

TEWKSBURY COMMUNITY PANTRY BREAD & BUTTER

MONTHLY NEWSLETTER

978-858-2273 (858-CARE)

Email: info@tewksburypantry.org

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

JANUARY 2020



Client Code of Conduct Reminder for 2020

Welcome to the Tewksbury Community Pantry. Since 1995, we have provided short and long-term food assistance to Tewksbury residents in financial need. Help is also offered by informing clients of available resources through: links on our website, information at the pantry, monthly newsletters, our Facebook page, flyers and posters. Confidential assistance is given to everyone who receives services. In order to provide a safe and enjoyable environment for our volunteers and clients, the Tewksbury Community Pantry Board of Directors has developed a Client Code of Conduct. We ask our clients to carefully read and abide by the Code of Conduct.

~Clients are expected to show respect to each other and the volunteers.

~Clients are expected to respect the privacy of the other Pantry clients.

~Clients must be responsible for supervising children they bring with them into the Pantry.

~Smoking is not allowed inside the Pantry building. Smokers outside the building are asked to be considerate of people entering and exiting the Pantry.

The following behaviors are strictly prohibited:

~Verbal, physical or visual abuse or harassment of a Pantry member, volunteer or client

~Possession or use of alcoholic beverages or illegal drugs or being under the influence of drugs or alcohol

~Possession of dangerous or illegal materials

Clients are expected to cooperate with and follow the guidance of the Pantry Director(s) or designee.

Our Volunteers work hard to provide the best services possible. We hope the services we provide will greatly aid you and your family in time of need.

Best wishes to you all for the New Year!

FEBRUARY DISTRIBUTION DATES

**Sunday, February-9th
9:00 AM-Noon**

**Monday, February-10th
7:00-8:00 PM**

**Saturday, February-15th
10:00 AM-Noon**

2020 Tewksbury Community Pantry Distribution Dates

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Like us on Facebook: Tewksbury Community Pantry

| Month | Sun 9AM-11AM | Mon 7PM-8:00PM | Sat. 10AM-11AM |
|---|-----------------|-------------------|-------------------|
| *EXCEPT WHERE NOTED | | | |
| JAN | 12 | 13 | 18 |
| FEB | 9 | 10 | 15 |
| MAR | 8 | 9 | 14 |
| APR | 19* | 13 | 18 |
| MAY | 3* | 4* | 2* |
| JUN | 14 | 15 | 20 |
| JUL | 12 | 13 | 18 |
| AUG | 9 | 10 | 15 |
| SEPT | 13 | 14 | 19 |
| OCT | 11 | 12 | 17 |
| NOV | 8 | 9 | 14 |
| DEC | 13 | 14 | 19 |
| Thanksgiving Distribution 11/22 10PM-12NOON | | | |



Sunday Oven Bag Pot Roast

- 3 pounds chuck roast
- 1/2 cup all-purpose flour
- 1/4 tsp ground black pepper to taste
- 1/4 tsp salt
- 1 pinch garlic powder
- 1 pinch onion powder
- 1/4 cup butter
- 1 (10.75 ounce) can condensed beef consommé
- 1 cup water
- 1 1/2 (1 ounce) envelopes dry onion soup mix
- 5 cloves garlic, peeled
- 1 teaspoon Worcestershire sauce
- 2 carrots, cut up in large chunks
- 1/4 onion, chopped
- 3 potatoes peeled and cut up in large chunks

- 1 large oven bag

Preheat oven to 325 degrees. In a bowl mix together flour, black pepper, paprika, garlic powder, and onion powder, roll Roast through the flour mixture to evenly coat.

Melt butter in a large pot over medium-high heat and brown roast in the melted butter, about 5 minutes per side. Transfer roast to an oven bag and put into a 13x9-inch casserole dish.

Whisk together the beef consommé, water, onion soup mix, garlic, and Worcestershire sauce together in a bowl and then pour into the oven bag over the roast. Cut 6 small slits in the top of the oven bag for ventilation.

Bake roast in the preheated oven for 1 hour and 45 minutes, then open bag and add carrots, onions and potatoes to the oven bag and bake until for 1 more hour.



Special Dates in January and February January is National Meat Month

- January 12th - National Sunday Supper Day*
- January 15th - National Bagel Day*
- January 20th - National Cheese Lovers Day*
- January 20th - Martin Luther King Day*
- January 23rd - National Pie Day*
- January 24th - Belly Laugh Day*
- January 25th - Chinese New Year*
- January 29th - National Puzzle Day*
- February 2nd - Groundhog Day*
- February 2nd - Super Bowl and Popcorn Day*
- February 6th - National Sweater Day*

Peanut Butter Cream Pie



- 1 package (8 ounces) cream cheese, softened
- 3/4 cup confectioners' sugar
- 1/2 cup peanut butter
- 6 tablespoons whole milk
- 1 carton (8 ounces) frozen whipped topping, thawed
- 1 graham cracker crust (9 inches)
- 1/4 cup chopped peanuts

In a large bowl, beat cream cheese until fluffy. Beat in sugar and peanut butter. Gradually add milk. Fold in whipped topping; spoon into the crust. Sprinkle with peanuts. Chill overnight.

