

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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OCTOBER 2016



IMPORTANT NOTICE!

It's Time Again!

Client Application Renewal!

Much of the food that we distribute comes from the Merrimack Valley Food Bank, the Massachusetts Emergency Food Assistance Program, and the USDA. In order to participate in these programs, we need to ask you to fill out applications on a yearly basis.

The application **MUST** be returned at or before the November distribution. **If you do not return your application by the November distribution you will not be eligible to receive your Turkey and Fixings at the Thanksgiving Distribution which takes place the Sunday before Thanksgiving.** In addition you will not be eligible for further assistance until the application is completely filled out and returned with other requirements (current utility bill or proof of residence).

We need to fulfill these requirements to participate in programs that provide us with a great deal of food.

Thank you for your understanding,

Tewksbury Community Pantry
Board of Directors

IMPORTANT
NOVEMBER DISTRIBUTION
REGULAR SCHEDULE CHANGE
For November!

Saturday, Nov. 12th
10:00 AM-Noon

Sunday, Nov. 13th
9:00 AM-Noon

Monday, Nov. 14th
7:00-8:30 PM

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



Recipe Corner



EASY CHICKEN CACCIATORE

- 3 lb. chicken
- 2 tbsp. oil
- 2 cloves finely chopped garlic
- 2 cans stewed tomatoes
- 1 (6 oz.) can tomato paste
- 2 c. sliced mushrooms
- 1 c. sliced zucchini
- 1 chopped Green Pepper
- salt and pepper
- 1 tsp. basil
- 1 tsp oregano

Brown salt and peppered chicken in oil and garlic. Add tomatoes, tomato paste, mushrooms, zucchini, pepper and basil. Cover and simmer 25 minutes. Serve over your favorite hot cooked pasta. Serves 4-6.

EGG AND POTATO BAKE

- 1/2 teaspoon butter
- 1 1/2 cups mashed potatoes
- 4 eggs
- 2 tablespoons grated Velveeta Cheese
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon garlic powder

Preheat oven to 400°F.

Prepare mashed potatoes as you normally would. Butter a 9 inch casserole or baking pan. Spread hot mashed potatoes evenly in the pan and make 4 indentations. Break an egg into each well. Sprinkle Velveeta over the potatoes and eggs. Season with salt, pepper and garlic powder. Top with a sprinkling of paprika. Bake in oven for 10 minutes until the eggs have set and the cheese is melted.

Special Dates in October and November

October is National Pasta Month

- October 11th - Yom Kippur
- October 12th - Columbus Day
- October 14th - World Egg Day
- October 15th - National Chicken Cacciatore Day
- October 23rd - National Boston Cream Pie Day
- October 29th - National Cat Day
- October 31st - Halloween
- November 2nd - All Souls Day
- November 6th - Turn Back Your Clocks 1 Hour
- November 8th - National Election Day
- November 11th - Veterans Day

EASY BOSTON CREAM PIE

- 1 (2 layer size) pkg. yellow cake mix
- 1 pkg. instant vanilla pudding mix
- 1 (1 oz.) sq. unsweetened chocolate
- 1 tbsp. butter
- 1 c. sifted powdered sugar
- 1/2 tsp. vanilla
- 3-4 tsp. water

Prepare cake pans and mix following directions. Cool cake layers. Prepare pudding mix following directions for pudding. Let stand 10 minutes. Lay 1 cake layer on platter, bottom side up. Spread pudding over. Top with second cake, bottom side down. In a pan, stir chocolate and butter over low heat until melted. Remove from heat and stir in sugar and vanilla. Blend enough water into chocolate mixture so it will pour easily. Spread chocolate mixture over top cake layer. Chill.

