

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

September 2015

DEPOT TIME CHANGE

Due to facility usage, our Hillcrest Church depot times have changed to 2pm - 6:30pm. We apologize for any inconvenience that this may cause. All other depot hours of operation remain the same.

VOLUNTEER OPPORTUNITIES

We are looking for people willing to sit at our display and hand out brochures as well as answering any questions that people may have about our programs at:

The Adult Resource Fair: 11am-7pm Tuesday, October 20th at the Cypress Centre

Project Connect: 10am-3pm Wednesday, October 21 at St. John's Presbyterian

Flulapalooza: 1-6pm Monday, November 9th at the Cypress Centre

Please remember that if you have signed up as a volunteer member, that you are responsible to contact the Food Security Coordinator at 403-502-6096 or communityfoodconnections@gmail.com to sign up for volunteer roles. For your convenience, a volunteer sign-up sheet is set out on pick-up day and at the advisory meeting.

Thank you to all the volunteers who make the Good Food Club pick-up day run so smoothly, as well as those who volunteer to promote the club at events and lead workshops! We couldn't do it without you!

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

September 29th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm October 6th, 2015

1st Tuesday of the month

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

All Members Welcome!

Next Pick-Up Date:

Tuesday, October 13th, 2015

2nd Tuesday of the month

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

\$5.94

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$26.85	\$6.85	\$31.61	\$11.61	\$24.25	\$4.25	\$23.97	\$3.97	\$23.04	\$3.04	\$5.94
Regular	\$15	\$21.40	\$6.40	\$21.62	\$6.62	\$19.85	\$4.85	\$15.72	\$0.72	\$18.33	\$3.33	\$4.38
Small	\$10	\$19.71	\$9.71	\$15.94	\$5.94	\$13.53	\$3.53	\$11.14	\$1.14	\$10.77	\$0.77	\$4.22

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Feature

Corn

Usage: Boiled, microwaved or roasted.

Selection: Full ears with straight rows of kernels. The husks will be fresh, bright green, and the silk ends free of decay or worm damage.

Avoid: shriveled, burned looking husks, dark-colored slime in the tassel. Large kernels, and those with dark yellow, dented and wrinkled kernels with no juice are indications of old corn.



Corn on Cob - 1 ear (125 g)

Nutrition Facts

Serving Size 125 g

Amount Per Serving

Calories 123 Calories from Fat 8

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 1%

Trans Fat

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 29g 10%

Dietary Fiber 3g 14%

Sugars 5g

Protein 4g

Vitamin A 6% Vitamin C 15%

Calcium 0% 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.

Mexican Street Corn Salad

Ingredients:

3-4 cups fresh corn
2 tablespoons olive oil
3 tablespoons mayonnaise
3-4 oz. Cotija or feta cheese, crumbled
2 tablespoons lime juice
1 tablespoon jalapeno peppers, finely chopped
1/3 cup fresh cilantro, finely chopped
2 tablespoons red onion, finely chopped
2 cloves garlic, minced
1/2 teaspoon chili powder
salt and pepper to taste

Instructions:

Heat oil over medium heat. Add corn and let cook until corn starts to char, stirring occasionally.

While the corn is cooking, mix together remaining ingredients in a large bowl. When corn is done, gently fold it in with other ingredients.

Serve immediately and store any leftovers in the refrigerator.



Microwave Corn on the Cob

Corn, in husk with silk

Place corn on a dampened paper towel.

Cooking time:

1 ear— 1½ minutes

2 ears— 3-4 minutes

3 ears— 5-6 minutes

4 ears— 7-8 minutes

6 ears— 8-9 minutes

Be sure to turn ears half way through cooking time.

Can check doneness by peeling back a part of the husk and feeling kernels. Microwave longer if required.

Once cooked, remove husk & silk by cutting off the non-silk end by hitting that end on a cutting board. You should then be able to squeeze the cob out of the husk without the silk (the traditional way of peeling husk & silk will also work) be sure to use oven mitts as the corn may still be quite hot.

Serve with choice of seasoning.



ADVISORY COMMITTEE UPDATE

- Hillcrest Church Depot time change – due to scheduling and facility usage at the church, they have asked us to please be done by 6:30pm instead of 7pm. Changes to the depot times will be made on the website and sent out to all members. All future publications will reflect the time change.
- The Catholic School District is including promotional information about the Good Food Club in the electronic newsletters that go out from all their elementary and middle schools! Thank you to Community Coming Together & Patti Wagman for making this possible. Two of the City Community Workers are distributing our brochures through their schools as well: Elm Street, CAPE, Southview and Crestwood.

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.