

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

January 2016



Volunteer Opportunities

We are looking for volunteers to sit at our booth at the **Medicine Hat Public Library Community Health Fair** from **1-5pm on Saturday, January 16th**. Please call or email me to let me know if you are able to help in this way. All hours worked will go towards your 2016 volunteer membership hours. (403)502-6096 or communityfoodconnections@gmail.com

2016 Memberships

January is the deadline for 2016 membership payment for existing members!

Payments can be made when you pick up your box, 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:

January 26th, 2016

Last Tuesday of the month

Advisory Committee Meeting:

1pm February 2nd, 2016

1st Tuesday of the month

Hillcrest Church

3785 - 13th Ave SE

North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, February 9th, 2016

2nd Tuesday of the month

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

\$6.51

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	\$30.44	\$10.44	\$27.45	\$7.45	\$28.61	\$8.61	\$25.37	\$5.37	\$20.69	\$0.69	\$6.51
Regular	\$15.00	\$23.66	\$8.66	\$20.92	\$5.92	\$21.95	\$6.95	\$18.85	\$3.85	\$14.77	-\$0.23	\$5.03
Small	\$10.00	\$19.41	\$9.41	\$16.83	\$6.83	\$17.03	\$7.03	\$14.90	\$4.90	\$10.50	\$0.50	\$5.73

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

AVOCADO

The Hass cultivar is the most widely grown avocado cultivar. The Hass avocado was developed and patented by Californian mail carrier Rudolph Hass in 1935.

Usage: Salads, guacamole, dressings, sandwiches, hamburgers.

Selection: The Hass avocado is dark-colored with a rough and bumpy skin. Most other varieties are more green and have smoother skin. Signs of ripeness differ by variety. Hass varieties will turn black when ripe while other varieties remain green.

Avoid: Avoid avocados with very dark skin combined with dented areas. This indicates bruised or old avocados.

Storage: If you want to speed ripening, do not refrigerate avocados until they are ripe to your preference. If you want to slow ripening, immediately store avocados in the refrigerator. To ripen an avocado, place it in a sealed plastic bag with a ripe banana at room temperature.

Nutrition Facts

Serving Size 201 g

Amount Per Serving

Calories 322 Calories from Fat 247

% Daily Value*

Total Fat 29g 45%

Saturated Fat 4g 21%

Trans Fat

Cholesterol 0mg 0%

Sodium 14mg 1%

Total Carbohydrate 17g 6%

Dietary Fiber 13g 54%

Sugars 1g

Protein 4g

Vitamin A 6% • Vitamin C 33%

Calcium 2% • Iron 6%

Delicious and Healthy Chocolate Mousse Recipe

1/4 cup of pitted dates soaked for at least 4 hours in water

1/4 cup pure maple syrup

1/2 teaspoon vanilla extract (optional)

3/4 cup mashed avocados (1 1/2 avocados)

1/4 cups plus 2 tablespoon unsweetened cocoa powder

1/4 cup water

Place the dates, maple syrup and optional vanilla in a food processor and process, add the avocado and cocoa powder, process and add the water. For an optional flavor add 5 leaves of fresh mint to the food processor and create a Mint-Chocolate Mousse



Asian Avocado

1 avocado

1/2 tsp minced garlic

1/2 tsp. minced fresh ginger root

1 tsp. soy sauce

Mix together the garlic, ginger & soy sauce. Let sit for a few minutes so that the flavours will blend. Drizzle over cut & pitted avocado. Eat with a spoon.



ADVISORY COMMITTEE UPDATE

- 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.