

JANUARY 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadlines
In person with cash or cheque when you pick up your box:
Thursday, January 13th

Online orders with credit card or PayPal:
Thursday, Feb. 3rd, 2022

Next Pick-Up Date
2-6pm Thurs. Feb. 10th
2nd Thursday of the month

Food Talk Newsletter

Don't forget that memberships for 2022 are now due. You are able to pay your membership online when ordering your boxes, just click on the option that you prefer and the membership fee will be added to your total.

There is an annual membership fee of:

- \$10 for volunteers (8 hours or more of volunteering required throughout the year)
- \$30 for non-volunteers

Membership fees are waived for college students and Best Babies & Bridges clients.

The membership year runs from January to December.

After June 30th membership fees are Volunteer: \$5 (4 hours of volunteer time); and Non-Volunteer: \$15

Just a reminder that any box not picked up on pick-up day is donated to either the Salvation Army Emergency Shelter, the Root Cellar Food & Wellness Hub or a family in need. The payment for that box is not carried forward. Orders can be picked up by anyone designated by the club account member.

Don't forget that the Good Food Club is open to anyone in the community! Be sure to tell your friends and family about this affordable, healthy eating opportunity!

- Alison Van Dyke
Food Security Coordinator

Average Savings for a Large Box in December:



Store A		Store B		Store C		Store D		Store E		Store F		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$26.87	\$6.87	\$25.20	\$5.20	\$21.92	\$1.92	\$28.91	\$8.91	\$26.07	\$6.07	\$24.26	\$4.26	\$5.54
\$19.61	\$4.61	\$17.97	\$2.97	\$15.43	\$0.43	\$19.45	\$4.45	\$20.48	\$5.48	\$19.24	\$4.24	\$3.70
\$12.93	\$2.93	\$12.21	\$2.21	\$10.00	\$0.00	\$12.95	\$2.95	\$14.71	\$4.71	\$12.37	\$2.37	\$2.53

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Spaghetti Squash

Usage - Baked & used like pasta.

Selection - Spaghetti squash are ripe when their color changes from green to yellow, and when they snap easily off their vines. Good-quality spaghetti squash will be firm, smooth-skinned, heavy for its size and have an even, fairly bright yellow color.

Avoid - Avoid product that has soft spots, dull and brittle skin or that is extremely light for its size.

Storage - Hard types of squash can be stored longer than summer or soft squash because their skin is so hard and thick. Most hard squash varieties can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic. Store uncut Spaghetti squash in a dry, dark place for up to a month. Once cut, store Spaghetti squash in the refrigerator for a day or two or freeze for longer term storage.

Nutrition Facts

Serving Size 155 g

Amount Per Serving

Calories 42 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 9%

Sugars 4g

Protein 1g

Vitamin A 3% • Vitamin C 9%

Calcium 3% • Iron 3%

Baked Spaghetti Squash Lasagna Style

- 1 spaghetti squash, halved lengthwise and seeded
- 1 onion, chopped
- 2 tablespoons minced garlic
- 2 (14 ounce) cans stewed tomatoes
- 1 tablespoon dried basil
- 1 cube vegetable bouillon
- black pepper to taste
- 1 (15 ounce) can black olives, chopped - optional
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese

Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.

Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool.

Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

How to Cut a Mango

