

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

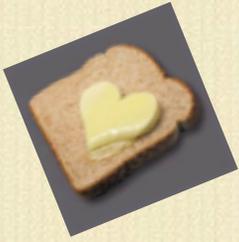
MONTHLY NEWSLETTER

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Confusion and Tons of Wasted Food

Use-by, Best-by, and Sell-by food expiration dates cause more than 90% of Americans to throw out food prematurely, and 40% of the U.S. food supply is tossed out unused every year because of food dating. Example: Produced (prod by)/packed by dates are different from expiration dates, typically food is good for at least an additional two years beyond that date.

Most consumers mistakenly believe that expiration dates on food indicate how safe the food is to consume, when these dates actually are NOT related to the risk of food poisoning or food borne illness. The dates solely indicate freshness, and are used by manufacturers to convey when the product is at its peak. That means the food does not expire in the sense of becoming inedible. For un-refrigerated foods, there may be no difference in taste or quality, and expired foods won't necessarily make people sick. But according to the report's analysis, words like "Use-by" and "Sell-by" are used so inconsistently that they contribute to widespread misinterpretation and waste by consumers. Because food dating was never about public health, there is no national regulation over the use of the dates. The only federally required and regulated food dating involves infant formula, since the nutrients in formula lose their potency as time goes on.

Use-by and Best-by Dates

The 'Use-by' and 'Best-by' dates are intended for consumer use. It is the date the manufacturer deems the product reaches peak freshness. It's NOT a date to indicate spoilage, nor does it necessarily signal that the food is no longer safe to eat.

Sell-by

The 'Sell-by' date is only intended to help manufacturers and retailers, not consumers. The 'Sell-by' date is a stocking and marketing tool provided by food makers to ensure proper turnover of the products in the store so they still have a long shelf life after consumers buy them. Consumers, however, are misinterpreting it as a date to guide their buying decisions.



AUGUST DISTRIBUTION DATES

Sunday, August 14th
9:00 AM-Noon

Monday, August 15th
7:00-8:30 PM

Saturday, August 20th
10:00 AM-Noon



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

THANK YOU

Recipe Corner



BAKED HONEY MUSTARD CHICKEN WINGS

- 1 dozen fresh chicken wings (about 12 pieces)
- 4 tablespoons mustard
- 2 tablespoon honey
- 2 teaspoon soy sauce
- 1/2 teaspoon salt
- 2 teaspoon ground black pepper
- 2 teaspoon paprika

Wash chicken wings and dry them with paper towels. Place them in a ziploc bag. Combine mustard, honey, soy sauce, salt, black pepper and paprika together in a small bowl. Add the marinade into the ziploc bag, ensuring the chicken pieces are well-coated with the marinade. Seal the bag and leave it in the refrigerator to marinate for at least 4 hours or overnight. Preheat oven to 400 degrees. Line a baking sheet with baking paper and arrange the chicken pieces on top, not letting them touch each other. Bake for 25 minutes on each side.

HOT DOG TACOS

- 8 hot dogs
- 1 tablespoon dry taco seasoning mix
- 1 tablespoon vegetable oil
- 8 taco shells, slightly grilled
- 1 cup shredded iceberg lettuce
- 1 cup chopped tomato
- 1 cup (4 ounces) shredded Cheddar cheese
- Taco Sauce
- Sour Cream if desired



Preheat grill to medium-high heat. Make a lengthwise slit almost through (but not completely through) the hot dogs.

In a small bowl, combine taco seasoning mix and the oil. Spread mixture evenly into slits in hot dogs. Grill them cut side up for 5 to 7 minutes then place each hot dog inside a grilled taco shell.

Top with lettuce, tomatoes, and cheese, taco sauce and sour cream if desired and serve immediately.

Special Dates in July and August

July is National Hot Dog Month

- July 12th - Tewksbury Farmers Market Opens on the Common 3:00-7:00. Every Tuesday ending October 11th
- July 14th - National Macaroni and Cheese Day
- July 17th - National Ice Cream Day
- July 19th - Full Moon
- July 29th - National Chicken Wing Day
- August 6th - National Mustard Day
- August 7th - Friendship Day
- August 13th - National Bowling Day

Brownie Ice Cream Cake

- 1 box Betty Crocker™ fudge brownie mix
- Water, vegetable oil and eggs called for on brownie mix box
- 1/2 gallon vanilla ice cream, slightly softened
- 1 cup Hershey's® hot fudge topping
- 1 container of cool whip
- Red maraschino cherries with stems

Follow Brownie Mix directions. Cool brownie in baking dish.

Soften Ice Cream and spread evenly over brownies in pan. Drizzle hot fudge topping over ice cream. Cover with aluminum foil and freeze at least 2 hours or longer. When ready to serve, remove from freezer for a few minutes to soften, cut into desired serving pieces and top with cool whip and a cherry. Store leftovers in freezer.

