

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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## Give your Fridge a Good Spring Cleaning

Spring cleaning the fridge is about more than throwing away expired foods. It's about actually cleaning the fridge. Take items out so you can clean the shelves, baskets, doors, and sides of the refrigerator with a sponge and some all-purpose cleaner. Condiments such as mustard, ketchup, mayonnaise, salad dressings, etc. check expiration dates of condiments and toss any that are expired. Before putting anything back in the fridge, wipe them off with a damp hot cloth especially the rims and bottoms of all bottles and jars, you would be surprised how grimy they get. Please see quick guide below, but use your best judgement, you don't want you or your family to get sick from spoiled or outdated food:

- Fresh Meats: 1-2 days
- Lunch Meats and Bacon uncooked or cooked: 7 days
- Hot Dogs: 1 week opened
- Chicken, Fish: 1-2 days
- Hard Cheeses: 6 months but check for too much mold
- Cheese, soft, unopened: 3 to 4 weeks
- Cheese, soft, opened: 1 to 2 weeks
- Milk and Orange Juice: 7 days after sell by date
- Raw Whole Eggs (in shell): about 3 weeks after purchase
- Hard-boiled Eggs (in shell): up to 1 week
- Hard-boiled Eggs (peeled): use the same day
- Butter: 1 to 3 months
- Olives and Pickles: 1 month
- Ketchup, Cocktail or Chili sauce: 6 months;
- Mustard: 12 months;
- Mayonnaise and Salad Dressing: Up to 2 months
- Barbecue Sauce: 4 months
- Salsa: 1-2 months
- Jams and Jellies: 6 months.
- Yogurt/Sour Cream: 7-10 days
- Fruits and Vegetables: Use them as soon as you can and if they are mushy or moldy toss them
- Pitch any leftovers that have been refrigerated for more than four days.

## JUNE DISTRIBUTION DATES

**Sunday, June 12, 2016**  
**9:00 AM-Noon**

**Monday, June 13, 2016**  
**7:00-8:30 PM**

**Saturday, June 18, 2016**  
**10:00 AM-Noon**



## Recipe Corner



### Classic Hamburger Patty Melt

1-1/2 pounds of ground hamburger  
1 tablespoon of oil  
1 tablespoon of butter, plus additional softened butter for the bread slices  
8 slices of Swiss, Provolone, American, or your favorite sliced cheese  
8 slices of rye, sourdough or other bread  
Special Sauce, optional {recipe below}  
Garlic salt and freshly cracked black pepper, to taste

Spray a baking sheet with non-stick spray. Shape the meat into four oval shaped patties, sprinkle the meat patties with the garlic salt and pepper, place on the pan and put into the freezer for 15 minutes.

In a large skillet add oil and 1 tablespoon of butter and heat on medium until butter is melted...place patties in skillet and cook until the patties are well browned on both sides and cooked through, place a slice of cheese on top of the patties and cover with a lid and move off of the heat.

Generously butter one side of all of the bread slices. Place, butter side down into a another large non-stick skillet and place a slice of cheese on top of each slice of bread. Cook the bread until well browned on the underside. Top each bread slice with one of the meat patties. Top with a slice of buttered bread, butter side out, and carefully turn over to brown the other side, gently pressing down. Cook until well browned, transfer to serving plates and cut on a slight diagonal. Serve immediately.

### Nutty Chocolate Fudge Recipe

1 jar (7 ounces) marshmallow creme  
2/3 cup evaporated milk  
1/2 cup butter, cubed  
2 teaspoons vanilla extract  
3 cups (18 ounces) semisweet chocolate chips  
2 cups chopped pecans or walnuts

Line a 9-in. square pan with foil and coat foil with cooking spray; set aside.

In a large saucepan, combine the marshmallow creme, evaporated milk and butter. Cook and stir over medium heat until smooth. Bring to a boil; boil for 5 minutes, stirring constantly. Remove from the heat; add vanilla. Stir in chocolate chips until melted. Add pecans. Pour into prepared pan. Refrigerate for 2 hours or until firm.

Using foil, remove fudge from pan; carefully remove foil. Cut into 1-in.

## Special Dates in May and June May is National Salad Month

May 8th ~ Mothers Day

May 12th ~ National Nutty Fudge Day

May 25th ~ Tewksbury Memorial Day Parade

May 28th ~ National Hamburger Day

May 30th ~ Memorial Day

May 30th ~ Mint Julep Day

June 1st ~ National Olive Day

June 8th ~ Best Friend Day

### Chicken Pasta Salad

Salt

1/2 pound penne

1 cup chopped cooked chicken

1 cup diced cucumber

1 cup halved cherry tomatoes

1/2 cup crumbled feta cheese

3 cloves garlic, thinly sliced

Pinch of red pepper flakes

1/2 cup oil

Freshly ground pepper

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs; drain and rinse under cold water. Transfer to a large bowl. Add the chicken, cucumber, cherry tomatoes and feta to the bowl with the pasta.

Make the dressing: Cook the garlic and red pepper flakes in a saucepan with the olive oil over medium heat, stirring, 3 minutes; let cool. Season with salt and pepper. Pour over the pasta salad and toss to coat.