

# Food Talk

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## DATES TO REMEMBER

### Payment Deadline

Tues. February 27th  
Last Tuesday of the month

### Advisory Committee Meeting

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

### Next Pick-Up Date

Tues. March 13th  
2nd Tuesday of the month

## Good Food Club News

Please be sure to budget for membership payment if you have not yet paid your 2018 membership fees. We try to make the Good Food Club accessible for everyone in our community by offering a \$10 volunteer membership as an option. We also have the \$30 non-volunteer membership as well. If you are a College student or pick up your box at the Food Bank Depot, your membership fee is completely waived.

Our membership fees are used to pay the depot delivery costs, purchase receipt books and other incidental supplies such as new bins, etc.

If you feel that the Good Food Club is a worthwhile program, please share with your local family and friends! In order to

maintain our program we want to see continued growth and know that we are serving our community's healthy eating and cost-saving goals.

Don't forget that we offer an online ordering option on our secure website with credit card and PayPal payment options.

- Alison Van Dyke,  
Food Security Coordinator



### Average Savings for a Large Good Food Box in January:

**\$1.53**

Many of the grocery stores did not have all the items which made the savings appear lower.

Good Food		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
Large	\$20	\$25.90	\$5.90	\$29.23	\$9.23	\$20.51	\$0.51	\$19.69	-\$0.31	\$12.31	-\$7.69	\$1.53
Regular	\$15	\$19.57	\$4.57	\$21.76	\$6.76	\$18.47	\$3.47	\$17.41	\$2.41	\$9.41	-\$5.59	\$2.32
Small	\$10	\$15.32	\$5.32	\$13.46	\$3.46	\$10.76	\$0.76	\$10.26	\$0.26	\$4.23	-\$5.77	\$0.81

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# Blood Oranges

Blood Oranges are low in Fat, Sodium-free, High in fiber, High in vitamin C, Cholesterol-free.

**Usage** - Eaten out of hand, juicing in salads. Great for juicing due to the flavor and coloring.

**Selection** - Also called pigmented orange or moro orange, good-quality Blood oranges should be firm and heavy for their size. Select thin-skinned oranges with smooth, finely-textured skin.

**Avoid** - Avoid product with soft spots, dull and faded coloring or rough, grooved or wrinkled skin.

**Storage** - In general, you don't need to refrigerate citrus if it will be consumed quickly, but it will last longer when refrigerated. Once they reach your preferred level of sweetness, place remaining fruit in the refrigerator to extend the shelf life.

## Nutrition Facts

Serving Size 140 g - 1 small orange

### Amount Per Serving

Calories 69      Calories from Fat 2

% Daily Value\*

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 1mg      0%

**Total Carbohydrate** 18g      6%

Dietary Fiber 3g      12%

Sugars 12g

**Protein** 1g

Vitamin A 7% • Vitamin C 138%

Calcium 6% • Iron 1%

## Blood Orange Yogurt Loaf

You can use regular navel oranges in place of blood oranges

Yield: makes one 9x5 inch cake

### Ingredients:

- 1 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/4 teaspoon salt
- 1 cup plain greek yogurt (full fat or 2%)
- 3/4 cup sugar
- 3 large eggs
- 2 blood oranges, zested
- 1/4 cup freshly squeezed blood orange juice
- 1 teaspoon vanilla extract
- 1/2 cup coconut oil, melted, or butter

### blood orange icing

- 1 blood orange, zested
- 1 1/2 cups powdered sugar
- 2 tablespoons freshly squeezed blood orange juice

### Directions:

Preheat the oven to 350 degrees F. Butter and flour a 9x5 inch loaf pan generously. In a small bowl, whisk together the flour, baking powder and salt. In a large bowl, whisk together the yogurt and the sugar until combined. Whisk in the eggs, orange zest, juice and vanilla extract. Stir the dry ingredients into the wet, mixing until full combined. Use a spatula to fold the coconut oil into the batter, folding and stirring until the oil is incorporated completely. Pour the batter into the greased loaf pan and bake for 50 minutes, or until the center is set and a toothpick inserted comes out clean. Let the cake cool in the pan for 10 minutes, then remove it gently and set it on a cooling rack to cool completely. Whisk the zest, powdered sugar and juice together in a large bowl until smooth. Pour it over the cake once cooled. Let the icing set for 20 minutes, then slice and serve!

