

# 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 11th

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

Thursday, January 1st

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

### Next Pick-Up Date

2nd Thursday of the month

2-6pm Thursday, January 8th

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

Memberships for 2026 can be paid beginning now in December. You are able to pay your membership online when ordering your boxes, just click on the option that you prefer and the membership fee will be added to your total.

There is an annual membership fee of:

- \$10 for volunteers (8 hours or more of volunteering required throughout the year)
- \$30 for non-volunteers

Membership fees are waived for college students, and Best Babies & Bridges clients.

The membership year runs from January to December.

After June 30th membership fees are:

- Volunteer: \$5 (4 hours of volunteer time)
- Non-Volunteer: \$15

Just a reminder that any box not picked up on pick-up day is donated to either the Emergency Shelter, Root Cellar Food & Wellness Hub, Veiner Centre food program, or a family in need. The payment for that box is not carried forward. Orders can be picked up by anyone designated by the club account member.

Don't forget that the Good Food Club is open to anyone in the community! Be sure to tell your friends and family about this affordable, healthy eating opportunity.

*- Alison Van Dyke  
Food Security Coordinator*

# SCALLOPED CARROTS AND CHEESE

12 medium carrots, peeled and sliced and then cooked until tender-crisp

¼ Cup of butter

1 small onion - minced

¼ Cup of flour

1 tsp. salt

¾ tsp. dried mustard powder

dash of pepper

2 Cups of milk

1 Cup of fresh breadcrumbs

2 Cups of grated cheddar cheese



Melt butter, add onion and cook until tender. Add flour and spices and mix together to make a roux. When the flour and spices are fully blended with the butter and onions, whisk in the milk and continue to whisk over medium heat until thickened.

Lightly grease a 2 quart casserole dish. Spread cooked carrots, top with the grated cheese, then pour the sauce over all.

In a saucepan melt 3 Tbsp. butter; toss breadcrumbs to coat. Spread these over the top of the casserole.

Bake for 20 minutes at 350° or until hot and bubbly. Makes 8 side servings.

# SAUTÉED CELERY

This sautéed celery recipe is cooked with Asian-inspired seasonings.

1 bunch celery

1 Tbsp olive or vegetable oil

4 cloves garlic, minced

1 Tbsp soy sauce

1 Tbsp rice vinegar

Black pepper, to taste



Wash celery stalks + remove any hard or browned ends. Cut stalks in roughly 1/4-inch pieces. Mince garlic and set aside. Heat olive oil in a large pan over medium-high. When hot, add the minced garlic and cook for a couple minutes, stirring frequently.

Then, add chopped celery to the pan along with soy sauce, rice vinegar, and black pepper. Cook for approximately 8 minutes, stirring every 30-or-so seconds. Celery should be tender, but still have a good crunch. Taste and adjust seasonings as desired and serve hot. Makes 4 side servings. Excellent with fish or chicken.