

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

May 2016

Reminder:

- Please be sure to remove your produce from any plastic packaging once you get it home. This will prevent condensation and rapid spoiling.
- Make sure you wash all your produce before eating or cooking as it has been handled by more than one set of hands during picking and packaging.

Community Food Connections Association Annual General Meeting

Thursday, May 19th is the Community Food Connections Association Annual General Meeting from 9:30-11:30am in the Miywasin Centre located downtown at 517 3rd St. SE. This meeting is open and the public is welcome and encouraged to attend.

Workshops

We have a variety of gardening and preserving workshops coming up this season with more being added all the time. Please "like" us on Facebook, "Community Food Connection Association" or check out our website, www.foodconnections.ca for more information about dates and locations as well as registration information.

DATES TO REMEMBER

Payment Deadline:

Tuesday, May 31st, 2016
Last Tuesday of the month

Advisory Committee Meeting:

Tuesday, 1pm June 7th, 2016
1st Tuesday of the month

Hillcrest Church
3785 - 13th Ave SE
North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, June 14th, 2016
2nd Tuesday of the month

- Alison Van Dyke, Food Security Coordinator

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

\$12.28

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	\$33.28	\$13.28	\$38.03	\$18.03	\$35.10	\$15.10	\$28.08	\$8.08	\$26.90	\$6.90	\$12.28
Regular	\$15.00	\$25.70	\$10.70	\$28.07	\$13.07	\$25.42	\$10.42	\$19.12	\$4.12	\$20.78	\$5.78	\$8.82
Small	\$10.00	\$19.32	\$9.32	\$20.85	\$10.85	\$19.74	\$9.74	\$14.14	\$4.14	\$15.52	\$5.52	\$7.91

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Pineapple

Usage - Eaten fresh, in salads, gelatins and in cooking. Pineapples are also coveted for their juice which has a high vitamin C content and wonderful flavor. Excellent for juicing.

Selection - Good-quality Pineapples are firm, large and have fresh-looking green tops. Pick a Pineapple with skin that is as yellow as possible with no soft spots.

Avoid - Avoid product with dry brown leaves, soft spots, watery bruises with an unpleasant smell or patches of mold.

Storage - In your fridge or on your counter top.

Nutrition Facts

Serving Size 165 g

Amount Per Serving

Calories 82 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 22g 7%

Dietary Fiber 2g 9%

Sugars 16g

Protein 1g

Vitamin A 2% • Vitamin C 131%

Calcium 2% • Iron 3%



How to cut a Pineapple

Step 1: Cut the top and bottom off of the pineapple.

Step 2: Cut the pineapple in half.

Step 3: Cut each half into half again so that you are left with quarters.

Step 4: There is a hard core that runs down the center of the pineapple. Stand each quarter up and cut straight down to remove the core. You will easily be able to see where the core is to know how much to cut off.

Step 5: Cut each quarter in half again so that you are left with 8 spears of pineapple.

Step 6: Cut away the outside skin of the pineapple and discard it. Repeat this step for all 8 spears of pineapple.

Fresh pineapple will keep in the freezer for about 10-12 months. If you're just refrigerating the pineapple, you will want to eat it within 5 days.

ADVISORY COMMITTEE UPDATE

- A reminder to all of our members who pick up at a school depot. You will need to pick an alternate pick-up location for the months of July & August.
- 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.