

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

February 2015

We have some wonderful upcoming events in the community that we are fortunate enough to be able to participate in. We will be having booth displays at the Thursday night Market at Medalta on both February 12 and March 12. We are also participating in the Sunshine Home & Garden Show from February 27 - March 1, 2015 at the Cypress Centre and Fieldhouse Pavilion.

I am looking for volunteers to sit at our booths during both these events in order to hand out brochures and answer questions about our programs. The hours spent at the booth go towards your volunteer hours and are a good option for those who wish to volunteer, but may have some mobility issues that prevent volunteering on pick-up day.

I'd also like to let you know that there are still some plots available at our **Community Gardens**. If you want more information about the gardens, please check out our website, www.foodconnections.ca and then call (403)502-8249.

There is a **Hat Food Movement meeting** taking place in the Crowfoot Room of Medicine Hat College from 6:30-8pm on Thursday, March 5th. The Hat Food Movement is a caring, compassionate, community-led group serving Medicine Hat and area focused on promoting and supporting sustainable food resources for our community. We will be hearing from CLUCK Medicine Hat about the upcoming city pilot project for backyard hens, as well as some changes and permaculture practices that will be taking place in our Sheldon Miller Friendship Garden. Come out to the meeting and share your ideas and passion for community food security!

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:
February 24th, 2015

Advisory Committee Meeting:

1pm March 3rd, 2015
Hillcrest Church
3785 - 13th Ave SE
North Entrance

All Members Welcome!

Next Pick-Up Date:
Tuesday, March 10th, 2015

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

\$18.35

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	\$42.62	\$22.62	\$42.57	\$22.57	\$33.69	\$13.69	\$40.47	\$20.47	\$32.42	\$12.42	\$18.35
Regular	\$15.00	\$32.49	\$17.49	\$32.89	\$17.89	\$26.93	\$11.93	\$31.19	\$16.19	\$24.81	\$9.81	\$14.66
Small	\$10.00	\$23.76	\$13.76	\$24.16	\$14.16	\$20.36	\$10.36	\$22.76	\$12.76	\$18.00	\$8.00	\$11.81

Good Food Club, Community Kitchens & Community Gardens

Web-site: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Pomegranates

Usage - Eaten raw and especially good (and good for you) when juiced.

Selection - Good-quality pomegranates will be large, firm and smooth-skinned. The coloring will be an even deep-red. A few blemishes from branch scaring will be normal.

Avoid - Avoid product with dry, rock-hard or wrinkled skin. Numerous brown or scarred areas on the skin or soft spots indicate old product.

Storage - Always store pomegranate in the refrigerator.

Ripening - Small fruit will mean smaller, less juicy seeds with more waste, so go for the largest fruit available.

Nutrition Facts

Serving Size 282 g

Amount Per Serving

Calories 234 Calories from Fat 28

% Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 8mg 0%

Total Carbohydrate 53g 18%

Dietary Fiber 11g 45%

Sugars 39g

Protein 5g

Vitamin A 0% • Vitamin C 48%

Calcium 3% • Iron 5%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Spiced Pears & Pomegranates

Ingredients:

- 3 pears - peeled, cored and cut into wedges
- 1 pomegranate, skin and light-coloured membrane removed
- 1 tablespoon fresh lemon juice
- 2 tablespoons light brown sugar
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon ground cinnamon
- 2 tablespoons finely chopped almonds (optional)
- 4 sprigs fresh mint leaves for garnish (optional)

Directions:

Place the sliced pears and pomegranate seeds into a bowl. Toss with lemon juice to coat. Combine the brown sugar, nutmeg, and cinnamon in a small cup or bowl, then mix into the fruit. Cover and refrigerate for at least 1 hour before serving to blend the flavors. Serve in individual dishes, and garnish with a sprinkling of chopped almonds and a sprig of mint.



ADVISORY COMMITTEE UPDATE

- The Advisory Committee has decided to provide 1 lb. bags of dried beans at several depots for purchase at \$1.25. The depots will be Hillcrest, Community Health Services, Redcliff Public Library, Redi, Unisphere & Y's Choice Wellness. The bean varieties will be Great Northern White, Pinto and Small Red Beans. They will be available beginning in March.
- 2015 memberships are now due. New members need to fill out a simple survey when they join that is available at each depot.

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.