

# Food Talk

Improving Access to Healthy Foods in our Community



## Good Food News

**December 2015**



Still struggling to come up with a gift for a loved one? Consider giving the gift that keeps on giving! Purchase memberships and monthly Good Food Club boxes for your family and friends this Christmas season. Give the gift of healthy food and convenience!

Contact the Food Security Coordinator 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 2016!

### 2016 Memberships

2016 Memberships can begin to be paid in December, with the January pick-up day as the deadline for 2016 membership payment for existing members.

Payments can be made when you pick up your box in December, or at Community Health Services, McCoy High School, Redi Enterprises, Medicine Hat College Student Association office, Y's Choice Wellness, or Redcliff Public Library during the month.

The new membership year is a good time to review your depot pick-up locations and times. As our depots expand and change, you may find that another location better suits you. Please be respectful of the depot pick-up times as our volunteers will not be set-up to hand out boxes earlier than the listed times.

- *Alison Van Dyke, Food Security Coordinator*

### **DATES TO REMEMBER**

#### Payment Deadline:

**December 29th, 2015**

**Last Tuesday of the month**

#### Advisory Committee Meeting:

**1pm January 5th, 2015**

**1st Tuesday of the month**

**Hillcrest Church**

3785 - 13th Ave SE

North Entrance

**All Members Welcome!**

#### Next Pick-Up Date:

**Tuesday, January 12th, 2015**

**2nd Tuesday of the month**

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

**\$7.97**

Good Food Box		Co-op		Superstore		Sobeys		Wal-Mart		Average Savings
	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings		
<b>Large</b>	<b>\$20.00</b>	\$32.12	\$12.12	\$19.61	-\$0.39	\$29.52	\$9.52	\$30.63	\$10.63	<b>\$7.97</b>
<b>Regular</b>	<b>\$15.00</b>	\$22.85	\$7.85	\$13.71	-\$1.29	\$21.29	\$6.29	\$22.56	\$7.56	<b>\$5.10</b>
<b>Small</b>	<b>\$10.00</b>	\$19.01	\$9.01	\$14.05	\$4.05	\$14.20	\$4.20	\$14.55	\$4.55	<b>\$5.45</b>

*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

# POMEGRANATE

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

**Selection** - Also called Chinese apple, 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.

## 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%

### Cucumber and Pomegranate Salsa

A winning accompaniment that takes moments to assemble and works as a salad, starter or relish. Serves 6

- 1 large pomegranate
- 1 medium cucumber, finely diced
- 2–3 tomatoes, finely diced
- 1 green pepper, finely diced
- 1 hot chilli, chopped
- ½ bunch each of fresh mint and coriander, chopped
- 1 bunch spring onions, finely sliced
- Salt and black pepper
- Olive oil
- Juice of 1 lime



First, make sure that you are wearing pomegranate-coloured clothes (or perhaps put an apron on). Cut the pomegranate in half with a sharp knife, and with your fingers gently prise free the seeds, pulling any pith as you go. Mix them together with all the other ingredients, stir well, cover and chill until needed.

### Greek yoghurt with pomegranate and cinnamon

Thick and creamy, with a nutty, fruity crunch and a dash of spice – makes an impressive breakfast or dessert. Serves 2

- 25g pecans, roughly chopped
- 300g Greek yoghurt
- 4 tsp honey
- Seeds of ¼ pomegranate
- A pinch of ground cinnamon

In a small, dry frying pan, lightly toast the pecans just enough to bring out their flavour and crisp them up (take care not to overdo them or they'll be bitter and taste burnt). Set aside to cool. Spoon the yoghurt into two bowls, throw a small fistful of nuts on top, drizzle with honey and finish with a scattering of pomegranate seeds and cinnamon. Serve immediately.

## ADVISORY COMMITTEE UPDATE

- Increased growth in the club has necessitated the purchase of additional bins.
- Produce prices remain high as a result of drought in California, poor exchange rate, and local producers moving into their off-season.

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.