

FEBRUARY 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

DATES TO REMEMBER

Ordering Options

In person with cash or cheque when you pick up your box:
Thursday, Feb 9th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, March 2nd

Online orders with credit card or PayPal until Thursday, March 2nd

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, March 9th

Food Talk Newsletter

This month I wanted to make sure you are aware of an enhanced program from the City of Medicine Hat called the **Fair Entry Program** that provides subsidization or rebates for people living below the Low Income Cut Off (LICO). Information about the program has been included in your box. Please be sure to share it with anyone you think may qualify or benefit from it.

CFCA is a Good Food Organization with Community Food Centres Canada and this month they sent us information to share with you about the one-time top-up to the **Canada Housing Benefit** of \$500. There is a postcard in your box with more information on this program.

We also wanted to make sure that you know about the new **Interim Canada Dental Benefit** which will provide financial support for eligible families earning less than \$90,000 per year who filed their taxes for 2021, receive the Canada Child Benefit and do not have a private dental insurance plan. Parents and guardians with children under 12 years old may be eligible to receive up-front, direct payments totalling up to \$1,300 per child (up to \$650 each year) to use for dental care. Eligible families have until June 30, 2023 to apply for the first year of the

benefit. You can apply online through CRA MyAccount or by calling 1-800-715-8836.

And finally, as part of the Affordability Action Plan, the Province will be providing financial relief through the **Affordability Payments program** until June 30, 2023.

Families with household incomes under \$180,000 can apply for \$600 per child under 18.

Seniors who have household incomes under \$180,000 and do not receive the Alberta Seniors Benefit can apply for \$600 per person.

Anyone receiving monthly benefits through AISH, Income Support, Alberta Seniors Benefit or services through Persons with Developmental Disabilities (PDD) will automatically get their personal \$600 payment, but will need to apply for additional payments if they have kids under 18.

For more information go to:
www.alberta.ca/affordability-payments.aspx

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Twitter & Instagram: @CFCA_MH

The Ultimate Guide to WINTER ORANGES AND TANGERINES



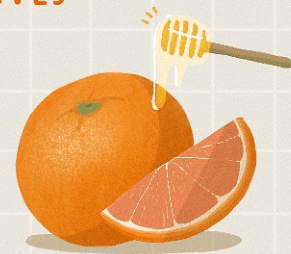
Navel oranges:
Most common
variety



Valencia oranges:
Best for juicing



Blood oranges:
Best eaten straight



Cara cara oranges:
Very sweet



Seville oranges:
Perfect for
marmalades



Tangerines:
Juice for sweeter
take on orange juice



Clementines:
Great snacks



Kumquats:
Sour with edible
peels

the
spruce

Orange and Bean Salad With Sprouts

Serves 4

INGREDIENTS

- 1 small hot red chile, thinly sliced
- 1/4 cup olive oil
- 2 tablespoons lime juice
- 2 teaspoons red wine vinegar
- Salt & Pepper to taste
- 2 cups cooked, cooled dried beans
(such as Northern, Pinto or Gigante)
- 3 Blood, Cara Cara, or navel oranges
- 2 small stalks celery, very thinly sliced on a diagonal
- 1 cup sprouts (such as alfalfa, radish, or broccoli)
- 1/2 cup cilantro leaves



PREPARATION

Combine chile, oil, lime juice, and vinegar in a medium bowl. Season with salt and pepper. Add beans and toss to coat. Let sit 10 minutes to allow flavors to meld. Meanwhile, using a small knife, remove peel and white pith from oranges. Cut crosswise into 1/4"-thick rounds. Add oranges, celery, and half of sprouts and cilantro to beans. Season with salt and pepper and toss once to combine. Serve topped with remaining sprouts and cilantro.

Nutrition Facts

Serving Size 1 medium orange (140g)	
Servings Per Container	
Amount Per Serving	
Calories 70	Calories from Fat 0
<small>% Daily Value*</small>	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	12%
Sugars 12g	
Protein 1g	
Vitamin A 6%	• Vitamin C 140%
Calcium 6%	• Iron 2%

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