

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadline

Tues. June 27th
 Last Tuesday of the month

Advisory Committee Meeting

Tues. 1pm July 4th
 1st Tuesday of the month
 Hillcrest Church
 3785 - 13th Ave SE
 Main Entrance
 All Members Welcome!

Next Pick-Up Date

Tues. July 11th
 2nd Tuesday of the month

JULY PICK-UP DAY WILL BE IN THE HILLCREST CHURCH FOYER

Good Food Club News

Grocery Store Rewards Programs

I've done some research about grocery store reward programs and I want to share that information with you for additional grocery savings.

Safeway: Email Direct Program sends you exclusive coupons – this is a hold-over from the Safeway Club Card program. Airmiles program – For every 95 miles you accumulate you can get \$10 off your groceries if you choose to use them that way. 1st Tuesday of the month is Customer Appreciation Day – you get 10% off of your total bill if you spend over \$50, or you can get 20x bonus Airmiles on your base Airmiles earned in that transaction.

Co-op: Become a member and get cash back annually. 1st Tuesday of the

month is a Double Scratch & Win but not during Warehouse sales, BOGO sales or 10 for 10 Sales. Co-op app has weekly downloadable coupons exclusive to the app users.

Sobey's: First Tuesday of every month is 10% off your total bill if you spend over \$50. Airmiles exclusive coupons – some will offer additional airmiles with purchase or savings on items.

Superstore: PC Point card allows you to redeem points for money off of your purchase at the till. This can also be accessed through an app on your phone.

- Alison Van Dyke,
 Food Security Coordinator

Average Savings for a Large Good Food Box in May:



Good Food Box		Co-op		Safeway		Superstore		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$35.12	\$15.12	\$35.88	\$15.88	\$36.85	\$16.85	\$24.34	\$4.34	\$13.05
Regular	\$15	\$25.52	\$10.52	\$32.06	\$17.06	\$26.08	\$11.08	\$18.36	\$3.36	\$10.51
Small	\$10	\$19.27	\$9.27	\$21.80	\$11.80	\$19.85	\$9.85	\$13.65	\$3.65	\$8.64

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Spinach

Usage - Salads, sandwiches, braised as a side for other dishes.

Selection - Good-quality spinach will have broad, thick and crisp dark green leaves. The stems will be unblemished and free of mud.

Avoid - Avoid product with thin, limp leaves that are pale-green or yellow. Also avoid mud-caked product, or bunches with extremely large or blemished stalks.

Storage - Always store lettuce and cabbage in the refrigerator.

To prolong storage life, cut the stem end and soak in warm water for 2-3 minutes before storing in your refrigerator.

Spinach Dressing

1 clove garlic, minced
6 Tbsp. oil
2 Tbsp. cider or red vinegar
1 tsp. sugar
1 tsp. dry mustard
1 tsp. salt
1/2 tsp. pepper

Mix ingredients well. Pour over spinach salad. Makes 1/2 cup.

Nutrition Facts

Serving Size 30 g - 1 cup, raw

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 24mg	1%
Total Carbohydrate 1g	0%
Dietary Fiber 1g	3%
Sugars 0g	
Protein 1g	
Vitamin A 56%	Vitamin C 14%
Calcium 3%	Iron 5%

Lemon Gnocchi with Spinach and Peas

1 cup frozen baby peas (not thawed)
1/2 cup heavy cream
1/4 tsp. dried hot red-pepper flakes
1 garlic clove, smashed
3 cups packed spinach
1 tsp grated lemon zest
1.5 tsp. fresh lemon juice
1 lb. gnocchi
1/4 cup grated parmesan

Simmer peas with cream, red-pepper flakes, garlic, and 1/4 tsp. salt in a skillet, covered, until tender, about 5 minutes.

Add spinach and cook over medium-low heat, uncovered, stirring, until wilted. Remove from heat and stir in lemon zest and juice.

Meanwhile, cook gnocchi in a pasta pot of boiling salted water until al dente. Reserve 1/2 cup pasta-cooking water, then drain gnocchi.

Add gnocchi to sauce with cheese and some of the reserved cooking water and stir to coat. Thin with additional cooking water if necessary.

Tomato Spinach Chicken Spaghetti

1/4 cup sun-dried tomatoes, chopped, drained of oil
2 tablespoons olive oil, drained from sun-dried tomatoes
1/2 pound boneless, skinless chicken - chopped salt
1/4 teaspoon red pepper flakes
1/4 teaspoon salt
4 roma tomatoes, chopped
1/4 cup fresh basil leaves, chopped
8 oz fresh spinach
3 garlic cloves, chopped
6 oz spaghetti or angel hair pasta

Add chopped sun-dried tomatoes and 2 tablespoons of olive oil, drained from sun-dried tomatoes, to a large skillet, on medium-low heat. Add chopped chicken, red pepper flakes, and salt over all of the ingredients in the skillet, and cook on medium heat until chicken is cooked through and no longer pink, about 5 minutes. Add chopped tomatoes, chopped fresh basil leaves, fresh spinach, and chopped garlic to the skillet with chicken, cook on medium heat about 3- 5 minutes until spinach wilts just a little, and tomatoes release some of their juices. Remove from heat. Taste, and add more salt to taste, if needed. Cover with lid and keep off heat. Cook pasta according to package instructions, until al dente. Drain, and add cooked and drained pasta to the skillet with the chicken and vegetables. Reheat on low heat, mix everything well, add more seasonings (salt and pepper), if desired.