

## DATES TO REMEMBER

**Payment Deadline**  
Tues. January 1st

**Advisory Committee Meeting**  
Wed. 1pm Jan. 2nd  
Hillcrest Church  
3785 - 13th Ave SE  
Room 22, Entrance 4  
All Members Welcome!

**Next Pick-Up Date**  
Tues. Jan. 8th, 2019  
2nd Tuesday of the month

## Good Food Club News

Please note that due to the holidays and the way the Tuesdays fall on the calendar, we are taking orders until Tuesday, January 1st for the January pick-up day.

You will be able to order online up until that date, however, in-person ordering at our various depot locations is available only based on **their** holiday office hours.

Don't leave it to chance, be sure to place your orders in plenty of time to get your January box!

2019 memberships are due in January, but you are welcome to begin paying them in December. Membership prices remain unchanged - \$10 for volunteers and \$30 for non-volunteers.

Did you know that Food Bank depot members, Best Babies & Bridges Clients, and post-secondary students have their memberships waived?

When you renew your membership, please confirm your contact information with the depot coordinator, we want to make sure we can reach you if needed!

I hope you all have a wonderful and relaxing holiday season with family and friends.

See you in the New Year!



- Alison Van Dyke,  
Food Security Coordinator

**Average Savings for a Large Box in November:**

**\$16.69**

	Good Food	Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
		Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
<b>Large</b>	<b>\$26.75</b>	\$44.90	\$18.15	\$42.51	\$15.76	\$49.86	\$23.11	\$36.50	\$9.75	<b>\$16.69</b>
<b>Regular</b>	<b>\$20.25</b>	\$34.67	\$14.42	\$30.66	\$10.41	\$38.67	\$18.42	\$28.99	\$8.74	<b>\$13.00</b>
<b>Small</b>	<b>\$12.25</b>	\$17.52	\$5.27	\$19.55	\$7.30	\$21.67	\$9.42	\$17.05	\$4.80	<b>\$6.70</b>

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**Facebook:** 'Community Food Connections Association'

**Twitter & Instagram:** @CFCA\_MH

# Sweet Potatoes

Fat-free, Very low sodium, Source of fiber, Rich in vitamin A, High in vitamin C, Cholesterol-free.

**Usage** - Baked, boiled, mashed, steamed and candied.

**Selection** - Good-quality Sweet Potato will be firm and smooth-skinned. They should have few eyes, and those few eyes should be shallow. The coloring is tan to light-rose.

**Avoid** - Avoid product that is soft, wrinkled, has cuts in the skin or is green-tinted.

**Storage** - Store potatoes in a cool (40 - 50° F), dry, well ventilated and dark place to inhibit sprouting. Avoid storing potatoes in the refrigerator as it will affect texture and taste.

Do not wash raw potatoes before storing - washing them speeds development of decay.

If your potatoes do begin to sprout or grow, cut off the sprouts. If you don't have good storage available, buy more frequently but in smaller quantities.

## Nutrition Facts

Serving Size 328 g - 1 cup, mashed

### Amount Per Serving

Calories 249      Calories from Fat 4

% Daily Value\*

Total Fat 0g      1%

Saturated Fat 0g      1%

Trans Fat

Cholesterol 0mg      0%

Sodium 89mg      4%

Total Carbohydrate 58g      19%

Dietary Fiber 8g      33%

Sugars 19g

Protein 4g

Vitamin A 1033% • Vitamin C 70%

Calcium 9% • Iron 13%

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

## Sweet Potato Macaroni Cheese - Nigella Lawson

SERVES 4

3.5 cups peeled & diced sweet potatoes

2 cups uncooked macaroni - cooked

1/4 cup of butter

3 tablespoons flour

2 cups full-fat milk

1 teaspoon mustard

1/4 teaspoon paprika, plus 1/4 teaspoon to sprinkle on top

2/3 cup crumbled feta cheese

1 cup of old Cheddar, grated, plus more to sprinkle on top

salt and pepper to taste

Preheat the oven to 350°. Put on a large pan of water to boil, with the lid on to make it come to the boil faster. When the water's boiling, add salt to taste, and then the sweet potato pieces, and cook them for about 10 minutes or until they are soft. Drain and lightly mash with a fork, without turning them into a purée.

In another saucepan, gently melt the butter and add the flour, whisking to form a roux, then take the pan off the heat, slowly whisk in the milk and, when it's all combined and smooth, put back on the heat. Exchange your whisk for a spoon, and continue to stir until your gently bubbling sauce has lost any floury taste and has thickened. Add the mustard and the 1/4 teaspoon of paprika. Season to taste, but do remember that you will be adding Cheddar and salty feta later, so underdo it for now. Add the pasta to the mashed sweet potato, and fold in to combine.

Add the feta cheese to the sweet potato and pasta mixture, crumbling it in so that it is easier to disperse evenly, then fold in the white sauce, adding the grated Cheddar as you go. Add some of the pasta cooking water, should you feel it needs loosening up at all.

Check for seasoning again, then, when you're happy, spoon the brightly sauced macaroni cheese into a large rectangular baking dish. Sprinkle the remaining Cheddar over, dust with the remaining 1/4 teaspoon of paprika. Bake for 30-35 minutes.