

# Food Talk

Improving Access to Healthy Foods in our Community



## Good Food News

## March 2016

### Volunteer Opportunity

Medicine Hat College is hosting a World Health Day Fair on April 7th from 11:00am to 1:00pm. We are looking for a volunteer to sit at our table and hand out brochures for two hours that day. Please call or email me if you are able to help out in that capacity. Hours served will go towards your volunteer membership time commitment.

### Community Kitchens

We are pleased to welcome a new Community Kitchen leader, Kim Levesque, who will be leading our Notre Dame Community Kitchen! Please contact Kim directly to register for the upcoming kitchens.

#### **Notre Dame Community Kitchen**

This kitchen prepares 2-3 recipes and food is taken home in containers that are brought by the participant. The cost is \$4/person/serving. This kitchen is supported by the Knights of Columbus.

Location: Notre Dame Academy Foods Lab - 646 Spruce Way SE

Time: 6pm-9pm on March 9, April 13, May 18, and June 15

Contact: Kim Levesque rklevsque@shaw.ca or Ph. (403)928-0798

This kitchen is open to new members.

We have another new kitchen beginning as well:

#### **The Flats Community Kitchen**

Do you live in the Flats and are interested in preparing meals with a group? This is a great opportunity to learn new skills and build friendships in your community! This community kitchen prepares 2-3 recipes and food is taken home in containers that are brought by the participant. This kitchen is supported by LEARN.

Location: Christ the King Assembly - 1101 Queen St SE

Time: 4:30-6:30pm April 11th, May 10th and June 14th

Planning meeting to take place at 1pm Tuesday March 22 in the Art Room at Elm Street School.

Contact: Glenda Staples gstaples542@gmail.com or Ph. (403)529-3878

This kitchen is open to new members.

### **DATES TO REMEMBER**

#### Payment Deadline:

**March 29th, 2016**

**Last Tuesday of the month**

#### Advisory Committee Meeting:

**1pm April 5th, 2016**

**1st Tuesday of the month**

**Hillcrest Church**

3785 - 13th Ave SE

North Entrance

**All Members Welcome!**

#### Next Pick-Up Date:

**Tuesday, April 12th, 2016**

**2nd Tuesday of the month**

- Alison Van Dyke, Food Security Coordinator

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

**\$10.21**

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>	\$39.57	\$19.57	\$34.04	\$14.04	\$26.92	\$6.92	\$23.04	\$3.04	\$27.46	\$7.46	<b>\$10.21</b>
<b>Regular</b>	<b>\$15.00</b>	\$32.04	\$17.04	\$27.72	\$12.72	\$21.86	\$6.86	\$18.88	\$3.88	\$21.59	\$6.59	<b>\$9.42</b>
<b>Small</b>	<b>\$10.00</b>	\$19.44	\$9.44	\$18.67	\$8.67	\$14.05	\$4.05	\$14.12	\$4.12	\$13.36	\$3.36	<b>\$5.93</b>

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

**Website:** www.foodconnections.ca

**Email:** communityfoodconnections@gmail.com

**Phone:** 403-502-6096

# BROCCOLI

## Nutrition Facts

Serving Size 91 g 1 cup chopped

Amount Per Serving	
Calories 31	Calories from Fat 3
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 6g	2%
Dietary Fiber 2g	9%
Sugars 2g	
<b>Protein</b> 3g	
Vitamin A 11%	Vitamin C 135%
Calcium 4%	Iron 4%

**Usage** - Eating fresh, cooking, stir-fry, in salads, in soups.

**Selection** - Good quality broccoli will be dark green to almost blue in color on the flower end and will also be tightly budded.

**Avoid** - Avoid broccoli with a flower end that is soft enough to easily part with your finger tips. Avoid broccoli that is even slightly limp and product that has yellow buds (blooming) is overly mature.

**Storage** - Always store lettuce, cabbage, etc 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.

**Ripening** - In general, vegetables will not ripen further after harvest.

### Best Broccoli Ever

Ingredients:

- Broccoli
- Olive Oil
- Salt & Pepper
- 4 garlic cloves
- 1 lemon
- 1/3 cup grated parmesan cheese



Preheat the oven to 425°.

Cut washed broccoli into florets (relatively big ones.) Dry them THOROUGHLY.

Put the broccoli on a cookie sheet. Toss with olive oil, salt and pepper. Add 4 garlic cloves that are peeled and sliced and toss them in too.

Roast in the oven 20 to 25 minutes, until crisp-tender and the tips of some of the florets are browned.

When it's done, take it out of the oven. Zest a lemon over the broccoli, squeeze the lemon juice over the broccoli, add 1/3 cup of freshly grated Parmesan cheese and serve.

### Broccoli Chicken Divan

Ingredients:

- 1 pound chopped fresh broccoli
- 1 1/2 cups cubed, cooked chicken meat
- 1 (10.75 ounce) can condensed cream of broccoli soup
- 1/3 cup milk
- 1/2 cup shredded Cheddar cheese
- 1 tablespoon butter, melted
- 2 tablespoons dried bread crumbs

Preheat oven to 450°.

Place the broccoli in a saucepan with enough water to cover. Bring to a boil, and cook 5 minutes, or until tender. Drain.

Place the cooked broccoli in a 9 inch pie plate. Top with the chicken. In a bowl, mix the soup and milk, and pour over the chicken. Sprinkle with Cheddar cheese. Mix the melted butter with the bread crumbs, and sprinkle over the cheese. Bake in the preheated oven for 15 minutes, or until bubbly and lightly brown.

### ADVISORY COMMITTEE UPDATE

- The changes in the ordering format for Best Babies resulted in all their boxes being picked up!
- We have had interest in a new depot opening through Redcliff Pharmasave for their Ideal Protein clients.
- The Ralston depot will be beginning again this month with a new coordinator. She will be coming to Hillcrest on pick-up day to learn more about the program and pick up their boxes.

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.