

# Food Talk

Improving Access to Healthy Foods in our Community



## Good Food News

**April 2016**

### Grocery Store Tour: Healthy Eating on a Budget

Want to make wise choices to promote your healthy eating plan?

Looking for tips for eating well on a budget?

Join a tour around the grocery store with an Alberta Health Services Registered Dietitian to help you:

- Crack the code on food labels
- Sort out how you can get the most nutrition for your food dollar

May 13th 10-11:30am - Co-op Store, 13th Ave. SE  
 Call Marcia to register by April 30th (403)502-8209  
 Limited spaces.

- *Alison Van Dyke, Food Security Coordinator*



### **DATES TO REMEMBER**

**Payment Deadline:**

**April 26th, 2016**

**Last Tuesday of the month**

**Advisory Committee Meeting:**

**1pm May 3rd, 2016**

**1st Tuesday of the month**

**Hillcrest Church**

**3785 - 13th Ave SE**

**North Entrance**

***All Members Welcome!***

**Next Pick-Up Date:**

**Tuesday, May 10th, 2016**

**2nd Tuesday of the month**

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

**\$4.99**

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>	\$26.55	\$6.55	\$28.06	\$8.06	\$26.04	\$6.04	\$22.06	\$2.06	\$22.26	\$2.26	<b>\$4.99</b>
<b>Regular</b>	<b>\$15.00</b>	\$22.27	\$7.27	\$23.08	\$8.08	\$23.11	\$8.11	\$20.07	\$5.07	\$19.32	\$4.32	<b>\$6.57</b>
<b>Small</b>	<b>\$10.00</b>	\$13.43	\$3.43	\$14.68	\$4.68	\$15.46	\$5.46	\$14.42	\$4.42	\$13.68	\$3.68	<b>\$4.33</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

# CELERY

**Usage** - Eating fresh, cooking and salads.

**Selection** - Good-quality celery should have even-colored, unblemished and smoothed-skinned stalks. Celery leaves should be fresh with no signs of wilting. Contrary to popular belief, light green stalks taste better than those that are dark green. Scratch the butt-end of the celery with your fingernail. A sweet or bitter smell means sweet or bitter flavor.

**Avoid** - While light green stalks are preferred, avoid celery with white stalks which indicates old product. Stalks that are soft, spreading out and bend are signs of old product. Thick veins on the stalks and rough surfaces indicate old and tough celery.

**Storage** - Always store in the refrigerator.

## Nutrition Facts

Serving Size 101 g 1 cup - chopped

### Amount Per Serving

Calories 16 Calories from Fat 2

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 81mg 3%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Sugars 2g

Protein 1g

Vitamin A 9% • Vitamin C 5%

Calcium 4% • Iron 1%

## Braised Celery

A simple but flavorful side dish to serve with spicier grilled or roasted meats.

1 bunch celery, cleaned and cut into 4 inch pieces

1/2 teaspoon salt

1/4 teaspoon pepper

2 tablespoons butter

1 cube chicken bouillon

1 cup boiling water

1 tablespoon minced fresh parsley

Arrange the celery in a single layer on the bottom of a large skillet. Season with salt and pepper. Dot with butter. Dissolve the bouillon cube in boiling water, and pour over the celery.

Cover pan, and bring to a boil over medium-high heat. Reduce heat to low, and simmer for 30 minutes. Sprinkle with parsley before serving.



## Curried Celery Snacks

1/2 cup cream cheese, softened

1/2 cup raisins, finely chopped

2 tablespoons minced peeled apple

1 teaspoon medium curry powder, or to taste

1/2 teaspoon lemon juice

8 stalks celery, or as needed, cut into thirds

Mix cream cheese, raisins, apple, curry powder, and lemon juice until smooth. Spread onto celery.

## 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.