

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Client Code of Conduct Reminder for 2016

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.

Our Volunteers work hard to provide the best services possible. We hope the services we provide will greatly aid you and your family in time of need.

Best wishes to you all for the new year!

FEBRUARY DISTRIBUTION DATES

**Sunday, February 14th -
9:00 AM-Noon**

**Monday, February 15th -
7:00-8:30 PM**

**Saturday, February 20th -
10:00 AM-Noon**

FOOD BOXES

PLEASE RETURN YOUR BOXES AT EVERY DISTRIBUTION IF YOU COULD THANK YOU!



Recipe Corner



Tasty Meat Pie

- 1 lb Ground Beef
- 1 onion, chopped
- 1 can vegetable beef soup, undiluted
- 1 can cream of mushroom soup
- 3 potatoes, peeled and cubed
- 4 carrots, sliced
- 1/4 teaspoon salt
- 1/8 teaspoon black pepper
- 1 Box Pillsbury Pie Crust (it has two crusts)

Preheat oven to 350 degrees.

In a large skillet, cook the ground beef and chopped onion until meat is no longer pink. Remove from heat and drain off excess fat. Stir in the vegetable beef and cream of mushroom soups, the potatoes and carrots. Season with salt and pepper. In a 9 inch pie plate spread one crust on bottom. Add mixture and top with other crust. Seal edges with a fork and make two slits in middle of top crust. Bake in the preheated oven for 45 to 50 minutes, or until golden brown. Let stand on a wire rack for 15 minutes before serving.

Mardi Gras Cajun Chicken and Sausage Gumbo

- 1 cup vegetable oil
- 1 cup all-purpose flour
- 1 large onion, chopped
- 1 large green bell pepper, chopped
- 2 celery stalks, chopped
- 1 pound sausage, sliced 1/4 inch thick
- 4 cloves garlic, minced
- salt and pepper to taste
- Creole seasoning to taste
- 6 cups chicken broth
- 1 cooked supermarket chicken - cut up into small pieces

Heat the oil large pot over medium heat. When hot, whisk in flour. Continue whisking until it becomes thick about 8 to 10 minutes. Be careful not to burn. Stir onion, bell pepper, celery, and sausage cook for 5 minutes. Stir in the garlic and cook another 5 minutes. Season with salt, pepper, and Creole seasoning; blend thoroughly. Pour in the chicken broth. Bring to a boil over high heat, then reduce heat to medium-low, and simmer, uncovered, for 1 hour, stirring occasionally. Stir in the chicken, and simmer 1 hour more.

Special Dates in January and February National Hot Breakfast Month

- January 10th - League of Nations Day
- January 11th - Cigarettes Are Hazardous To Your Health Day
- January 18th - Martin Luther King Day
- January 23rd - National Pie Day
- January 26th - National Peanut Brittle Day
- January 27th - National Geographic Day
- February 2nd - Groundhog Day
- February 9th - Mardi Gras
- February 9th - National Pizza Day
- February 12th - Lincoln's Birthday

Hot Breakfast Pizza

- 1 Large Boboli Pizza Crust
- 8 ounces sausage, cooked and crumbled
- 1 cup frozen hash brown potatoes, thawed
- 1/4 cup chopped onion
- 3 eggs
- 1/2 teaspoon Pepper
- 1/2 teaspoon salt
- 1 cup shredded Cheddar cheese

Top crust with sausage, hash browns and onions. Beat eggs, pepper and salt together in a bowl. Pour over toppings. Sprinkle with cheese. Bake for 16 to 20 minutes until eggs are set and crust is browned.

Warm Shredded Wheat

- 2 large biscuits
- 4 tsp sugar
- butter or margarine
- 1 milk

Heat skillet over medium high. Butter both sides of biscuits and place in skillet when browned, turn biscuit and sprinkle with 1 tsp of sugar. Brown both sides again and remove from pan and place in bowl. Add milk to pan and heat. Pour milk over biscuits in bowl and enjoy.