

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Grocery Shopping Tips to Save Money!

Before You Go:

- Keep a List on Your Fridge:** Write things down when you run out of something. This helps tremendously when you put your grocery list together. This also saves less trips to the grocery store and impulse buying.
- Check for Sales:** The grocery stores put their ads out weekly so buy on sale.
- Plan Meals:** Have an idea of what you want to cook for the week based on what is on sale and make your grocery list around that.
- Have a Budget:** Know what you can spend before you go and only buy what you need.
- Grocery List:** Before you step out the door, always have a grocery list and know what you need so you won't binge or shop.
- Don't Go Hungry:** Going to the grocery store with an empty stomach is never a good idea. You'll end up buying more than you need with hunger pangs clouding your judgment.
- Shop Midweek:** Tuesdays and Wednesdays are your best days, less crowds and less frustrating.
- Buy Store Brands:** Always a better value.
- Buy Frozen Veggies:** While fresh veggies may be better for you, they do tend to be much more expensive.
- Shop Clearance Items:** There is nothing wrong with them,
- Don't Buy:** Remember, don't buy something even if it's on sale, unless you will use it.
- Check Out the Dollar Stores:** The dollar store have many great deals and tend to be cheaper than in regular stores but always remember to check sell by and expiration dates.

APRIL DISTRIBUTION DATES

Sunday, April 10th -
9:00 AM-Noon

Monday, April 11th -
7:00-8:30 PM

Saturday, April 16th -
10:00 AM-Noon



Happy St. Patrick's Day

Happy Easter

Recipe Corner



New England Boiled Dinner with Smoked Shoulder

- 3-4 lbs smoked shoulder
- salt and pepper to taste
- 2 large onions, quartered
- 4 potatoes, peeled and cut into large pieces
- 4 carrots, peeled and cut into large pieces
- 1 large head cabbage, quartered

Place the smoked shoulder in a large pot and fill with enough water to cover, season with salt and pepper, cover and bring to a boil. Reduce heat to medium for about 45 minutes. Add the carrots, potato, cabbage and onions; cover and continue to cook until the carrots and potatoes are tender, about 25 minutes.

To serve, Remove from water and cut into serving. Remove vegetables with a slotted spoon to a serving bowl.

Hint: If you have leftovers, it makes excellent hash.

Simple Ways to Make Beautiful Easter Eggs

- 1 Dozen White Hard-Boiled Cooled Eggs
- Vinegar
- McCormick® Assorted Food Colors

Mix 1/2 cup boiling water, 1 teaspoon vinegar and 10 to 20 drops food color in a cup to achieve desired colors. Repeat for each color. Dip hard-cooked eggs in dye for about 5 minutes. Use a slotted spoon, wire egg holder or tongs to add and remove eggs from dye. Allow eggs to dry.



Decorating Ideas: Save the egg carton for drying

Two-toned eggs: Dip top half of hard-cooked egg in 1 color and the bottom half in another. Or, dip each half of the egg in the dye for different lengths of time, creating different shades of the same color.

Painted eggs: Mix 20 drops food color and 1/2 teaspoon vinegar in small container. Paint hard-boiled eggs with a small paintbrush or cotton swab. Go wild with stripes, polka dots and zigzags.

Personalized eggs: Write initials, names or draw pictures on the egg with a white or light colored crayon before dyeing.

Marbled eggs: Mix 1/4 cup boiling water, 1 teaspoon vinegar, 1/8 teaspoon oil and 4 to 8 drops food color in shallow bowl. Gently roll egg in the mixture for 30 seconds, or until the egg is the desired shade.

Special Dates in March and April March is National Noodle Month!



- Sunday, March 13th ~ Daylight Saving Time
- Thursday, March 17th ~ St. Patrick's Day
- Saturday, March 19th ~ National Corn Dog Day
- Sunday, March 20th ~ Spring begins
- Sunday, March 27th ~ Easter
- Tuesday, March 29th ~ Knights of Columbus Founders Day
- Saturday, April 2nd ~ National Peanut Butter and Jelly Day
- Wednesday, April 6th ~ Charlie the Tuna Day

Tuna Noodle Casserole from Scratch

- 1/2 cup butter, divided
- 1 (8 ounce) package uncooked medium egg noodles
- 1/2 medium onion, finely chopped
- 1 stalk celery, finely chopped
- 1 clove garlic, minced
- 8 ounces mushrooms, sliced
- 1/4 cup all-purpose flour
- salt and pepper to taste
- 2 (6 ounce) cans tuna, drained and flaked
- 1 cup frozen peas, thawed
- 3 tablespoons bread crumbs
- 2 tablespoons butter, melted
- 1 cup shredded Cheddar cheese



Preheat oven to 375 degrees. Butter a medium baking dish with 1 tablespoon butter. Bring a large pot of lightly salted water to a boil. Add egg noodles, cook for 8 to 10 minutes, until al dente, and drain. Melt 1 tablespoon butter in a skillet over medium-low heat. Stir in the onion, celery, and garlic, and cook 5 minutes, until tender. Increase heat to medium-high, and mix in mushrooms. Continue to cook and stir 5 minutes, or until most of the liquid has evaporated. Melt 4 tablespoons butter in a medium saucepan, and whisk in flour until smooth. Gradually whisk in milk, and continue cooking 5 minutes, until sauce is smooth and slightly thickened. Season with salt and pepper. Stir in tuna, peas, mushroom mixture, and cooked noodles. Transfer to the baking dish. Melt remaining 2 tablespoons butter in a small bowl, mix with bread crumbs, and sprinkle over the casserole. Top with cheese. Bake 25 minutes in the preheated oven, or until bubbly and lightly browned.