

DATES TO REMEMBER

Payment Deadline

Tues. January 31st
Last Tuesday of the month

Advisory Committee Meeting

Tues. 1pm February 7th
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
North Entrance
All Members Welcome!

Next Pick-Up Date

Tues. February 14th
2nd Tuesday of the month

Good Food Club News

2017 Memberships

Annual memberships remain the same: \$10 for volunteer members (with 8 hours of volunteering per year) or \$30 for non-volunteers. If you have not yet paid your 2017 membership, please be sure to have your payment ready for the next pick-up day.

Cheques

Due to changing requirements at the bank, please be sure to make any cheques out to either: "Good Food Club" or "Community Food Connections Association". We will take post-dated

cheques to accommodate your needs if necessary.

Produce Prices

In addition to the ever rising price of food, we are looking at a potential increase due to the new provincial carbon tax. Continuing to purchase local produce will offset some of those costs, but we do anticipate an as-of-yet unknown increase. We will keep you informed of the effect on our purchasing power.

- Alison Van Dyke,
Food Security Coordinator



Average Savings for a Large Good Food Box in December: **\$11.68**

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$36.37	\$16.37	\$31.59	\$11.59	\$26.44	\$6.44	\$33.81	\$13.81	\$30.17	\$10.17	\$11.68
Regular	\$15	\$28.36	\$13.36	\$19.44	\$4.44	\$19.29	\$4.29	\$26.49	\$11.49	\$23.73	\$8.73	\$8.46
Small	\$10	\$17.47	\$7.47	\$17.09	\$7.09	\$11.75	\$1.75	\$17.83	\$7.83	\$16.68	\$6.68	\$6.16

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Russet Potatoes

Usage - Besides being the most popular baking potato, Russets are used when frying, mashing, roasting, and boiling. They're also used to make french fries.

Selection - Good-quality potatoes will be firm, smooth-skinned and even russet coloring. Good quality potatoes should have few eyes, and those few should be shallow.

Avoid - Avoid product that is soft, wrinkled, has cuts in the skin or is green-tinted.

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 299 g approx. 1 large potato

Amount Per Serving

Calories 290 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 42mg 2%

Total Carbohydrate 64g 21%

Dietary Fiber 7g 28%

Sugars 3g

Protein 8g

Vitamin A 1% • Vitamin C 64%

Calcium 5% • Iron 18%

**Did you know that
potatoes are high
in Vitamin C?**



Roasted Garlic Mashed Potatoes

Ingredients:

1 medium head of garlic
1 tablespoon olive oil
2 pounds russet potatoes, peeled and quartered
4 tablespoons butter, softened
1/2 cup milk
salt and pepper to taste

Directions:

Preheat oven to 350 degrees F (175 degrees C).
Drizzle garlic with olive oil, then wrap in aluminum foil. Bake in preheated oven for 1 hour.

Bring a large pot of salted water to a boil. Add potatoes, and cook until tender, about 15 minutes. Drain, cool and chop. Stir in butter, milk, salt and pepper. Remove the garlic from the oven, and cut in half.

Squeeze the softened cloves into the potatoes. Blend potatoes with potato masher until desired consistency is achieved.

Baked Potato Soup

Ingredients:

4 russet potatoes
2/3 cup butter
2/3 cup all-purpose flour
6 cups milk
1 cup chopped green onions
3/4 teaspoon salt
1/2 teaspoon ground black pepper
12 slices cooked bacon, crumbled
5 ounces shredded Cheddar cheese
1 (8 ounce) container sour cream

Directions:

Bake potatoes 1 hour in a 400 degree F (200 degree C) oven. Scoop out the inside of the potatoes and set aside. Reserve the skins for another recipe or discard.

Melt the butter in a large skillet over medium low heat. Stir in the flour to make a roux. Cook about 1 minute, stirring constantly. Gradually pour in the milk while stirring until all the milk has been added. Bring heat to medium and keep stirring until the soup mixture starts to get thick. Add the potatoes, green onions, salt, ground black pepper, bacon and cheese. Stir well and continue to heat for about 15 minutes, allowing the flavors to blend. Stirring well, mix in the sour cream until well blended with the soup.