

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

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## Brown Bag Program Tewksbury Senior Center

Elder Services of Merrimack Valley, Inc. and The Greater Boston Food Bank have joined forces to offer an Elder Brown Bag Program in Tewksbury. Recipients must be 60 years of age or older or a disabled adult living in elder housing in a low income bracket. This program will start in July and run through the remainder of the year.

Applications are available at the pantry and can be picked up at the next distribution. You will need to fill out the application and mail it to:

Elder Services of the Merrimack Valley  
280 Merrimack Street, Suite 400  
Lawrence, MA 01843  
Attention: Laura Marsan,

Your application will be reviewed and once you are accepted into the program an information packet will be mailed to you explaining how the program works and when and where you can pickup your brown bag.

*A typical Brown Bag will contain perishable and shelf-stable foods including: cereal, beef stew, canned tuna, spaghetti, pasta sauce, raisins, apple juice, instant oatmeal, produce and cheese. There is no cost involved and there will be ONE bag per household.*

Brown Bags will be available on the 4th Tuesday of each month for eligible Tewksbury residence at the Tewksbury Council of Aging Senior Center, 175 Chandler Street, Tewksbury, MA 01876

If you have any questions, please contact Laura Marsan at (978) 946-1303 or Tewksbury Senior Center at (978) 640-4482

## SEPTEMBER DISTRIBUTION DATES

**Sunday, September 13th  
9:00 AM-Noon**

**Monday, September 14th  
7:00-8:30 PM**

**Saturday, September 19th  
10:00 AM-Noon**



PLEASE RETURN FOOD BOXES!!!

## Recipe Corner



### Salami and Rice Jambalaya

- 2-1/2 cups water
- 2 cups sliced celery
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 cup uncooked rice
- 1/4 pound thinly sliced hard salami, julienned
- 3/4 cup chopped onion
- 2 tablespoons butter
- 1/2 teaspoon dried parsley flakes
- 1/2 teaspoon dried thyme
- 1/2 teaspoon minced garlic
- 1/4 teaspoon pepper

In a large pot, combine all ingredients. Bring to a boil. Reduce heat; cover and simmer for 15-20 minutes or until rice and vegetables are tender.

### American Chop Suey

- 1 (16 ounce) package uncooked elbow macaroni
- 1 pound ground beef
- 1 onion, chopped
- 2 (10.75 ounce) cans condensed tomato soup
- salt

Cook macaroni according to package directions. Meanwhile, in a separate large skillet over medium high heat, saute the ground beef and the onion for 5 to 10 minutes, or until meat is browned and crumbly. Drain thoroughly and leave the meat and onion in the skillet. Pour the two cans of tomato soup into the skillet and stir well to combine. When noodles are done, drain thoroughly and return noodles to the pot. Add the hamburger mixture from the skillet to the pot. Mix well and season with salt and pepper to taste.

### Easy Cheese Pizza

- 1 1/2 cups Bisquick® Original baking mix
- 1/3 cup very hot water
- 1 can (8 ounces) pizza sauce
- 1 1/2 cups shredded mozzarella cheese (6 ounces)

Move oven rack to lowest position. Heat oven to 450°. Grease 12-inch pizza pan or cookie sheet. Stir baking mix and water until soft dough forms. Pat dough in pan, using fingers dipped in baking mix; pinch edge, forming 1/2-inch rim. Spread pizza sauce over crust. Sprinkle with cheese (add your favorite topping if desired). Bake 12 to 15 minutes or until crust is brown and cheese is bubbly



## Special Dates in August and September September is National Rice Month

- ~August 27th: Banana Lover's Day
- ~August 29th: Chop Suey Day
- ~September 4th: Newspaper Carrier Day
- ~September 5th: National Cheese Pizza Day
- ~September 7th: Salami Day
- ~September 7th: Labor Day
- ~September 13th: Grandparents' Day