

DATES TO REMEMBER

Payment Deadline
Tues. August 29th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm Sept. 5th
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date
Tues. September 12th
2nd Tuesday of the month

Good Food Club News

New Online Ordering System!

I am thrilled to announce that we are now accepting online orders with credit card or PayPal on our website www.foodconnections.ca PayPal can be set-up using debit payment rather than credit card if desired.

There is a button on the homepage of our website which will take you to the order form.

You will need to register the first time you

use it and then can log-in on any future visits to place orders.

We will still only be accepting cash or cheque at our depots, but this new ordering system will give you an alternative form of payment and the convenience of anytime ordering from the comfort of your home or on your smartphone.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in July:

\$2.84

Savings show as significantly less as many of the stores don't have all of the items we include in the box.

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$27.02	\$7.02	\$25.16	\$5.16	\$21.00	\$1.00	\$18.16	-\$1.84	2.84
Regular	\$15	\$21.28	\$6.28	\$17.92	\$2.92	\$16.51	\$1.51	\$14.20	-\$0.80	2.48
Small	\$10	\$18.34	\$8.34	\$15.80	\$5.80	\$11.01	\$1.01	\$9.66	-\$0.34	4.71

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Kale

Kale is low in Saturated Fat, and very low in Cholesterol. It's also a good source of Dietary Fiber, Protein, Thiamin, Riboflavin, Folate, Iron, Magnesium and Phosphorus, and a great source of Vitamin A, Vitamin C, Vitamin K, Vitamin B6, Calcium, Potassium.

Usage - Kale greens are used as you would cooked spinach or used as a garnish. Young kale is tender enough to use raw in salads

Selection - Also known as borecole, good-quality red and green kale will have dark-colored leaves with crisp, rough edges.

Avoid - Avoid greens with leaves that are wilted, yellowing or have dark green patches of slime on parts of the leaves.

Storage - Always store 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.

Nutrition Facts

Serving Size 67 g - 1 cup, raw chopped

Amount Per Serving

Calories 33 Calories from Fat 4

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 1g 5%

Sugars

Protein 2g

Vitamin A 206% • Vitamin C 134%

Calcium 9% • Iron 6%

Zuppa Toscana Soup {Olive Garden Copycat Recipe}

Yield: 6-8 servings

- 2 tsp olive oil
- 1 lb Italian Sausage (casings removed if necessary)
- 4 oz bacon (about 4 slices), diced into small pieces
- 1 cup chopped yellow onion (about 1 small onion)
- 3 (14.5 oz) cans low-sodium chicken broth
- 2 cups water
- 1 1/2 lbs potatoes, scrubbed and rinsed then sliced into halves, halves diced into 1/6-inch slices
- 1 1/2 tsp granulated sugar
- 1/2 tsp fennel seeds, slightly crushed
- Salt and freshly ground black pepper
- 2 cups half and half
- 1 1/2 cups packed chopped kale

Instructions

Heat olive oil in a large non-stick saucepan over medium-high heat. Crumble sausage into 1-inch pieces and add to saucepan. Cook sausage, stirring occasionally until cooked through. Drain sausage onto a plate or baking dish lined with paper towels, set sausage aside. Add diced bacon to saucepan, return to heat and saute 3 minutes, stirring occasionally. Add diced onions to bacon in saucepan and saute mixture until bacon is cooked through and onions are translucent, about 3 - 5 minutes longer.

Add chicken broth, water, sliced potatoes, sugar, fennel seeds, salt and pepper. Bring soup just to a boil then reduce heat to medium-low and stir in cooked sausage. Cover saucepan and simmer, stirring occasionally, until potatoes are nearly tender, about 10 - 15 minutes. Add in kale then simmer until potatoes are soft and kale is tender, about 5 - 10 minutes longer. Stir in half and half and warm through. Use a spoon or ladle to remove excess fat from top of soup if desired.

