

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Keep Warm, Keep Safe Tips

Heating caused nearly 10,000 fires in Massachusetts over the last five years. Heating is the second leading cause of home fires in the state. Make sure you have smoke detectors and carbon monoxide detectors in your home and that they are working.

Chimneys and Furnaces

Have furnaces and chimneys checked by a professional every year before the start of the heating season. Check your community for fuel assistance programs which can help homeowners with maintenance and repair costs.

Wood, Pellet and Coal Stoves

These solid fuel stoves require a permit from the building inspector to ensure they are installed safely and properly. In wood stoves, burn only DRY, seasoned wood. In pellet stoves, burn only dry, seasoned wood pellets. In coal stoves always use low sulfur, low ash Anthracite Coal of the quality specified in your stove owners manual. Dispose of ashes in a metal container, with a lid, away from the house, garage, and porch.

Space Heaters Need Space

Select a space heater with a guard around the flame area or the heating element. Unvented Kerosene Heaters are illegal in Massachusetts. Even vented heaters require ventilation for proper combustion. Make sure items that can catch fire, such as furniture, rugs, pillows, bedding, curtains and clothes, are at least 3 feet from the heater. Keep space heaters level. Place the heater on a sturdy, level and nonflammable surface, such as a tile or wood floor. Never leave a space heater on when you go to sleep or leave the area. For fuel-fired heaters, dangerous levels of carbon monoxide could accumulate, or unmonitored burning could cause a fire. Be aware that mobile homes require specially designated heating equipment. Only electric or vented fuel-fired heaters should be used.

Fireplaces: Prevent Contact Burns

Remember to open the flue on the fireplace before starting the fire. Equip the fireplace with a metal screen to catch burning embers or shifting logs. Never use gasoline, kerosene, charcoal starter, or propane torches to light the fire. Never use charcoal in a stove or fireplace. It produces an excessive amount of carbon monoxide. Never use a fireplace for grilling food or burning trash. Keep combustible objects a minimum of three feet away from any fireplace.

MARCH DISTRIBUTION DATES

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

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

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

***Daylight Savings Time Begins
March 13th**



Recipe Corner



Beefy Nacho Casserole

- 1 (12 oz) bag tortilla chips
- ½ c. margarine, melted
- 2 tablespoons oil
- 1 medium onion, diced
- 1 large red pepper, diced
- 1 large green pepper, diced
- 1 pound ground beef
- ½ teaspoon garlic salt
- 2 cups shredded cheddar cheese
- 1 cup shredded pepperjack cheese
- 1 jar (16 ounces) salsa
- 1 can (2.2 ounces) sliced black olives, drained (about ¼ cup)

Heat oven to 375 degrees. Crush tortilla chips into fine crumbs mix in melted margarine. Press into the bottom of a 13 x 9 baking dish. Bake for 8-10 minutes, or until golden brown. Set aside to cool.

Meanwhile, heat oil in large skillet over medium-high heat. Add onion, red peppers, green peppers, ground beef and garlic salt; cook, stirring to break up clumps of beef, until the peppers are soft and beef is no longer pink, about 5

minutes. Drain off any excess fat from skillet, mix salsa into beef, add 1 cup of the cheddar cheese, ½ cup of pepperjack cheese and olives and mix well. Add entire mixture into the prepared crust. Sprinkle the remaining cheeses over the top. Bake at 375 degrees for 30 minutes.



Special Dates in February and March

February is Celebration of Chocolate Month

February 14th: Valentines Day

February 15th: Presidents Day

February 15th: National Gumdrops Day

February 19-20th: Lowell Annual WINTERFEST

February 22nd: George Washington's Birthday

February 22nd: Snow Moon (full moon)

February 23rd: National Banana Bread Day

February 24th: National Tortilla Chip Day

February 29th: Leap Year Day

March 1st: Presidential Primary

March 3rd: National Cold Cuts Day

March 8th: Check Your Batteries Day

March 9th: National Meatball Day

March 12th: Girl Scout Birthday Day

March 13th: Daylight Savings Time Begins (spring forward your clocks)

Pillsbury Kiss Cookies

- 1 roll (30 oz) Pillsbury™ refrigerated cookie dough
- 6 tablespoons sugar
- 72 Hershey®'s Kisses, unwrapped

Heat oven to 350°F.

In bowl, break up cookie dough. Stir or knead in 1/2 cup all-purpose flour until well blended. Shape dough into 72 (1-inch) balls. Roll balls in sugar in shallow bowl. On ungreased cookie sheets, place balls 2 inches apart. Bake 10 to 14 minutes or until edges are golden brown.

After removing from oven, immediately top each cookie with 1 candy, pressing down firmly so cookie cracks around edge. Remove from cookie sheets to cooling racks. Cool completely before storing.

Best Ever Banana Bread

- 3 large ripe bananas, mashed, (1-1/2 cups)
- 1 cup margarine or butter
- 3/4 cup firmly packed light brown sugar
- 2 large eggs
- 1 tsp. vanilla extract
- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. ground cinnamon
- 1/4 tsp. salt



Preheat oven to 350°. Spray a 9 x 5-inch loaf pan with Pam. Combine first 5 ingredients in large bowl, stir in remaining ingredients until blended and spoon into prepared pan. Bake 60-70 minutes. Cool 20 minutes on wire rack, remove from pan and cool completely.