

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

May 2015

Upcoming Volunteer Opportunities

If you have signed up as a volunteer member and are wondering how you will get in your 8 hour commitment for 2015, please look at the attached dates & times and consider volunteering for one or more of these upcoming events. We are looking for people who are willing to sit at our displays and hand out brochures as well as answering any questions that people may have about our programs:

Canada Day in Kin Coulee Park: July 1st 10am-6pm

The Medicine Hat Exhibition and Stampede: July 22nd-25th, 12noon to 8pm daily

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 as well as being posted on our Facebook page.

CFCA has many upcoming events, please be sure to check out our website, www.foodconnections.ca to see what is happening around Medicine Hat.

- *Alison Van Dyke, Food Security Coordinator*

DATES TO REMEMBER

Payment Deadline:

May 26th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm June 2nd, 2015

1st Tuesday of the month

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

All Members Welcome!

Next Pick-Up Date:

**Tuesday, June 9th, 2015
2nd Tuesday of the month**

Average Savings for a Large Good Food Box in April 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	\$37.81	\$17.81	\$36.40	\$16.40	\$26.49	\$6.49	\$33.23	\$13.23	\$32.41	\$12.41	\$13.27
Regular	\$15.00	\$28.90	\$13.90	\$28.51	\$13.51	\$21.98	\$6.98	\$26.78	\$11.78	\$25.31	\$10.31	\$11.30
Small	\$10.00	\$19.78	\$9.78	\$21.68	\$11.68	\$17.17	\$7.17	\$22.06	\$12.06	\$18.77	\$8.77	\$9.89

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

Web-site: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Butter Lettuce

Usage - Salads, sandwiches, garnish or presentation base.

Selection - Butter lettuce has a slightly sweet, buttery flavor. Good-quality Butter lettuce will have fairly large, loose heads with thick leaves and even green coloring. Scratch the stalk and smell. A sweet or bitter smell means sweet or bitter flavor.

Avoid - Avoid product with thin, wilted leaves and brown spots near the stalk end. Extremely solid, light-colored heads mean all core and less taste.

Storage - Washed and dried Butter Lettuce can be kept in your refrigerator for up to five days. Living lettuce should be stored in its original container and rinsed well immediately before using.

Nutrition Facts

Serving Size 55 g

Amount Per Serving

Calories 7	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	2%
Sugars 1g	
Protein 1g	
Vitamin A 36%	Vitamin C 3%
Calcium 2%	Iron 4%

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

Using butter lettuce as an alternative for bread or tortillas is especially good for those on low-carb or gluten free diets.

Chicken Lettuce Wraps

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground chicken
- 2 cloves garlic, minced
- 1 onion, diced
- 1/4 cup hoisin sauce
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoons freshly grated ginger
- 1 (8-ounce) can whole water chestnuts, drained and diced
- 2 green onions, thinly sliced
- salt and ground black pepper, to taste
- 1 head butter lettuce

Instructions:

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar and ginger until onions have become translucent, about 1-2 minutes. Stir in chestnuts and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.



ADVISORY COMMITTEE UPDATE

- Continued awareness of the increased price of produce and how we can still provide sufficient produce at a good value.
 - The group reiterated their commitment to a local food system.
- 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.