

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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JULY 2015



We Welcome the Hot Weather, Please be Safe!



- ~ A few common sense measures can reduce heat-related problems, especially for the elderly, the very young and people with respiratory ailments.
- ~ Slow down, avoid strenuous activity.
- ~ Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature.
- ~ Drink plenty of water regularly and often, even if you do not feel thirsty.
- ~ Limit intake of alcoholic beverages. They can actually dehydrate your body.
- ~ Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- ~ Stay indoors as much as possible.
- ~ If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- ~ Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- ~ Use shades and curtains to block sunlight from coming into the house.
- ~ Avoid too much sunshine. Wear sunglasses and sunblock when outside.
- ~ Never leave children or pets alone in a closed vehicle.
- ~ Do not leave pets outside for extended periods. Make sure that pets have plenty of drinking water.
- ~ Check on family, friends and neighbors.

AUGUST DISTRIBUTION DATES

**Sunday, August 9th
9:00 AM-Noon**

**Monday, August 10th
7:00-8:30 PM**

**Saturday, August 15th
10:00 AM-Noon**



**Food Boxes
Please return
your boxes at the
next distribution,
we are running
low!**

**Thank
You**

Recipe Corner



SUMMER LASAGNA

1 cup ricotta
1/4 cup grated parmesan
3 tablespoons oil, plus extra for drizzling
salt and freshly ground pepper
8 lasagna noodles, broken into thirds, cooked and drained
1 minced garlic clove
2 pints cherry tomatoes, halved
2 small zucchini, thinly sliced

Combine ricotta, parmesan and 1 tablespoon oil, and salt and pepper to taste. Set aside. Heat remaining oil in skillet over medium high and add garlic and tomatoes. Cook until slightly broken down, about 3 minutes. Transfer to bowl. Add zucchini to skillet (with a little more oil if needed). Season with salt and pepper and cook about 5 minutes until tender. Transfer to another bowl. Scatter a few tomatoes over four plates. Top with one noodle, a spoonful of ricotta mixture, zucchini and more tomatoes. Repeat layering twice, ending with noodle and tomatoes. Drizzle a little more oil on top.

HOT DOG HOT POT

1 lb. Hot Dogs, sliced thin
2 tbsp. butter
1 lg. onion, diced (1 c.)
2 med. size potatoes, pared and diced (2 cups)
2 lg. carrots, pared and sliced
2 c. water
1 tsp. salt
1 tbsp. Worcestershire sauce
1 lg. can (14 1/2 oz.) evaporated milk
1 can (12 or 16 oz.) whole kernel corn
1 tbsp. chopped parsley

Brown hot dog slightly in butter in a heavy kettle; push to one side. Add onion to kettle; saute until soft. Stir in potatoes, carrots, water, salt and Worcestershire sauce. Heat to boiling; cover. Simmer 15 minutes or until potatoes and carrots are tender. Stir in evaporated milk and corn; heat to boiling. Ladle into a tureen or heated soup bowls; sprinkle with parsley. Serve with chowder crackers, if you wish.

Special Dates in July and Aug July is National Ice Cream Month

- July 18th ~ National Hot Dog Day
- July 20th ~ International Cake Day
- July 29th ~ Lasagna Day
- August 1st ~ World Lung Cancer Day
- August 8th ~ National Garage Sale Day
- Tewksbury Farmer's Market is now Open at 1777 Main Street from 10 A.M. - 2 P.M on Saturdays until October 10th.

So Simple Hot Fudge Sundae Cake

1 box of chocolate cake mix
vanilla ice cream
1 jar of Chocolate Fudge Ice Cream Topping
1 container of cool whip

Bake cake mix according to directions in a 9x13 baking dish. Remove from oven and cool.

Soften Vanilla Ice Cream

heat a jar of chocolate topping in microwave or place in pan of boiling water until softened.

When cooled, break up cake into big chunks and place in a serving dish such as a truffle-type, see through glass. Add Vanilla Ice Cream, top with fudge topping and cool whip and place in freezer until ready to serve. Scoop out with large spoon into individual serving dishes.

