

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

February 2016



MISFIT VEGETABLES

There is a growing movement all over the world to use vegetables that are less than perfect looking, but still fresh, delicious, and nutritious.

This month the Good Food Club Advisory Committee decided to try out some produce which falls into this category. 3 lb. bags of local carrot pieces are available to us for only

\$2. These carrots come in pieces, but are sweet and grown locally. Normally 2 lbs. of carrots would cost us \$2.50, so we are receiving an extra lb. for \$0.50 less.

I hope you enjoy them. Please let me know what you think.

PRODUCE COSTS

As you are probably very aware, the cost of food is ever increasing. The Good Food Club is committed to finding you the best value for your dollar. We do this by purchasing produce which gives us the best bang for our buck, which usually means local and seasonal produce. We welcome your input into what goes into the box each month. To participate in the process, please join our Advisory Committee meeting on the first Tuesday of each month at Hillcrest Church.

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

February 23rd, 2016

Last Tuesday of the month

Advisory Committee Meeting:

1pm March 1st, 2016

1st Tuesday of the month

Hillcrest Church

3785 - 13th Ave SE

North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, March 8th, 2016

2nd Tuesday of the month

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

\$16.61

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	\$39.46	\$19.46	\$45.98	\$25.98	\$33.85	\$13.85	\$38.84	\$18.84	\$24.93	\$4.93	\$16.61
Regular	\$15.00	\$27.10	\$12.10	\$32.72	\$17.72	\$26.73	\$11.73	\$29.09	\$14.09	\$19.11	\$4.11	\$11.95
Small	\$10.00	\$18.69	\$8.69	\$21.05	\$11.05	\$19.51	\$9.51	\$21.23	\$11.23	\$13.64	\$3.64	\$8.82

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

CARROTS

Usage - Eating fresh, salads, cooked, soups, stews, stir-fry, puree, carrot juice.

Selection - Good quality carrots will be firm and well-coloured with no blemishes. Carrots with deeper orange colouring mean higher beta carotene content.

Avoid - carrots that are wilting and soft. Carrots with large green areas at the top or that have dark blemishes or brown coloring of any kind are undesirable.

Storage - You can store root vegetables like carrots in your refrigerator's crisper drawer for a few weeks if placed in a perforated plastic bag.

Nutrition Facts

Serving Size 128 g 1 cup chopped, raw	
Amount Per Serving	
Calories 52	Calories from Fat 3
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 88mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Sugars 6g	
Protein 1g	
Vitamin A 428%	Vitamin C 13%
Calcium 4%	Iron 2%

Cheese & Carrot Scallop

- 12 medium carrots, sliced and cooked 'til tender-crisp
- ¼ cup butter
- 1 small onion - minced
- ¼ cup flour
- 2 cups milk
- 1 tsp. salt
- ¼ tsp. dried mustard powder
- dash of pepper
- 1 cup of fresh breadcrumbs
- 2 cups grated cheese

Melt butter, add onion & cook until tender. In gravy mixer shake together flour, 1 cup milk, salt, mustard and pepper. Blend in onion mix and add remainder of milk. Cook until thickened. In saucepan melt 3 Tbsp. butter; toss breadcrumbs to coat. Lightly grease 2 qt. casserole. Spread carrots, top with grated cheese, pour sauce over all. Sprinkle with bread crumbs. Bake 20 minutes at 350° or until hot and bubbly.

Sunshine Pineapple Carrot Muffins

- 1 1/2 Cups flour
- 1 tsp. baking powder
- 1 tsp. baking soda
- 2 tsp. cinnamon
- 1/2 tsp. nutmeg or allspice
- 1/2 tsp. salt
- 1 Cup sugar
- 2/3 Cup oil
- 2 eggs
- 1 tsp. vanilla
- 1 Cup crushed pineapple with juice
- 1 1/2 cup grated carrot



Mix dry ingredients together. Beat sugar, oil, eggs and vanilla. Stir in pineapple and carrot. Add to dry ingredients and stir until just moistened. Bake at 350° for 20-25 minutes. Makes 18 muffins.

ADVISORY COMMITTEE UPDATE

- Big changes to the ordering system for the Best Babies program will hopefully result in fewer bins not picked up.
- Change in Hillcrest Church hours has changed the set-up volunteer position. Many thanks to Garry for stepping in to this important role!

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.