

NOVEMBER 2022



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

Food Talk Newsletter

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, Nov 10th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, December 1st

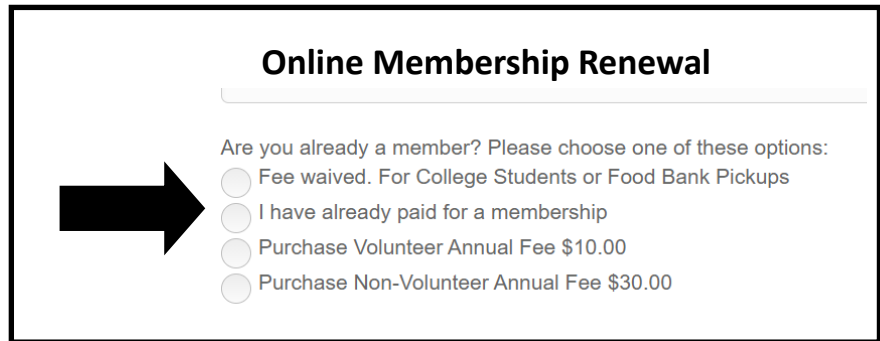
Online orders with credit card or PayPal until Thursday, December 1st

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, December 8th

I will be sending out a year-end survey for 2022 Good Food Club members. Watch your email for it and check your spam folder.

Just a reminder that 2023 memberships can begin to be paid in December. Below is a screenshot of where you choose your membership to pay it when ordering online.

- Alison Van Dyke
Food Security Coordinator



Average Savings for a Large Box in October:



Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$34.37	\$14.37	\$34.65	\$14.65	\$27.70	\$7.70	\$27.99	\$7.99	\$32.02	\$12.02	\$11.35
\$25.19	\$10.19	\$25.36	\$10.36	\$20.46	\$5.46	\$21.48	\$6.48	\$25.31	\$10.31	\$8.56
\$16.56	\$6.56	\$17.38	\$7.38	\$13.72	\$3.72	\$14.62	\$4.62	\$16.34	\$6.34	\$5.72

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

Spaghetti Squash

Usage - Baked & used like pasta.

Selection - Good-quality spaghetti squash will be firm, smooth-skinned, heavy for its size and have an even, fairly bright yellow color.

Storage - Hard types of squash can be stored longer than summer or soft squash because their skin is so hard and thick. Most hard squash varieties can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic. Store uncut Spaghetti squash in a dry, dark place for up to a month. Once cut, store Spaghetti squash in the refrigerator for a day or two or freeze for longer term storage.

Baked Spaghetti Squash, Lasagna Style

- 1 spaghetti squash, halved lengthwise and seeded
- 1 onion, chopped
- 2 tablespoons minced garlic
- 2 (14 ounce) cans stewed tomatoes
- 1 tablespoon dried basil
- 1 cube vegetable bouillon
- black pepper to taste
- 1 (15 ounce) can black olives, chopped - optional
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese

The bolded part in the instructions of this recipe can be used to prepare spaghetti squash for use in any recipe!



Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.

Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool.

Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

Curry Chicken

- 2-4 chicken breasts - cubed, depending on the number you are feeding
- 2 apples - peeled, cored and cubed
- 1 can of Cream of Chicken soup
- 1 Cup of milk
- 2 cloves of garlic - minced
- 1 medium onion - minced
- 2 ½ tsp. curry powder
- 1 ½ tsp. garam masala
- ¼ tsp. cardamom
- salt & pepper to taste
- 1 Tbsp. cooking oil



Pan fry chicken, onions and garlic in cooking oil. When almost cooked through, add the apples.

Once the chicken is cooked through, add the remaining ingredients and simmer until the sauce thickens and heats through, stirring frequently. Taste sauce and adjust spices accordingly.