

DATES TO REMEMBER

Payment Deadlines

In person at a depot with cash or cheque:

Tues. May 28th

Online orders with credit card or PayPal:

Tues. June 4th

Advisory Committee Meeting

Tues. 1pm June 4th

Hillcrest Church
3785 - 13th Ave SE
Room 22, Entrance 4
All Members Welcome!

Next Pick-Up Date

Tues. June 11th
2nd Tuesday of the month

Good Food Club News

We have some big changes coming up with the Good Food Club. After many years of hosting our club's pick-up day packing and depot, Hillcrest Church has found that their schedule has become so busy that they can no longer host us after the end of June.

I am currently in the process of securing a new location. I will be sure to notify everyone once the new location is in place and you may need to evaluate which depot you wish to pick up at depending on it's location in the city.

We are so grateful to Hillcrest Church for the generous use of their facility for all these years. They have gone above and beyond for us and we appreciate how they have provided the space for pick-up day, storage space for our bins and carts, and tables (including setting them up and taking them down) for many years.

I am currently in the process of contacting locations around the city to determine their availability, however, if you are a part of a church, club, or organization which has a large gym or gym-like space that would be able to host and store our Good Food Club bins, please contact me.

The space does need to have adequate, free parking, as well as space for unloading and loading produce from the suppliers and into the delivery vehicle. It also needs to be accessible for people with walkers or reduced mobility, so no stairs please.

I am working to make this change as easy for club members as possible and will keep you notified of our new location as soon as it is confirmed.

- Alison Van Dyke,
Food Security Coordinator

Average Savings for a Large Box in April:

\$10.23

Good Food Box		Co-op		Safeway		Superstore		Sobeys		Wal-Mart		Average Savings
	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings		
Large	\$20	\$42.78	\$22.78	\$31.09	\$11.09	\$26.97	\$6.97	\$22.75	\$2.75	\$27.54	\$7.54	\$10.23
Regular	\$15	\$33.82	\$18.82	\$22.12	\$7.12	\$20.00	\$5.00	\$15.28	\$0.28	\$21.06	\$6.06	\$7.46
Small	\$10	\$23.36	\$13.36	\$12.90	\$2.90	\$14.23	\$4.23	\$10.06	\$0.06	\$13.16	\$3.16	\$4.74

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Preventing Household Food Waste

We've all been there, standing in the produce aisle, filled with good intentions. We look at the fresh, crunchy vegetables, and vow that this week we'll make those healthy side dishes, and prep that fresh vegetable tray for easy snacking. A week or two later and those once crispy vegetables are lying wilted and abandoned in the back of the fridge, along with those good intentions. Before you know it, you're tossing all those veggies in the garbage.

In 2017 the National Zero Waste Council conducted research on household food waste in Canada, and discovered that 63% of the food Canadians throw away could have been eaten. For the average Canadian household that amounts to 140 kilograms of wasted food per year – at an approximate cost of more than \$1,100 per year.

All that food that you're throwing out has, or could have had, an impact on not only your wallet, but your waistline and the environment.

Here are some simple ways you can curb your food waste:

1. Plan ahead before grocery shopping. Assess what you already have in your fridge, freezer and pantry before making a grocery list based on the week's sales. Try to use some of the items you already have, especially if they have a best before date such as eggs or dairy.
2. Don't forget to cycle leftovers into your meal plan. You can take those leftovers in a thermos for your lunch or incorporate them into a meal the next night. Leftover cooked chicken? Shred it up and use it in chicken burritos the next night, or in a chicken Caesar salad. Don't

feel like you need to make a bunch of new recipes, incorporate familiar recipes that you've made before that you know you and your family will enjoy.

3. Try to avoid selecting different recipes that don't fit together or else you'll be buying a lot of different ingredients. Select one, look at the ingredient list and let that help you select recipe #2 and so on. For example, if recipe #1 uses half a head of cabbage, find another recipe that needs cabbage, so that it won't be wasted.



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4. Be realistic while shopping. Yes, we all should be eating more fruits and vegetables, but is it likely that you will suddenly begin to prepare multiple vegetable side dishes each day this week when you haven't before? Make a plan – maybe this week you aim for 2 days where you prepare additional healthy recipes. Once you are comfortable with that you can add more.

5. Always use ingredients in order of perishability. Use up those quick-to-spoil fresh fruits and vegetables at the start of the week and rely on pantry staples and frozen fruits and vegetables later in the week or month. Frozen fruits and vegetables are picked and frozen at peak ripeness and are less expensive than fresh.

And finally, if you do find the odd dried up fruit or wilted greens at the end of the week, consider starting a compost bin or vermicomposting (worm) farm rather than throwing it in the garbage as decomposing food in landfills produces methane gas.

Mashed Rutabaga

2 pounds rutabagas
1/4 cup butter
Pinch nutmeg
Salt and pepper, to taste

Carefully slice off about 1/2 inch from the top and bottom of the rutabaga. Stand the rutabaga on the top end and cut it in half. Use a paring knife or vegetable peeler to carefully peel off the top layer of skin. Rinse the rutabaga before chopping. Chop into small chunks. Use a kitchen knife and cut the peeled halves into 1-inch chunks. Cut all the chunks to the same size and thickness to ensure even cooking. Transfer the chunks to a large stockpot and fully cover the rutabaga with water. Put on a lid and cook over medium-high heat for approximately 30-40 minutes until tender and easily pierced with a fork. When it is cooked through, drain the water and add the butter and nutmeg. Use a potato masher, hand mixer, or fork to mash the rutabaga until it's smooth. Season before serving.