

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

## MONTHLY NEWSLETTER

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## AUGUST 2016

## Keep Your Cool in Hot Weather!

As the summer heat continues, everyone should take these steps to prevent heat-related illnesses and injuries during hot weather.

- Stay in an air-conditioned indoor location as much as possible. If you don't have air conditioning, use fans throughout your house or consider visiting a mall, movie theater or other cool public places in the heat of the day.
- Drink plenty of fluids even if you don't feel thirsty. Avoid drinks with caffeine, alcohol and large amounts of sugar because they can actually de-hydrate your body.
- Limit outdoor activities as much as possible.
- Wear loose, lightweight and light-colored clothing
- Take cool showers or baths to cool down, especially at bedtime.
- Check on a friend or neighbor and have someone do the same for you.
- Never leave children, the elderly or pets in cars even with the windows open.

### Recognizing heat exhaustion and heat stroke.

When people's bodies can't cool themselves quickly enough it can cause heat exhaustion. Symptoms of heat exhaustion include muscle cramps, weakness, dizziness, headache, nausea and vomiting. If you see someone with signs of overheating, move the person to a cooler location, have them rest for a few minutes and then slowly drink a cool beverage. Get medical attention for them immediately if they do not feel better.

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin
- Rapid, strong pulse
- Nausea, confusion and unconsciousness



## SEPTEMBER DISTRIBUTION DATES

**Sunday, Sept. 11th  
9:00 AM-Noon**

**Monday, Sept. 12th  
7:00-8:30 PM**

**Saturday, Sept 17th  
10:00 AM-Noon**

### DID YOU KNOW?

**LRTA Road Runner Services  
Monday- Friday 8:00am- 4:00pm  
Tewksbury Office: (978) 459-0152**

Road Runner is a curb-to-curb service available to residents of Tewksbury who are at least 60 years of age and/or individuals who are disabled. This service can be used for many purposes, including work, medical appointments, shopping, social and recreational reasons. The fee to travel within town is \$1.00 each way. Riders may also ride out-of-town for a fee of \$1.50 each way to locations within the service area, including: Billerica, Chelmsford, Lowell, and Wilmington for Medical Appointments. On Wednesdays, the Road Runner Service makes a trip to the Lahey Clinic in Burlington, Bedford VA and to Boston area hospitals. The cost is \$25 for a round trip. The service has pick ups between 8 and 9 AM and returns at 1PM.

**\*Please note that reservations must be made at least TWO business days in advance\***



## BAKED CATFISH or POLLOCK

- 4 fresh or frozen, thawed fish fillets
- 2/3 c. bottled Italian salad dressing
- 2/3 c. crushed saltine crackers
- 1/3 c. grated Parmesan cheese
- 1/4 tsp. pepper
- 1/8 tsp. ground red pepper

Place fillets in shallow baking dish. Pour dressing over fillets. Cover and refrigerate 30 minutes. Preheat oven to 375 degrees. Line a baking sheet with aluminum foil and grease lightly. Combine crackers, cheese, pepper and red pepper. Place fish on aluminum foil and top with cracker mixture to coat well and drizzle remaining marinade over fillets. Bake 20-30 minutes or until fish flakes easily when tested with a fork.

## Baked Acorn Squash with Brown Sugar and Butter

- 1 acorn squash, cut in 1/2
- 2 tablespoons brown sugar
- 2 tablespoons butter, softened
- 2 tablespoons maple syrup
- Salt
- Freshly ground black pepper

Preheat oven to 400 degrees F. Scoop the seeds and stringy pulp out of the squash cavities and discard. In a small mixing bowl, combine the brown sugar, butter, syrup and salt and pepper, to taste. Rub the squash cavities and cut sides of the squash with the butter mixture and place them on a baking sheet, cut side up. Bake in the preheated oven for about 1 hour until the squash is tender when pierced with a fork.

## Special Dates in August & September

### August is National Catfish Month

- August 15th: 1914 The Panama Canal is opened
- August 19th: National Soft Ice Cream Day
- August 27th: Banana Lover's Day
- August 30th: Toasted Marshmallow Day
- August 31st: Tewksbury Public Schools Start
- September 5th: Labor Day
- September 7th: National Acorn Squash Day

## Toasted Marshmallow and Banana Brownies

For the brownie use your favorite brownie recipe or your favorite boxed brownie recipe

For the top layer

- 1/2 pound bag miniature marshmallows
- 1/2 cup chocolate chips, melted
- 2 thinly sliced bananas

Pour brownie batter into a 9 inch square baking pan that has been lightly greased. Bake for about a half hour at 350 degrees or until the surface of the center of the brownies appears dry and firm. The toothpick test will not work for this recipe but it will tell you if the middle is still liquid. Do not over bake these brownies or they will be dry rather than moist and chewy. As soon as they come out of the oven layer bananas on top of brownies then sprinkle with the miniature marshmallows. Turn your broiler on low, place the brownies on the center rack or a little lower, and lightly toast the marshmallows. Watch them carefully. Remove the brownies from the oven and allow to cool completely in the pan. Drizzle the melted chocolate evenly over marshmallow layer. Partially freeze to harden the marshmallow layer on top. This makes them much easier to cut into squares.

