beef to the pan and break up the meat with a spatula. Cook until the beef is brown all the way through. Drain and discard the fat (I find putting a lid on the pan helps with this job).

-Add the garlic, salt, and red pepper, and cook for 1 more minute before adding the red sauce to pan. Heat for an additional few minutes.

-Pour the meat/sauce mixture on top of the noodles in the casserole dish. Top with dollops of ricotta cheese, grated mozzarella, breadcrumbs, and remaining ¼ cup Parmesan cheese. Bake for 30 to 40 minutes or until minutes or until golden brown on top.

**Storing Hard Boiled Eggs:** In the shell, hard-boiled eggs can be refrigerated safely up to one week. Refrigerate in their original carton to prevent odor absorption. Once peeled, eggs should be eaten that day.

## Special Dates in September and October

### September is National Rice Month

September 18th - National Cheeseburger Day

September 22nd - Ice Cream Cone Day

September 28th - National Good Neighbor Day

September 29th - International Coffee Day

October 3rd - World Smile Day

October 10th - World Egg Day

### Old-Fashioned Rice Pudding

2 eggs, beaten

4 cups milk

1/2 cup white sugar

1/2 cup uncooked white rice

1 tablespoon butter

1 teaspoon vanilla extract

1/2 cup raisins (optional)

1/8 teaspoon ground nutmeg

Preheat oven to 300 degrees. Grease a 2 quart baking dish. Beat together the eggs and milk. Stir in white sugar, uncooked rice, butter, vanilla extract, raisins, and nutmeg. Pour into prepared pan. Bake for 2 to 2 1/2 hours in the preheated oven. Stir frequently during the first hour.

### Peeling a Hard Boiled Egg

1. **Only Peel When Eggs are Cooled**

2. **Crack & Roll**

Cracking the shell all over and rolling between your hands separates the membrane from the egg and really makes a difference to the peeling experience.