

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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APRIL 2015

AROUND TOWN

Unwanted Medication Kiosk

A permanent receptacle located in the lobby of the Tewksbury Police Department where citizens can safely dispose of expired, unused and unwanted prescription drugs as needed. Call 978-851-7373 for more information.

What is the Merrimack Valley Nutrition Project?

We are located at Greater Lawrence Technical School in Andover, Massachusetts. We are dedicated to helping the elderly stay healthy by offering free meals daily. For more information on meal programs, call 978-686-1422

Expect Delays at the Intersection of East Street/ Shawsheen Street/Dascomb Road

Beginning Monday, April 6, 2015 construction of the improvements at the intersection of East Street, Shawsheen Street and Dascomb Road will commence. Normal working hours will be between the hours of 7:00am to 3:30 pm. Construction is expected to last until late summer/early fall of 2015. Traffic delays can be expected during construction; however the roads will not be closed and detours will not be utilized. Residents are urged to seek alternate routes.

Softball Spring Clean Up Day at the Field of Dreams Complex

Clean Up Day will take place on Saturday, April 18th at 9am at the Field of Dreams Complex located on Livingston Street. Bring a rake and bring some gloves, stay an hour or as long as you can and lets give our girls a great place to play ball this season. Rain date will be Saturday, April 25th.

Durable Medical Equipment

Often times, durable medical equipment is not covered by insurance and can be quite costly. The Senior Center loans equipment to those in need, such as walkers, canes, wheelchairs, commodes, raised toilet seats, crutches, bed rails and more!!! Please call 978-640-4480 for more info.

MAY DISTRIBUTION

DATES

Please note that distribution for May is a weekend earlier because of Mothers Day and The National Post Office Food Drive, the dates are as follows:

Saturday, May 2th

10:00 AM-Noon

Sunday, May 3th

9:00 AM-Noon

Monday, May 4th

7:00-8:30 PM



HAMBURGER MUSHROOM CASSEROLE

- 1 pound ground beef
- 1 can condensed tomato soup
- 1/2 pound fresh mushrooms
- 3/4 cup of milk or light cream
- 8 ounces cheese (American, cheddar, Monterey Jack)
- 1 small onion, chopped
- 1 small clove of garlic, chopped
- 1 pound elbow macaroni, cooked
- large casserole dish
- salt and pepper, to taste

Cook elbow macaroni. While elbow macaroni is cooking, brown ground beef with chopped onion and garlic, and mushrooms. In a large bowl, mix the condensed tomato soup and milk together well. Add the cooked ground beef mixture and cooked elbow macaroni to the tomato soup and milk, and stir until well mixed. Take one third of this and put it in the bottom of the casserole, then add a layer of cheese, put another third of the mix on top of the cheese, add another layer of cheese, pour the remainder on top and put the remaining cheese on top. Bake at 375°F for 35 - 40 minutes, or until casserole is bubbling.

Spicy Grilled Cheese Sandwich

- 2 tablespoons butter or margarine
- 4 slices white bread
- 2 slices American cheese
- 1 tomato, thinly sliced
- 1/4 small onion, chopped
- 1 jalapeno pepper, chopped



Heat a large skillet over low heat. Spread butter or margarine onto one side of two slices of bread. Place both pieces buttered side down in the skillet. Lay a slice of cheese on each one, and top with slices of tomato, onion and jalapeno. Butter one side of the remaining slices of bread, and place on top buttered side up. When the bottom of the sandwiches are toasted, flip and fry until brown on the other side.

Special Dates in April and May

May is National Hamburger Day

April 12th - Grilled Cheese Sandwich Day

April 15th - Tax Deadline

April 16th - Mushroom Day

April 20th - Patriots Day & Boston Marathon

April 20th - Tewksbury Public School Vacation Week

April 22nd - Earth Day - marks the anniversary of what many consider the birth of the modern environmental movement in 1970

May 1st - May Day - Marks the halfway point between the first day of spring and the summer solstice

May 1st - National Chocolate Parfait Day

BLACK FOREST PARFAITS

- 1 pkg. brownie mix, baked according to "cake-type" directions
- 1 (6 oz.) pkg. instant chocolate pudding mix, prepared
- 1 (21 oz.) can cherry pie filling
- 1 (8 oz.) carton whipped topping
- 6 lg. or 8 med. parfait type glasses

Crumble brownies. Layer pudding first, then brownie crumbs, pie filling and whipped topping. Garnish with a few brownie crumbs.

