

Food Talk

Improving Access to Healthy Foods in our Community



Good Food News

October 2016

WE NEED YOU



We are looking for people willing to sit at our display and hand out brochures as well as answering any questions that people may have about our programs at:

The Adult Resource Fair: 9am-3pm Tuesday, October 25th at the Cypress Centre

Project Connect: 10am-3pm Wednesday, October 26th at St. John's Presbyterian Church

Flulapalooza: 1-6pm Monday, November 10th at the Cypress Centre

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. If you are a volunteer member you are expected to volunteer 8 hours throughout the year and 4 hours if you signed up after July 1st.

If you are unsure as to how many volunteer hours you have completed this year, please contact me to find out!

- Alison Van Dyke, Food Security Coordinator

DATES TO REMEMBER

Payment Deadline:

Tuesday, October 25th
Last Tuesday of the month

Advisory Committee Meeting:

Tuesday, 1pm November 1st
1st Tuesday of the month

Hillcrest Church
 3785 - 13th Ave SE
 North Entrance

All Members Welcome!

Next Pick-Up Date:

Tuesday, November 8th
2nd Tuesday of the month

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

\$14.69

| Good Food Box | | Co-op | | Safeway | | Sobeys | | Average Savings |
|----------------|----------------|---------|---------|---------|---------|---------|---------|-----------------|
| | | Cost | Savings | Cost | Savings | Cost | Savings | |
| Large | \$20.00 | \$30.36 | \$10.36 | \$40.62 | \$20.62 | \$33.08 | \$13.08 | \$14.69 |
| Regular | \$15.00 | \$23.67 | \$8.67 | \$31.29 | \$16.29 | \$25.13 | \$10.13 | \$11.70 |
| Small | \$10.00 | \$17.68 | \$7.68 | \$16.19 | \$6.19 | \$13.92 | \$3.92 | \$5.93 |

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

Website: www.foodconnections.ca

Email: communityfoodconnections@gmail.com

Phone: 403-502-6096

PUMPKIN

Usage - Carved into a Jack-O-Lantern, pumpkin pie, pumpkin bread, soups, baked & fried.

Selection - Good quality pumpkin will be hard and heavy for its size.

Avoid - Avoid pumpkin that is very light for its size or has soft spots.

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.

Pumpkins without any signs of decay can be stored in a cool, dry place at 45°F to 60°F for up to a month, or refrigerated for up to three months.



Nutrition Facts

Serving Size 245 g - 1 Cup mashed

Amount Per Serving

Calories 49 Calories from Fat 1

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 3g 11%

Sugars 2g

Protein 2g

Vitamin A 245% • Vitamin C 19%

Calcium 4% • Iron 8%

4 Ways to Cook Winter Squash or Pumpkins

If you've never handled one of those thick-skinned winter squashes before, the idea of actually cooking with it can be a little intimidating. Many recipes call for pre-cooked squash.

Baking Method

Cut smaller squash in half; scoop out the seeds. Place 2 teaspoons honey, brown sugar, or maple syrup and 1 tablespoon butter into their centers. Bake in a preheated 350 degrees F (175 degrees C) oven for about 30 minutes, or until easily pierced with a fork.

Roasting Method

Cut in half and seed squash. Place the squash halves, cut-side up, on a rimmed baking sheet. Rub the flesh with softened butter or oil, season with salt and pepper, and drizzle with brown sugar, maple syrup, or orange juice. Flip the squash over and roast them for 40 to 45 minutes in a preheated 400 degrees F (200 degrees C) oven. Roast the squash until the skin is blistered, browned, and the flesh is tender. Insert a fork or knife under the skin to test that the flesh is tender. When the squash has cooled the skin should peel off easily.

Roasting squash helps to maintain squash's delicate flavor. Once roasted and cooled, there are a plethora of cooking options available. One option is to mash the squash and use it in any recipe calling for squash purée. Roasted squash freezes extremely well and reheats easily.

Boiling Method

Cut the squash in half and discard the seeds. Peel and cut the squash into chunks. Place in a saucepan and cover with water. Bring to a boil and cook until the squash is tender. Let the chunks cool, then purée the flesh in a food processor or mash. To use the purée in pies, pass it through a strainer or sieve to remove any fibers or chunks.

Microwave Method

Cut the squash in half and discard seeds. Microwave on high for seven minutes per pound.

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.