

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

November 2015

2016 Memberships

2016 Memberships can begin to be paid in December, with the January pick-up day as the deadline for 2016 membership payment for existing members.

Payments can be made when you pick up your box in December, 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.

Hillcrest Church gym (3785 - 13th Ave SE)	2pm – 6:30pm
Medicine Hat College - Student's Association	1pm – 3pm
REDI Enterprises (860 Allowance Ave SE)	1pm – 3pm
Community Health Services (2948 Dunmore Rd. SE)	1pm – 4pm
Monsignor McCoy High School (202 – 8th St. NE)	3pm – 5pm
Y's Choice Wellness (415 - 3rd St. SE)	3pm – 6pm
Elm Street School (1001 Elm St. SE)	2pm – 4:30pm
École les Cyprès (945 1 Ave SE)	2:30pm – 3:30pm
Medicine Hat Food Bank (532 South Railway St. SE)	1-3pm
Redcliff Public Library (131 Main St. SE)	4pm – 6pm

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

November 24th, 2015

Last Tuesday of the month

Advisory Committee Meeting:

1pm December 1st, 2015

1st Tuesday of the month

Hillcrest Church

3785 - 13th Ave SE
North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, December 8th, 2015

2nd Tuesday of the month

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

\$6.87

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	\$37.42	\$17.42	\$26.33	\$6.33	\$18.50	-\$1.50	\$25.79	\$5.79	\$26.31	\$6.31	\$6.87
Regular	\$15.00	\$27.45	\$12.45	\$23.35	\$8.35	\$13.85	-\$1.15	\$21.55	\$6.55	\$21.37	\$6.37	\$6.51
Small	\$10.00	\$18.07	\$8.07	\$15.91	\$5.91	\$8.98	-\$1.02	\$15.05	\$5.05	\$13.90	\$3.90	\$4.38

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

Website: www.foodconnections.ca

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ACORN SQUASH

Usage - Often baked with butter & brown sugar, but also excellent cubed and roasted or in soup.

Selection - Also called Table Queen and Danish squash, good-quality acorn squash will be firm, smooth-skinned and heavy for its size. The coloring will be dark green, or up to 1/2 of the squash may be yellow-orange.

Avoid - Avoid product that has soft spots, dull and wrinkled skin, or that is more than 1/2 yellow-orange in color.

Storage - Hard types of squash can be stored longer than summer or soft squash because their skin is so hard and thick. Most hard squash varieties can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic.

Nutrition Facts

Serving Size 205 g - 1 Cup cubed

Amount Per Serving

Calories 115 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 8mg 0%

Total Carbohydrate 30g 10%

Dietary Fiber 9g 36%

Sugars

Protein 2g

Vitamin A 18% • Vitamin C 37%

Calcium 9% • Iron 11%

HOW TO MAKE STUFFED & ROASTED ACORN SQUASH

Ingredients:

1 acorn squash

2 to 3 cups of filling

General amounts for filling — to equal 2 to 3 cups total:

1/2 to 1 cup protein — sausage, chicken, pork, ground beef, or baked tofu

1 to 2 cups veggies — onions, mushrooms, zucchini, peppers, greens

1/2 cup cooked grains and/or nuts — barley, quinoa, rice, walnuts, almonds, pecans

1/2 to 1 cup shredded cheese

1 to 3 teaspoons herbs or spices

Instructions

Prepare the squash for roasting: Preheat the oven to 375°F with a rack in the lower-middle position. Slice the squash in half from stem to root and scoop out the seeds.

Transfer the squash to a baking dish: Place the squash halves cut-side-down in a baking dish and pour in enough hot water to fill the pan by about 1/4 inch. Cover the dish loosely with foil and place the dish in the oven.

Roast the squash: Roast the squash until very soft and tender when poked with a fork or paring knife, 30 to 50 minutes. Exact roasting time will depend on the size of your squash.

Prepare the filling: While the squash is roasting, prepare the filling. Depending on the size of your squash, 2 to 3 cups of combined ingredients is usually sufficient. You can combine leftovers from other meals (cooked chicken, roasted vegetables, etc.) or you can prepare a fresh filling. Cook any raw meats and raw vegetables and combine all the ingredients in a bowl. Taste and adjust the spices, salt, and pepper to your liking.

Stuff the squash halves: Flip the cooked squash halves so they form bowls. Rub the inside with a little olive oil and sprinkle with salt and pepper. Divide the filling between the halves — it's fine to really stuff the wells and also to mound the filling on top.

Bake the stuffed squash halves until bubbly: Re-cover the pan with the foil and bake the halves for another 15 to 20 minutes until both are hot and bubbly. Top with extra cheese and serve immediately.



ADVISORY COMMITTEE UPDATE

- In January Ecole Cypress is becoming our depot on the SE Hill in place of Unisphere. We already have a depot coordinator lined up for the new location.
- 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.