

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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MARCH 2015



Flu Season is STILL Here!

Have you received your Flu Shot? If not they are still available at the Tewksbury Health Department and in local pharmacies. Health Department officials say it's important for some who are more likely to have problem resulting from the flu to get immunized including:

- Children 6months-18 years
- People 50 years or older
- Pregnant women
- People with other health problems

It is also important to get a flu shot if you live with or take care of the above groups. The Flu is caused by a virus that infects your lungs, nose and throat. It comes on very quickly and makes you feel very sick. Flu symptoms include:

- fever
- tiredness/weakness
- muscle and joint aches
- dry cough
- headache
- sore throat
- runny/stuffy nose

A cold is caused by germs that affect your nose more than any other part of your body. Cold symptoms include:

- stuffy nose
- sneezing
- runny nose
- sore throat
- wet cough.

The best prevention is to get the flu shot, wash your hands often with soap and water, cover your cough or sneeze, keep your hands away from your eyes, nose and mouth. If you are sick, stay home; you can spread the flu even if you feel better. Adults can spread the flu for about 5 days and kids can spread for 7 days. Call your doctor if you think you are coming down with the flu. You may be able to be treated with an antiviral to decrease the severity of the illness. Pneumonia can be a serious side effect of the flu. Ask your doctor if you also should get the pneumonia shot. The Influenza vaccine is still available for ages 3 and up from the Health Department please call 978-640-4473 on Wednesdays or Fridays to make an appointment.

APRIL DISTRIBUTION DATES

Sunday, APRIL 12th-
9:00 AM-Noon

Monday, APRIL 13th-
7:00-8:30 PM

Saturday, APRIL 18th-
10:00 AM-Noon



TEWKSBURY
HEALTH & WELLNESS FAIR
FOR THE WHOLE FAMILY

SPONSORED BY THE TEWKSBURY BOARD OF HEALTH
& COUNCIL ON AGING

**GIVE AWAYS
FREE ADMISSION
REFRESHMENTS**

★ PLEASE BRING A DONATION FOR THE FOOD PANTRY ★

WEDNESDAY APRIL 8, 2015
2:00 – 6:00 pm

AT THE SENIOR CENTER
175 CHANDLER STREET
FOR FURTHER INFORMATION
CALL 978-640-4473
OR EMAIL info@tewksburypantry.org

YOGA & MEDITATION
MASSAGE
HEALTHY EATING
COOKING DEMONSTRATION

INFORMATION & TESTING FOR
BLOOD PRESSURE-DIABETES-HEARING
CRAFTS FOR KIDS
FACE PAINTING & GAMES

POLICE & FIRE DEPARTMENTS
LOANS
ETC/ETC/ETC

The Tewksbury Board of Health together with the Tewksbury Council of Aging will hold the 7th Annual "Health and Wellness Fair" for the Whole Family on Wednesday, April 8th from 2:00 PM to 6:00 PM at the Senior Center located at 175 Chandler Street, Tewksbury. The Fair is open to all and will provide health, safety, and preventative educational information.

Recipe Corner



New England Boiled Dinner

- 1 smoked shoulder or corn beef any size
- 3 onions, peeled and cut into wedges
- 1 Head of Cabbage, cut into wedges
- 8 potatoes, peeled, and cut in half
- 6 carrot, peeled, and cut into chunks

Place meat in a large pot to hold all ingredients. Cover with cold water, fill to about 2" above top of meat. Cover and bring to a boil using high heat. Once water comes to a boil, turn heat down to medium making sure it keeps boiling. Boil 1/2 hour per pound of meat. Add vegetables during the last 30-40 minutes of cooking time. Serve when veggies are tender or to your liking. Remove meat from liquid and slice, remove vegetables from liquid to a bowl and serve.

Baked Spinach and Noodles

- 8 ounces wide egg noodles
- 2 tablespoons flour
- 7 ounces milk
- 1 tablespoon butter
- salt & pepper
- 2 tablespoons oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 10 ounces frozen chopped spinach, thawed and drained
- 2 eggs, beaten
- 1/2 cup parmesan cheese

Cook noodles according to package directions. While noodles are cooking, make a white sauce by mixing flour with a small amount of milk. Stir until flour is absorbed and there are no lumps then mix in the remaining milk. Melt butter in small pot, then add milk/flour mixture. Stir continually over med-high heat until the white sauce has thickened. Add salt & pepper to taste. Remove from heat and set aside. In a frying pan, saute onion and garlic in oil, cook but do not browned. In a large mixing bowl, combine noodles, cooked onions/garlic and spinach and white sauce, eggs and remaining white sauce and mix well. Pour into casserole dish sprayed with cooking spray. Sprinkle top with Parmesan cheese. Cook for 35 minutes at 350 degrees.

Special Dates in March and April March is National Noodle Month

March 8th - Daylight Savings Time, Spring Forward

March 17th - St. Patrick's Day

March 24th - National Chocolate Covered Raisins Day

March 26th - Spinach Day

April 1st - All Fools Day

April 4th - Passover Begins

April 5th - Easter Sunday

April 8th - Tewksbury Health and Wellness Fair

Unique Easter Egg Decorating Ideas without using Egg Dye

- Hard boil your eggs (use white and brown) and cool make sure they are dry before decorating.
- **Tattoo Eggs** - Simply apply fake tattoos to eggshells the way you would to your own skin.
- **Tape Eggs** - Use different colored tape and cut into shapes and designs.
- **Sticker Eggs** - Use your favorite stickers on the eggs.
- **Marker Eggs** - Use nontoxic washable marker and make your own designs.
- **Foam Eggs** - Use foam alphabet stickers to add playful phrases to eggs. Or use the foam stickers that come in a large assortment of shapes and designs.

