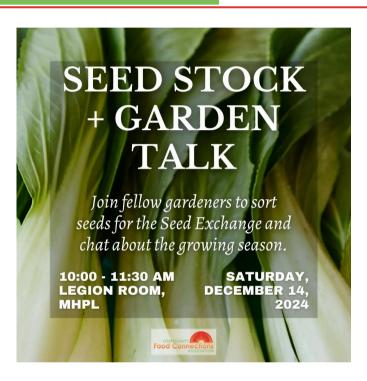


FOOD TALK NEWSLETTER

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, December 12th

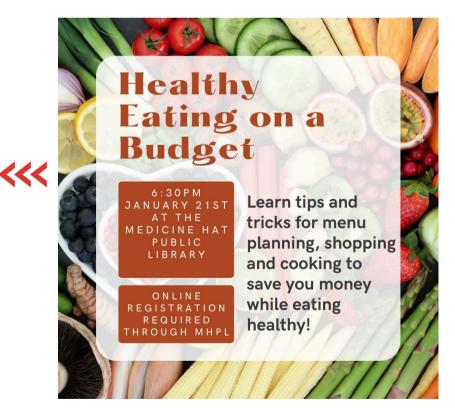
In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until: Thursday, January 2nd

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

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



\$5 FOR 38 LITRE RUBBERMAID CONTAINERS WITH LIDS. TALK TO ALISON FOR MORE INFORMATION.





PHONE: (403)502-6096

EMAIL: COMMUNITYFOODCONNECTIONS@GMAIL.COM
WEBSITE: WWW.FOODCONNECTIONS.CA

ACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA MH

RODUCE STORAGE GUID

Ripen at room temperature, before placing in the fridge. This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!



MELONS







Store fruits and veggies separately in a fridge, as some ruits release ethylene gas that can spoil vegetables.



CABBAGE | CARROTS | CAULIFLOWER | CELERY | CORN | CUCUMBERS | EGGPLANT HERBS | LEAFY GREENS | MUSHROOMS | PEAS | PEPPERS | ZUCCHINIS

Keep onions away from other vegetables, as onions Store the following in a cool, dry, and dark place. release a natural gas called ethylene, which could spoil other produce



GARLIC

ONIONS

POTATOES

SWEET POTATOES

WINTER



FROZEN VEGETABLES

FROZEN

PIECES OF FRUITS FROZEN



Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.

– reezer

Try to prepare the following:



VEGETABLE SCRAPS FOR BROTH FROZEN



FOR BAKED GOODS BANANAS FROZEN

FRUITS & VEGGIES! HALF YOUR









