

FEBRUARY  
2024



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 8th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, March 7th

Online orders with credit card or PayPal until Thursday, March 7th

Next Pick-Up Date

2nd Thursday of the month  
2-6pm Thursday, March 14th

# Food Talk Newsletter

## Do you need to talk to a Registered Dietitian?

Nutrition Counseling is available free of charge and does not require a referral.

The Outpatient Dietitian offers education and counseling on food, diet and nutrition. Easy to understand nutrition information is provided, taking into account medications, health conditions and lifestyle.

Registered Dietitians can help with:

- Unintentional weight loss
- Nutrition for infants/children
- Nutrition for cancer clients
- Prenatal/Postpartum nutrition
- Food allergy management

- Management of Crohn's, colitis, celiac disease, and other bowel problems
- Management of kidney diseases

For appointments call: 403-528-5628

## Diabetes, Heart Disease, and Weight Management

People with diabetes (including those with gestational diabetes), high blood cholesterol, or those looking for a weight management program are referred to the Living Healthy Program.

For more information call: 403-529-8969

- Alison Van Dyke  
Food Security Coordinator

## Canada's Food Guide

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice



Choose whole grain foods

Phone: (403)502-6096

Email: [communityfoodconnections@gmail.com](mailto:communityfoodconnections@gmail.com)

Website: [www.foodconnections.ca](http://www.foodconnections.ca)

Facebook: 'Community Food Connections Association'

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



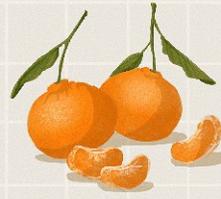
**Cara cara oranges:**  
Very sweet



**Seville oranges:**  
Perfect for  
marmalades



**Tangerines:**  
Juice for sweeter  
take on orange juice



**Clementines:**  
Great snacks



**Kumquats:**  
Sour with edible  
peels

the  
spruce

## Golden Orange Muffins

### Ingredients

- 1.5 cups all-purpose flour
- 3/4 cup sugar
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 medium orange, unpeeled and cut into eight wedges, seeds removed
- 1/2 cup orange juice
- 1 large egg
- 1/4 cup canola oil
- 1/2 cup raisins or dried cranberries, optional
- 1/2 cup chopped walnuts, optional

### Directions

1. In a small bowl, combine the flour, sugar, baking powder, baking soda and salt. In a blender, combine the orange, orange juice, egg and oil; cover and process until blended. Gradually add dry ingredients just until moistened. Stir in raisins and walnuts if desired.
2. Fill greased muffin cups three-fourths full. Bake at 375° for 18-22 minutes or until a toothpick inserted in the center comes out clean. Cool for 5 minutes before removing from pans to wire racks.

## Nutrition Facts

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