

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Client Code of Conduct Reminder for 2015

Welcome to the Tewksbury Community Pantry. Since 1995, we have provided short and long-term food assistance to Tewksbury residents in financial need. Help is also offered by informing clients of available resources through: links on our website, information at the pantry, monthly newsletters, our Facebook page, flyers and posters. Confidential assistance is given to everyone who receives services. In order to provide a safe and enjoyable environment for our volunteers and clients, the Tewksbury Community Pantry Board of Directors has developed a Client Code of Conduct. We ask our clients to carefully read and abide by the Code of Conduct.

~Clients are expected to show respect to each other and the volunteers.

~Clients are expected to respect the privacy of the other Pantry clients.

~Clients must be responsible for supervising children they bring with them into the Pantry.

~Smoking is not allowed inside the Pantry building. Smokers outside the building are asked to be considerate of people entering and exiting the Pantry.

The following behaviors are strictly prohibited:

~Verbal, physical or visual abuse or harassment of a Pantry member, volunteer or client

~Possession or use of alcoholic beverages or illegal drugs or being under the influence of drugs or alcohol

~Possession of dangerous or illegal materials

Clients are expected to cooperate with and follow the guidance of the Pantry Director(s) or designee.

The Tewksbury Community Pantry Board of Directors and Members would like to thank you for utilizing our service. Our Volunteers work hard to provide the best services possible. We hope the services you receive will greatly aid you and your family.

FEBRUARY DISTRIBUTION DATES

**Sunday, February 8th -
9:00 AM-Noon**

**Monday, February 9th -
7:00-8:30 PM**

**Saturday, February 14th -
10:00 AM-Noon**

FOOD BOXES AND BAGS

PLEASE RETURN YOUR BOXES AT EVERY DISTRIBUTION IF YOU COULD AND IF YOU HAVE REUSABLE BAGS PLEASE BRING THEM FOR THE FROZEN AND OTHER FOOD ITEMS.

THANK YOU!



Recipe Corner



CHICKEN-CABBAGE SOUP

- 1/2 c. finely chopped carrots
- 1/2 c. finely chopped celery
- 1/2 c. finely chopped onion
- 2 tbsp. butter
- 6 c. chicken broth
- 1 tbsp. salt
- 1 tsp pepper
- 2 c. finely chopped cabbage
- 1/2 c. finely chopped potato
- 2 1/2 c. chicken, cooked
- 1/8 tsp. garlic powder (or 1-2 cloves of minced garlic)

In a large pan sauté carrots, celery and onion in butter for 5 minutes, stir occasionally. Add broth, salt and pepper; bring to boil, simmer 20 minutes. Add cabbage and potato; simmer, uncovered, 10 minutes. Add cooked chicken and garlic, simmer 10 minutes or until heated through.

Grilled Pastrami and Cheese Sandwich

- 8 slices bread
- Butter or Margarine
- 1/2 cup Mustard
- 1 1/2 pounds pastrami, thinly sliced
- 4-8 slices cheese

Spread butter on one side of each bread slice. Spread Mustard on the other side of bread. Evenly distribute the pastrami and cheese over the mustard side of four slices of bread. Top with remaining slices of bread, mustard side down.

Heat a large skillet over medium heat. Place sandwiches in hot pan and cook several minutes per side until sandwich is golden brown on both sides and the cheese is melted. Serve immediately



Special Dates in January and February January is National Soup Month

- Wednesday, Jan 14th - National Hot Pastrami Sandwich Day
- Sunday, Jan 19th - National Popcorn Day
- Monday, Jan 19th - Martin Luther King Day
- Tuesday, Jan 20th - National Cheese Lovers Day
- Friday, Jan 23rd - National Pie Day
- Monday, Feb 1st - Girl Scout Cookie Sales Begin
- Sunday, Feb 2nd - Ground Hog Day

STRAWBERRY-APPLE PIE

- 1 pt. strawberries, sliced into 1/4ths
- 8 lg. Granny Smith apples, peeled, cored & sliced thinly
- 1/3 c. brown sugar
- 1/3 c. sugar
- 3 tbsp. cornstarch
- 1 box Pillsbury Ready Crust

Preheat oven to 375 degrees. Mix together brown sugar, sugar, cornstarch, apples and strawberries. Place crust in bottom of pie plate. Fill with apple mix and cover with top crust. Bake at 375 degrees for 45 minutes. Cool and sprinkle with powdered sugar.

CARAMEL POPCORN

- 8 c. lightly salted popcorn
- 1 1/3 c. sugar
- 1 c. butter
- 1 tsp. vanilla
- 1/2 c. light Karo syrup
- 2 c. nuts (almonds, pecans, cashews, etc.)

Combine sugar, butter, vanilla, and syrup in saucepan. Cook over medium heat until caramel brown color, about 10 minutes after it comes to boil. While mixture is hot, pour over popcorn and nuts and mix gently. Spread on greased cookie sheet and let cool. Store in covered container.