



DECEMBER 2017

Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Payment Deadline
Tues. December 26th
Last Tuesday of the month

Advisory Committee Meeting
Tues. 1pm January 2nd
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date
Tues. January 9th
2nd Tuesday of the month

Good Food Club News

I want to thank all the Good Food Club members for their participation and volunteering with the Good Food Club this year. We would not be able to operate the Club without your commitment and involvement. I hope you find the Good Food Club to be a valuable asset in your journey towards a healthy lifestyle and nutritious diet.

Membership fees are due in January with a February deadline for returning members. Be sure to tell your friends and family about our program. You get the best value out of your membership by joining right away for a January start date.

Don't forget that you can now order online with our secure ordering system on our website at www.foodconnections.ca.

If you would like to be a part of the group that chooses our produce each month, you are welcome to attend our Advisory Committee which meets at 1pm on the first Tuesday of each month in the meeting room just off of the Hillcrest Church Gym. At the meeting we discuss the food order for the following week and any other Club business that may arise.

I hope you all have a wonderful holiday season and have a chance to connect with family and friends.

See you in the New Year!

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in November:



Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$35.96	\$15.96	\$31.20	\$11.20	\$36.45	\$16.45	\$47.70	\$27.70	\$27.46	\$7.46	\$15.75
Regular	\$15	\$26.32	\$11.32	\$22.05	\$7.05	\$27.28	\$12.28	\$33.73	\$18.73	\$18.81	\$3.81	\$10.64
Small	\$10	\$15.88	\$5.88	\$12.65	\$2.65	\$16.98	\$6.98	\$19.87	\$9.87	\$11.78	\$1.78	\$5.43

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Pineapple

Pineapples are very low in Saturated Fat, Cholesterol and Sodium. They're also a good source of Dietary Fiber, Thiamin, Vitamin B6 and Copper, and a very good source of Vitamin C and Manganese.

Usage - Eaten fresh, in salads and in cooking. Pineapples are also coveted for their juice which has a high vitamin C content and wonderful flavor. Excellent for juicing.

Selection - Good-quality Pineapples are firm, large and have fresh-looking green tops. Pick a Pineapple with skin that is as yellow as possible with no soft spots.

Avoid - Avoid product with dry brown leaves, soft spots, watery bruises with an unpleasant smell or patches of mold.

Storage - In your fridge or on your counter top.

Nutrition Facts

Serving Size 905 g - 1 whole pineapple

Amount Per Serving

Calories 452 Calories from Fat 9

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 119g 40%

Dietary Fiber 13g 51%

Sugars 89g

Protein 5g

Vitamin A 10% • Vitamin C 721%

Calcium 12% • Iron 15%



How to cut a Pineapple

Step 1: Cut the top and bottom off of the pineapple.

Step 2: Cut the pineapple in half.

Step 3: Cut each half into half again so that you are left with quarters.

Step 4: There is a hard core that runs down the center of the pineapple. Stand each quarter up and cut straight down to remove the core. You will easily be able to see where the core is to know how much to cut off.

Step 5: Cut each quarter in half again so that you are left with 8 spears of pineapple.

Step 6: Cut away the outside skin of the pineapple and discard it. Repeat this step for all 8 spears of pineapple.

Fresh pineapple will keep in the freezer for about 10-12 months. If you're just refrigerating the pineapple, you will want to eat it within 5 days.