

DATES TO REMEMBER

Payment Deadline

Tues. January 30th
Last Tuesday of the month

Advisory Committee Meeting

Tues. 1pm February 6th
1st Tuesday of the month
Hillcrest Church
3785 - 13th Ave SE
Entrance 1
All Members Welcome!

Next Pick-Up Date

Tues. February 13th
2nd Tuesday of the month

Good Food Club News

Happy New Year! If you are a part of the Good Food Club you can feel good about having already made the step towards including fruits and vegetables in a healthy lifestyle in 2018.

We appreciate your involvement in the Good Food Club and look forward to a great year of providing fresh, nutritious, and local produce for you.

Just a reminder that proper storage is a key to keeping your produce fresh when you get it home. Potatoes and onions should be removed from the plastic bags and stored in a cool dark place. Carrots, parsnips, turnips and other root vegetables store best in plastic bags with holes in them in the refrigerator. Cucumbers, tomatoes and peppers store best on the

countertop. Fruit will not ripen in the refrigerator so should be kept on the countertop until ready to eat or can be stored in the fridge if it is full ripe. A general rule is to store produce in the same manner that you find it at the grocery store.

If you have any questions or concerns or would like greater participation in decisions about the Good Food Club, we invite you to participate at the Advisory Committee meeting - info about this meeting is always located in the sidebar on the left of this newsletter.

You are also free to contact me at the phone number and email listed below.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Good Food Box in December:



Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$32.02	\$12.02	\$31.66	\$11.66	\$31.02	\$11.02	\$25.47	\$5.47	\$25.40	\$5.40	\$9.11
Regular	\$15	\$24.69	\$9.69	\$21.92	\$6.92	\$22.73	\$7.73	\$19.58	\$4.58	\$17.48	\$2.48	\$6.28
Small	\$10	\$11.52	\$1.52	\$11.69	\$1.69	\$11.94	\$1.94	\$10.03	\$0.03	\$10.19	\$0.19	\$1.07

Phone: (403)502-6096

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Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Gala Apples

The Gala – a crisp, firm, bright red or red/orange patterned fruit with a yellow background. Small to medium sized with a thinner skin, this sweet, succulent apple is a cross between a Golden Delicious and Kidd’s Orange Red. Originating in New Zealand in the 1920s, it’s a favourite around the world.

TASTE: sweet & succulent

FLESH: firm, crisp

BEST FOR: snacking, salads, pies

Galas pair well with bold, distinctive flavors such as fresh ginger, herbs, wine and cheeses.

Nutrition Facts

Serving Size 149 g - 1 small apple

Amount Per Serving	
Calories 77	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	14%
Sugars 15g	
Protein 0g	
Vitamin A 2%	Vitamin C 11%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chicken Salad with Apples & Grapes

- ¼ cup low-fat plain yogurt
- ¼ cup low-fat buttermilk
- 1 Tbsp mayonnaise
- 2 Tbsp cider vinegar
- 1 tsp curry powder
- 1 clove garlic, chopped
- ½ tsp kosher salt
- Freshly ground black pepper
- 2 cups grilled chicken, roughly chopped
- ½ apple, skin on, cored and chopped into large cubes
- ¾ cup red grapes, halved
- 1 cup loosely packed watercress or flat-leaf parsley, chopped
- 4 large leaves romaine lettuce
- ¼ cup raw almonds, chopped

Combine the yogurt, buttermilk, mayonnaise, vinegar, curry powder, garlic, salt and some pepper in a medium bowl and whisk to incorporate. Combine the chicken, apple, grapes and watercress in a large salad bowl. Pour the dressing over and toss to thoroughly coat. Taste and adjust the salt, pepper and curry powder as desired. Arrange a lettuce leaf on each of 4 salad plates. Divide the salad evenly among the plates and top with chopped almonds.



Apple Crisp

- 1 1/4 cup lightly packed brown sugar
- 1/3 cup flour
- 1/3 cup butter
- 2/3 cup rolled oats
- 1/4 tsp. cinnamon

Peel, core and slice fresh apples and layer in a 9" x 13" until approximately 1.5 inches deep. Combine crisp topping and spoon over the apples. Bake in a 350° oven for 45 minutes.

