

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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Great American Smoke Out Day November 17th

When Smokers Quit
From the American Cancer Society!

20 minutes after quitting - Your heart rate and blood pressure drop.

12 hours after quitting - The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting - Your circulation improves and your lung function increases.

1 to 9 months after quitting - Coughing and shortness of breath decrease. Tiny hair-like structures that move mucus out of the lungs (called cilia) start to regain normal function in your lungs, increasing their ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year after quitting - The excess risk of coronary heart disease is half that of someone who still smokes. Your heart attack risk drops dramatically.

5 years after quitting - Your risk of cancers of the mouth, throat, esophagus, and bladder is cut in half. Your stroke risk can fall to that of a non-smoker after 2 to 5 years.

10 years after quitting - Your risk of dying from lung cancer is about half that of a person who is still smoking. Your risk of cancer of the larynx (voice box) and pancreas decreases.

15 years after quitting - risk of coronary heart disease is that of a non-smoker's.

CONSIDER THIS!

In Massachusetts the average cost of a pack of cigarettes is \$10, in a year you're spending nearly \$3650 on tobacco!

December Distribution Dates

Sunday, Dec. 11th
9:00 AM—Noon

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

Saturday, Dec. 17th
10:00 AM—Noon

Thanksgiving Turkey Distribution Day

Sunday, November 20th
10:00 AM-12:00 Noon

Registered Clients Only!

HAPPY THANKSGIVING





A Simply Perfect Roast Turkey

- 1 (18 pound) whole turkey
- 1/2 cup unsalted butter, softened
- salt and freshly ground black pepper to taste
- 1 1/2 quarts turkey stock
- 8 cups prepared stuffing

Preheat oven to 325 degrees. Place rack in the lowest position of the oven.

Remove the turkey neck and giblets, rinse the turkey, and pat dry with paper towels. Place the turkey, breast side up, on a rack in the roasting pan. Loosely fill the body cavity with stuffing. Rub the skin with the softened butter, and season with salt and pepper. Position an aluminum foil tent over the turkey.

Place turkey in the oven, and pour 2 cups turkey stock into the bottom of the roasting pan. Baste all over every 30 minutes with the juices on the bottom of the pan. Whenever the drippings evaporate, add stock to moisten them, about 1 to 2 cups at a time. Remove aluminum foil after 2 1/2 hours. Roast until a meat thermometer inserted in the meaty part of the thigh reads 180 degrees or about 4 hours.

Transfer the turkey to a large serving platter, and let it stand for at least 20 to 30 minutes before carving. Strain the remaining drippings and use the juices to make your own gravy or add the juices to canned gravy for added flavor.

What to do with those leftover!!

Turkey a la King with Rice

- 2 tablespoons butter
- 1-3/4 cups sliced fresh mushrooms
- 1 celery, chopped
- 1/4 cup chopped onion
- 1/4 cup chopped green pepper
- 1 cup chicken broth
- 1 cup milk
- 2 cups cubed cooked turkey breast
- 1 cup frozen peas
- 1/2 teaspoon salt
- 2 cups hot cooked rice



In a small bowl, mix flour and broth until smooth, set aside. In a large nonstick skillet, heat butter over medium-high heat. Add mushrooms, celery, onion and pepper; cook and stir until tender. Add flour mixture to skillet and stir in milk. Bring to a boil; cook and stir 1-2 minutes or until thickened. Add turkey, peas and salt; heat through. Serve with rice.

Special Dates in November and December December is Banana Pudding Lovers Month

November 15th - Clean Out Your Refrigerator Day

November 18th - National Apple Cider Day

November 24th - Thanksgiving

November 28th - French Toast Day

December 4th - National Cookie Day

December 12th - Poinsettia Day

December 15th - National Cupcake Day

Nilla Wafer Banana Pudding

1 small box of jello banana instant pudding and ingredients to make it.

1-8oz tub of cool whip whipped topping

1 box nilla wafers

4 bananas cut in slices

Prepare pudding according to package. And let sit for the two minutes.

Line bottom and sides of a 9 X 9 glass pan with Nilla wafers.

Fold 1/2 tub of cool whip whipped topping into the Pudding. Fold until completely blended.

Pour 1/2 the pudding mix over the nilla wafers.

Lay rows of banana slices over this.

Place nilla wafers in between bananas, then top all this with remaining pudding.

Make rows of nilla wafers and bananas by alternating wafer, banana, wafer banana.

Top the banana slices with dollops of remaining cool whip.

Refrigerate several hours before serving

