

# TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

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## Space Heater Safety Tips

As the temperature drops, many families may use portable electric space heaters to help warm their homes. The Electrical Safety Foundation International warns that space heaters could cause fires and injuries if not used properly. The National Fire Protection Association says space heaters make up one-third of all home heating fires in the U.S.

### Follow these few simple tips:

- ★ Before using heater, check that all smoke detectors are in working order.
- ★ Place heater out of high traffic areas and on a level, hard, nonflammable floor surface and at least 3 ft. away from any combustible materials such as bedding, clothing, draperies, furniture and rugs.
- ★ Keep space heaters away from areas with water. Check your manual to be sure the heater is intended to be used in locations such as bathrooms.
- ★ Do not place on carpet, furniture or countertops.
- ★ Don't use space heaters in rooms where children are unsupervised. Children may stick their fingers or other objects through the protective guards, causing burns or shock. Also, keep pets away from heaters.
- ★ Avoid using an extension cord with a space heater. If you must use one, make sure it is the right wire gauge size and type for the heater.
- ★ Portable heaters have hot parts that can cause sparking. Do not use them in areas where flammable liquids such as gasoline or kerosene are used or stored.
- ★ Space heaters are meant to supply supplemental heat. Don't use them to warm bedding, cook food, dry clothing or thaw pipes.
- ★ Never use extension cords or multiple plugs. Always make sure the unit is not plugged into the same circuit as other appliances.
- ★ Make certain the circuit into which you plug a space heater can adequately and safely handle the added demand.
- ★ Turn off or unplug it before leaving a room, or going to bed.
- ★ Finally, replace older models with newer safer models.

THINK SAFETY FIRST!!

THE SAFE WAY  
IS THE BEST WAY

## MARCH DISTRIBUTION DATES

**\*Sunday, March 12th-  
9:00 AM-Noon**

**Monday, March 13th-  
7:00-8:30 PM**

**Saturday, March 18th-  
10:00 AM-Noon**

**\*Daylight Saving Time begins on  
Sunday, March 12, at 2:00 A.M.**



Time to  
Spring Ahead



## Special Dates in February and March

February is National Cherry Month

February is American Heart Month



### Restaurant-Style Cheese Tortellini

- 2 pkg. (9 oz. each) refrigerated cheese tortellini
- 1 cup milk
- 4 oz. (1/2 of 8-oz. pkg.) PHILADELPHIA Cream Cheese, cut into cubes
- 6 Tbsp. KRAFT Grated Parmesan Cheese, divided
- 1/4 tsp. black pepper
- 1 pkg. (6 oz.) baby spinach leaves
- 1 cup quartered cherry tomatoes

Cook pasta as directed on package, omitting salt. Drain and add a little butter to keep it from sticking. Meanwhile, cook milk and cream cheese in large skillet on medium heat 5 min. or until cream cheese is melted and mixture is well blended, stirring occasionally. Stir in Parmesan Cheese and pepper and add the spinach and the tomatoes; mix well. Add to pasta and gentle

### Chocolate Covered Gumdrops

- 8 ounces melting chocolate
- 16 ounces gumdrop hearts or regular gumdrops

Melt the chocolate according to package directions. Dip the gumdrops, one at a time, into the chocolate with a fork. Rest the gumdrop on the tines of the fork and gently tap it against the side of the pan to shake off any excess chocolate. Carefully slide the gumdrop onto waxed paper or aluminum foil to set.



- February 12th: Abraham Lincoln's Birthday
- February 13th: National Tortellini Day
- February 14th: Valentine's Day
- February 15th: National Gum Drop Day
- February 20th: Presidents' Day
- February 22nd: George Washington's Birthday
- February 28th: Mardi Gras
- February 28th: International Pancake Day
- March 6th: Oreo Cookie Day
- March 7th: National Cereal Day

### Mardi Gras Recipe

#### Sausage, Ground Beef and Cabbage Jambalaya

- 1 pound ground beef
  - 1 pound smoked Sausage or Kielbasa cut into 1/4-inch slices
  - 2 Tablespoons oil
  - 1 onion, chopped
  - 3 stalks celery, chopped
  - 1 clove garlic, chopped
  - 1 medium head cabbage, chopped
  - 1 (14.5 ounce) can stewed tomatoes
  - 14 1/2 fluid ounces water
  - 1 cup uncooked rice
  - 1 pinch garlic salt, or to taste
- Heat oil and add ground beef, sausage, onion, celery, and garlic in a large stock pot over medium-high heat. Cook and stir until beef is evenly browned, about 5 minutes. Stir in cabbage, tomatoes, water, and rice. Season with garlic salt. Bring to a boil; reduce heat to low. Cover and cook, stirring once, until rice is tender, 35 to 40 minutes.