

January 2025

# FOOD TALK NEWSLETTER

IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

## Healthy Eating on a Budget

6:30PM  
JANUARY 21ST  
AT THE  
MEDICINE HAT  
PUBLIC  
LIBRARY

ONLINE  
REGISTRATION  
REQUIRED  
THROUGH MHPL

Learn tips and tricks for menu planning, shopping and cooking to save you money while eating healthy!

USE THE QR CODE BELOW TO LEARN  
HOW TO CUT & PREPARE A  
POMEGRANATE!



## DATES TO REMEMBER

### Ordering Options

In person with cash or cheque when you pick up your box:

Thursday, January 9th

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

Thursday, February 6th

Online orders with credit card or PayPal until:

Thursday, February 6th

### Next Pick-Up Date

2nd Thursday of the month

2-6pm Thursday, February 13th



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



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WEBSITE: WWW.FOODCONNECTIONS.CA

FACEBOOK: 'COMMUNITY FOOD CONNECTIONS ASSOCIATION'

TWITTER & INSTAGRAM: @CFCA\_MH

# MEATLOAF STUFFED SQUASH

## >>> INGREDIENTS

1 squash of any kind - split in half from root to stem and scoop out the seeds.

Meatloaf Filling:

1 lb of ground meat, any kind.  
1/2 cup of milk  
1/2 cup of quick oats or dried breadcrumbs  
2 eggs  
1/4 tsp. black pepper  
1 small chopped onion or 3 Tbsp. of minced dried onion  
1.5 tsp. of garlic salt

## DIRECTIONS >>>

Place the squash halves in an oven safe casserole dish or on a foil lined baking sheet. Mix together the filling ingredients and divide between the two halves of the squash. It is okay if the filling is heaped as it will shrink as it cooks. Bake in the oven at 350° for 60-70 minutes until the meatloaf is cooked through and the squash can be easily pierced with a knife.



# CHICKEN LETTUCE WRAPS

## >>> INGREDIENTS

Using butter lettuce as an alternative for bread or tortillas is especially good for those on low-carb or gluten free diets.

1 tablespoon olive oil  
1 pound ground chicken  
2 cloves garlic, minced  
1 onion, diced  
1/4 cup hoisin sauce  
2 tablespoons soy sauce  
1 tablespoon rice wine vinegar  
1 tablespoons freshly grated ginger  
1 (8-ounce) can whole water chestnuts, drained and diced  
2 green onions, thinly sliced  
1 carrot, grated  
salt and ground black pepper, to taste  
1 head butter lettuce

## >>> DIRECTIONS

Heat olive oil in a saucepan over medium high heat. Add ground chicken and cook until browned, about 3-5 minutes, making sure to crumble the chicken as it cooks; drain excess fat. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar and ginger until onions have become translucent, about 1-2 minutes. Stir in chestnuts, carrots, and green onions until tender, about 1-2 minutes; season with salt and pepper, to taste. To serve, spoon several tablespoons of the chicken mixture into the center of a lettuce leaf, taco-style.

