

**SMART FAMILIES FOOD COOPERATIVE**

www.pafoodbox.ca

*Volume 1 Issue 6*

*June 2009*

**Important Dates**

*Money*

*Pick-Up*

Large Box

June 3

June 10

July 2

July 8

September 2

September 9

Small Box

June 17

June 24

September 16

September 23

**MESSAGE FROM THE COORDINATOR**

Hi there! My name is Janine Robin, and I am now your Program Coordinator for the Smart Families Food Co-Op. I am a mother to 2 wonderful boys, Brady (age 8) and Mason (age 3). My first day was on June 1<sup>st</sup>, and nothing could have prepared me for what my responsibilities were. I am currently learning the new role, and please have patience with me as I am in the learning process. I am looking forward to learn more about the SFFC Program, and meeting new people in the process. I have met some of you when you have come to pay for your food boxes, or rent, and I was greeted with big smiles.

My plan for the future of the Smart Families Food Co-Op is to increase the communities' awareness about our program, and hopefully bring in more members. If you know of anybody who would really enjoy benefiting from this program, send them down to the Bernice Sayese Centre. I am looking forward to meeting all of you soon, and hope that if there are any questions or concerns, that you please contact me at: 763-0242.

## **TIPS FOR STAYING HEALTHY THIS SUMMER!**

- Eating the right food that will keep you satisfied and full of energy to
- If you plan on being outside, and it's warm and sunny outside, make sure to wear sunscreen (should have a minimum of 15 SPF). Sunscreen should be applied 20 minutes before any sun exposure, and be re-applied every 60 minutes, especially after swimming or excessive sweating.
- Drink lots of water. Every person should be drinking an 8oz. glass of water 8 times a day. This will prevent dehydration, which can be fatal, especially in the summertime.
- If you are wanting to escape cooking a hot meal for your family, and you opt to eat out at a restaurant, remember to make healthy choices when ordering from the menu. Some examples of healthy food choices offered in restaurants would be: salads with the dressing on the side, steamed vegetables, lean or grilled meats, and fresh fruit for dessert.
- While on vacation, we tend to forget about getting in some sort of physical exercise. Going for a bicycle ride with the kids, or even going for a walk is still a source of exercise. Try to fit in at least 30 minutes of exercise a day, and you will notice how good you feel, and with eating healthy, you will feel great.

## SHRIMP SALAD

Good for supper, better still the next day

Hands-on time: 15 - 20 minutes

Time-to-table: preferably 4 - 24 hours

Serves 4

- 1 pound small shrimp, peeled, tailed, deveined
- 1/3 of an English cucumber, diced small
- 1 rib celery, diced small
- Something wet and fruity - mango, peach, cantaloupe, in bite-size pieces
- Something sharp for underneath - 2 green onions, chopped or red onion, diced small
- Something fresh - dill, basil, mint

SAUCE IDEA #1 - light & lemony

- Zest & juice of a lemon
- 1 tablespoon olive oil
- Drop or two Tabasco
- Salt & pepper to taste

SAUCE IDEA #2 - traditional mayonnaise (my favorite)

- 3 tablespoons low-fat mayonnaise
- 3 tablespoon Dijon mustard
- 1-1/2 tablespoons white wine vinegar
- 1/2 tablespoon sugar
- 1 teaspoon horseradish (or to taste)

SAUCE IDEA #3 - Asian-style

- Zest & juice of 2 limes

- 2 tablespoons fish sauce
- 1 tablespoon brown sugar
- 1 teaspoon chili paste
- 1 teaspoon grated fresh ginger
- 1/2 teaspoon toasted sesame oil

UNCOOKED SHRIMP: Drop into boiling water for 3 minutes, then into into a bowl of ice water for a minute. Drain and pat dry.

COOKED FROZEN SHRIMP: Rinse under cold water, drain and pat dry. (Small shrimp finish thawing while prepping the other ingredients; larger shrimp may take longer.)

Combine the remaining ingredients. Turn in the shrimp. For best flavor, cover and refrigerate for about four hours or even overnight. Serve on lettuce greens.

NUTRITION ESTIMATE with Sauce #1/#2/#3: 187/194/171Cal; 24/24/25g Protein; 5/4/2g Tot Fat; 1/1/1g Sat Fat; 11g/14/12g Carb; 1/2/1g Fiber; 189/337/567mg Sodium; 172/174/172mg Cholesterol; Weight Watchers 3 points

### **\* JUST A REMINDER \***

The Smart Families Food Co-Op wants to remind all member and future members that we will be accepting payments for the Good Food Box at our new location. Anyone wanting to pay for a food box can do so at the Addictions Services office located at: 101 15<sup>th</sup> Street East. The Food Co-Op is looking forward to working with all the staff at Addictions Services as we continue to expand our program.

### **COMMUNITY EVENTS**

Well, it's come to be that time of the year again. Summer is around the corner, and the kids will soon be out of school. With the kids being out of school, are there any parents out there that don't have reliable babysitters while you are at work? Dolly's Fun House is offering a Day Camp filled with activities such as: face painting, tokens to play games, free play on the playground, and Laser Tag. These camps are offered to kids between the ages of 5 to 9, and the camp runs from 9:00am to 4:00pm. For the camp dates and costs, please call: 763-0065 or go to: [www.dollysfunhouse.ca](http://www.dollysfunhouse.ca).

### **CALLING ALL RECIPES**

What's your favorite recipe? Do you have a favorite dish you'd like to share with others? If so, the Smart Families Food Co-op would like to hear from you. Send your recipes and cooking tips to us and we'll share them with all our members via our monthly newsletter.

Recipes can be e-mailed to [smartfamiliesfoodcoop@yahoo.ca](mailto:smartfamiliesfoodcoop@yahoo.ca), or drop them by the River Bank Development Office inside the Bernice Sayese Centre. They can also be mailed to the Food Co-op at 1350 15<sup>th</sup> Ave. W., Prince Albert, SK., S6V 5P2.

And, be sure to include your name with your recipe so we can credit you in the newsletter.

### **COMMUNITY GARDEN**

The Community Garden program is funded through the Prince Albert Hunger Committee. It is a piece of land gardened by a group of individuals who plant fresh produce, improving their neighborhood, build a sense of community, and connect with the Earth. If you or anyone you know is interested, please contact your school or community centre, or call Susan Stobbs at Westview Community School at 922-4094.