

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

July 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.

UPCOMING VOLUNTEER OPPORTUNITIES

If you have signed up as a volunteer member and are wondering how you will get in your 8 hour commitment for 2016, please look at the following dates & times and consider volunteering for all or part of one or more of these upcoming events. We are looking for people who are willing to sit at our displays and hand out brochures as well as answering any questions that people may have about our programs:

The Medicine Hat Exhibition and Stampede: July 27th-30th, 12noon to 8pm daily

Fresh Start to School: August 24th in St. Mary's School gym, 11am-7pm

Please remember that if you have signed up as a volunteer member, that you are responsible to contact the Food Security Coordinator at 403-502-6096 or communityfoodconnections@gmail.com to sign up for volunteer roles.

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

Tuesday, July 26, 2016

Last Tuesday of the month

Advisory Committee Meeting:

Tuesday, 1pm August 2, 2016

1st Tuesday of the month

Hillcrest Church

3785 - 13th Ave SE

North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, August 9, 2016

2nd Tuesday of the month

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

\$10.51

Good Food Box		Co-op		Safeway		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20.00	\$28.41	\$8.41	\$34.07	\$14.07	\$32.12	\$12.12	\$27.45	\$7.45	\$10.51
Regular	\$15.00	\$21.62	\$6.62	\$26.50	\$11.50	\$25.42	\$10.42	\$21.50	\$6.50	\$8.76
Small	\$10.00	\$14.35	\$4.35	\$18.80	\$8.80	\$18.68	\$8.68	\$13.95	\$3.95	\$6.45

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

Kale

Usage - Kale greens are used as you would cooked spinach. Young kale is tender enough to use raw in salads. Can also be used in smoothies, chopped salads, and made into Kale chips.

Selection - Also known as borecole, good-quality red and green kale will have dark-colored leaves with crisp, rough edges.

Avoid - Avoid greens with leaves that are wilted, yellowing or have dark green patches of slime on parts of the leaves.

Storage - Always store 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.

Nutrition Facts

Serving Size 67 g 1 cup chopped

Amount Per Serving	
Calories 33	Calories from Fat 4
% Daily Value*	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 29mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	5%
Sugars	
Protein 2g	
Vitamin A 206%	Vitamin C 134%
Calcium 9%	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.



Baked Kale Chips

Ingredients:

- 1 large bunch of kale
- 1 to 2 Tbsp. olive oil
- 1/4 to 1/2 tsp kosher salt

Line 2 baking sheets with parchment paper. Arrange racks on upper and lower third of oven. Preheat to 300°.

Remove the stems and ribs from the kale and discard. Tear into 2 inch pieces. Rinse. Pat dry, removing all water.

Spread the kale over the baking sheets in a single layer. Drizzle with olive oil then rub oil in with hands to ensure the kale is coated evenly. Sprinkle with salt and any desired seasonings.

Bake for 10 minutes. Rotate sheets and bake for another 10 to 12 minutes or until chips are dry, crispy and evenly baked.



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.