



# Food Talk

Improving Access to Healthy Foods in our Community

## Good Food News

## December 2016



We're coming up to that time again, Christmas! This year consider giving the gift that keeps on giving. Purchase memberships and monthly Good Food Club boxes for your family and friends this season. Give the gift of healthy food and convenience.

Contact me at (403)502-6096 or [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com) to arrange for a card with information about your gift to give to that special someone or as a donation to someone in the community who would love to receive a box of fresh produce this Christmas season or anytime in 2017.

### 2017 Memberships

Please be sure to have your membership payment ready for the January pick-up day if you haven't paid it already. Annual memberships remain the same: \$10 for volunteer members (with 8 hours of volunteering per year) or \$30 for non-volunteers.

- Alison Van Dyke, Food Security Coordinator

### DATES TO REMEMBER

**Payment Deadline:**

**Tuesday, December 27th**  
**Last Tuesday of the month**

**Advisory Committee Meeting:**

**Tuesday, 1pm January 3rd**  
**1st Tuesday of the month**

**Hillcrest Church**  
 3785 - 13th Ave SE  
 North Entrance

***All Members Welcome!***

**Next Pick-Up Date:**

**Tuesday, January 10th**  
**2nd Tuesday of the month**

Average Savings for a Large Good Food Box in November was:



Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20.00	\$31.07	\$11.07	\$27.16	\$7.16	\$24.27	\$4.27	\$26.20	\$6.20	\$26.64	\$6.64	\$7.05
Regular	\$15.00	\$22.97	\$7.97	\$21.69	\$6.69	\$19.07	\$4.07	\$20.78	\$5.78	\$21.40	\$6.40	\$6.06
Small	\$10.00	\$12.50	\$2.50	\$8.74	-\$1.26	\$11.04	\$1.04	\$11.38	\$1.38	\$10.27	\$0.27	\$1.30

*Good Food Club, Community Kitchens, Community Gardens & the Hat Food Movement*

Website: [www.foodconnections.ca](http://www.foodconnections.ca) Email: [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com)  
 Phone: 403-502-6096

# Sweet Potatoes

**Usage** - Baked, boiled, steamed and candied.

**Selection** - Good-quality sweet potatoes will be firm and smooth-skinned. Good quality potatoes should have few eyes, and those few should be shallow.

**Avoid** - Avoid product that is soft, wrinkled or has cuts in the skin. Sweet potatoes with white streaks or spots on the inside will be pithy.

**Storage** - Store potatoes in a cool (40 - 50° F), dry, well ventilated and dark place to inhibit sprouting. Avoid storing potatoes in the refrigerator as it will affect texture and taste.

Do not wash raw potatoes before storing - washing them speeds development of decay.

If your potatoes do begin to sprout or grow, cut off the sprouts. If you don't have good storage available, buy more frequently but in smaller quantities.

## Nutrition Facts

Serving Size 328 g - 1 cup, mashed

### Amount Per Serving

**Calories** 249 Calories from Fat 4

**% Daily Value\***

**Total Fat** 0g 1%

Saturated Fat 0g 1%

Trans Fat

**Cholesterol** 0mg 0%

**Sodium** 89mg 4%

**Total Carbohydrate** 58g 19%

Dietary Fiber 8g 33%

Sugars 19g

**Protein** 4g

Vitamin A 1033% • Vitamin C 70%

Calcium 9% • Iron 13%

## Sweet Potato and Bean Burrito's

### Ingredients:

1 tablespoon vegetable oil  
1 onion, chopped  
4 cloves garlic, minced  
6 cups canned kidney beans, drained  
2 cups water  
3 tablespoons chili powder  
4 teaspoons prepared mustard  
2 teaspoons ground cumin  
1 pinch cayenne pepper, or to taste  
3 tablespoons soy sauce  
4 cups mashed cooked sweet potatoes  
12 (10 inch) flour tortillas, warmed  
8 ounces shredded Cheddar cheese



### Directions:

Preheat oven to 350 degrees F (175 degrees C).

Heat oil in a medium skillet and saute onion and garlic until soft. Mash beans into the onion mixture. Gradually stir in water; heat until warm, 2 to 3 minutes. Remove from heat and stir in the soy sauce, chili powder, mustard, cumin, and cayenne pepper.

Divide bean mixture and mashed sweet potatoes evenly between the tortillas; top with cheese. Fold tortillas burrito-style around the fillings and place on a baking sheet. Bake in the preheated oven until warmed through, about 12 minutes. Serve with sour cream, salsa and guacamole.

## ADVISORY COMMITTEE UPDATE

We strongly encourage your participation in the decision making that happens at the Advisory Committee meetings, 1pm on the 1st Tuesday of each month at Hillcrest Church - 3785 13th Ave. SE, North Entrance.