

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER



978-858-2273 (858-CARE)

Email: info@tewksburypantry.org

Website: <http://www.tewksburypantry.org/>



DECEMBER 2018

Helpful Resources for Tewksbury Residents

Elder Services of the Merrimack Valley:

1-800-892-0890

They are a private non-profit agency serving elders and disabled adults who reside in Northeast Massachusetts

Mass Options: 1-844-422-6277

MassOptions Connections to services for elders and individuals with disabilities.

Community Teamwork Inc: (978) 459-0551

A non-profit Community Action Agency committed to helping low-income people become self-sufficient.

Lowell Regional Transit Authority: 978-452-6161

LRTA's mission is to provide convenient, comfortable, safe, reliable, cost-effective mobility services contributing to the economic vitality of the region.

SNAP Benefits: 1-866-950-3663

Most families who meet the federal income rules can get SNAP benefits. SNAP benefits help you buy nutritious food that you need for your family.

Veterans' Services: (617) 210-5480

MA Executive Office of Elder Affairs: 617-727-7750

Lifeline: 1-855-455-8477

Discount on phone service for qualifying low-income consumers. Lifeline discounts are available to qualifying low-income consumers on pre-paid wireless service plans in addition to traditional landline service.

SHINE: 1-800-243-4636

The SHINE Program (Serving the Health Insurance Needs of Everyone) is a state health insurance assistance program that provides free health insurance information, counseling and assistance to MA residents with Medicare and their caregivers.

JANUARY 2019 DISTRIBUTION DATES

Sunday, January 13th
9:00 AM-Noon

Monday, January 14th
7:00-8:00 PM

Saturday, January 19th
10:00 AM-Noon

2019 Tewksbury Community Pantry Distribution Dates

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Like us on Facebook: Tewksbury Community Pantry

Month	Sun 9 - 12	Mon 7 - 8:00 pm	Sat. 10 - 12
JAN	13	14	19
FEB	10	11	16
MAR	10	11	16
APR	14	15	20
MAY	5*	6*	4*
JUN	9	10	15
JUL	14	15	20
AUG	11	12	17
SEPT	8	9	14
OCT	13	14	19
NOV	10	11	16
DEC	8	9	4

*except where noted 2019 Thanksgiving Dist 11/24
10-12

Recipe Corner



Bacon Cheeseburger Spaghetti

- 1 pound ground hamburger
- 4 ounces bacon, chopped
- 2 tablespoons oil
- 3 to 4 cloves garlic, chopped
- 1 onion, finely chopped
- 1 tsp basil
- 1 tsp oregano
- Salt and freshly ground pepper
- 1 cup beef stock
- 1 tablespoon tomato paste
- 1 can Italian crushed tomatoes
- 1 pound spaghetti
- Grated Cheese to garnish

Heat oil in a pot over medium-high heat, add the bacon and cook until browned. Add the hamburger, garlic, onions and seasonings to the pot and cook until browned. Add the beef stock, tomato paste and crushed tomatoes, mix well and simmer until thickened. Cook Spaghetti as you like it. Drain and stir in sauce. Serve with grated cheese.

Oven-Roasted Root Vegetables

- 1 head garlic, cloves separated, and peeled (about 16)
- 1 1/2 cups diagonally cut carrot
- 3 large potatoes, peeled and cut up
- butternut squash, seeded, peeled and cut into wedges
- 1 medium red onion, wedges
- 1 1/2 cups turnip wedges
- 1 1/2 cups golden beet wedges
- 2 tablespoons oil
- 2 tablespoons butter or margarine, melted
- 2 tablespoons maple syrup
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Preheat oven to 450°F. Place all vegetables on a foil-lined baking sheet. Drizzle with oil and butter; toss to coat. Bake at 450°F for 20 minutes. Add maple syrup, salt, and pepper; stir well to combine. Bake 10 minutes or until tender. You can eliminate any one of these vegetables depending on your taste.

Special Dates in December and January December is National Root Vegetables Month

- December 12th ~ National Cocoa Day
- December 16th ~ National Chocolate-covered Anything Day
- December 17th ~ National Maple Syrup Day
- December 21st ~ National Hamburger Day
- December 25th ~ Christmas
- December 30th ~ Bacon Day
- January 1st ~ Welcome 2019
- January 4th ~ National Spaghetti Day

Old Fashioned Hershey's Hot Cocoa

- 1/4 cup HERSHEY'S Cocoa
- 3/4 teaspoon vanilla extract
- 4 cups milk (1 qt.)
- 1/3 cup water hot
- 1/2 cup sugar
- Dash salt
- Marshmallow Fluff or Marshmallows or Cool Whip

Mix sugar, cocoa and salt in medium saucepan; stir in water. Bring to boil over medium heat, stirring constantly; boil and stir 2 minutes. Add milk; stir and heat until hot. Do Not Boil. Remove from heat; add vanilla. Beat with whisk until foamy. Makes about 6 cups. Add marshmallow fluff or marshmallows or cool whip whatever makes you HAPPY!

- CINNAMON COCOA: 1/4 to 1/2 tsp ground cinnamon.
- MINT COCOA: 3 tbsp crushed hard peppermint candy.
- MOCHA COCOA: 1 to 2 tbsp powdered instant coffee.

