

# Food Talk

Improving Access to Healthy Foods in our Community



## Good Food News

**August 2016**

### A Summer Foodlovin' Contest

**\*\*\*You Could Win a FREE LARGE GOOD FOOD BOX!\*\*\***

This contest is open to members and participants of any of our Community Kitchens, Community Gardens or the Good Food Club. You don't have to be a member to vote though!

1. "Like" our Facebook page if you haven't already—'Community Food Connections Association'.
2. Submit a photo(s) and description of a food or meal you prepared at your Community Kitchen, OR a food or meal you prepared with produce from your Community Garden plot, OR a food or meal you prepared with produce from your Good Food Club box.
3. Check the page frequently and "Like" your favourite submissions. If your family & friend "Like" the page, they can vote too!
4. The picture and description with the most "Likes" wins!

Contest closes September 15th.

#### DATES TO REMEMBER

**Payment Deadline:**

**Tuesday, August 30th, 2016**  
**Last Tuesday of the month**

**Advisory Committee Meeting:**

**Tuesday, 1pm Sept. 6, 2016**  
**1st Tuesday of the month**

**Hillcrest Church**  
 3785 - 13th Ave SE  
 North Entrance

***All Members Welcome!***

**Next Pick-Up Date:**

**Tuesday, September 13, 2016**  
**2nd Tuesday of the month**

- Alison Van Dyke, Food Security Coordinator

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



Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
<b>Large</b>	<b>\$20.00</b>	\$36.37	\$16.37	\$25.30	\$5.30	\$31.86	\$11.86	\$31.70	\$11.70	\$24.63	\$4.63	<b>\$9.97</b>
<b>Regular</b>	<b>\$15.00</b>	\$27.15	\$12.15	\$22.12	\$7.12	\$25.17	\$10.17	\$24.55	\$9.55	\$19.20	\$4.20	<b>\$8.64</b>
<b>Small</b>	<b>\$10.00</b>	\$20.14	\$10.14	\$15.04	\$5.04	\$16.78	\$6.78	\$20.56	\$10.56	\$12.77	\$2.77	<b>\$7.06</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

# Beans

**Usage** - Steamed, baked or raw ingredient in casseroles, salads and succotash.

**Selection** - Look for fresh, clean and even-colored beans that are tender, crisp and well-shaped. The most tender beans will be thin but can be either long or short. Pick beans with smooth skin.

**Avoid** - Avoid beans that are tough and discolored - this is a sign that they are not fresh. Avoid beans that are soft, wrinkled or have lumpy sections along the length.

**Storage** - Wash beans in water before refrigeration, but do not snap off the ends before storing.

Beans will keep for several days in a plastic container, but are best when used immediately.

## Nutrition Facts

Serving Size 110 g - 1 cup

### Amount Per Serving

Calories 34      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 7mg      0%

Total Carbohydrate 8g      3%

Dietary Fiber 4g      15%

Sugars 2g

Protein 2g

Vitamin A 15% • Vitamin C 30%

Calcium 4% • Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



## No-Fail Butter & Garlic Green Beans

Ingredients:

1 lb. of green beans, trimmed & washed

1-2 garlic cloves, minced

1 Tbsp. of butter

Salt & Pepper to taste

Instructions:

In a medium pot, cover beans with cold water and bring to a boil. Lower heat and simmer for 5-10 minutes, until they reach your preferred level of doneness. Drain and set aside.

Melt butter over medium heat in a large skillet. Add the garlic and toast until golden, watching carefully to ensure it doesn't burn.

Add the cooked beans to the pan, sprinkle with salt & pepper, and toss to coat.

Serve & enjoy!



## ADVISORY COMMITTEE UPDATE

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.