

Smart Families Food Co-  
op Coordinator:

PH: 763-0242  
Fax: 763-4245

# Smart Families

## Food Co-operative

www.pafoodbox.ca

### IMPORTANT DATES

VOLUME 1 ISSUE 11

NOVEMBER 2009

Money Due Pick Up Dates

### LARGE BOX

December 2 December 9  
January 6/10 January 13/10

### SMALL BOX

December 10 December 16  
January 20 January 27

Email:  
smartfamiliesfood-  
coop@yahoo.ca

Check out our web page at:  
Www.pafoodbox.ca

Or our facebook page  
Smart Families Food Co-op



## Message from the Coordinator

ryone!

Wow!! The last few months have definitely been a learning experience, but a fun one!! One thing I have come to realize is how much volunteers are needed on food box days to help pack. If you or anyone you know is interested, please call my office at 763-0242.

Also, when you come to pick up your food box, don't forget to bring in your own bag or box, and get your name in a draw for a **FREE** food box!!!



Please remember to mark off food box dates on your calender.  
Check out the dates on the top left hand side of this page!!

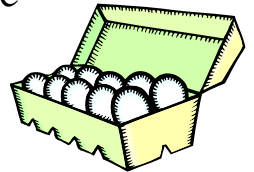
## Did You Know??

Smart Families Food Co-operative has expanded!

Now you can pick up additional groceries like milk, bread, eggs, pasta/sauce, tuna, margarine, soup plus more fruits and vegetables at a reasonable cost.



Where do you go to save?  
River Bank Development Office  
1350 15th Ave. West  
Prince Albert, SK



For more information  
call 763-0242



# VEGETABLE OF THE

## CARROT



### How to Select and Store

Carrot roots should be firm, smooth, relatively straight and bright in color. The deeper the orange-color, the more beta-carotene is present in the carrot. Avoid carrots that are excessively cracked or forked as well as those that are limp or rubbery. In addition, if the carrots do not have their tops attached, look at the stem end and ensure that it is not darkly colored as this is also a sign of age. If the green tops are attached, they should be brightly colored, feathery and not wilted. Since the sugars are concentrated in the carrots' core, generally those with larger diameters will have a larger core and therefore be sweeter.

**Did you know ...**in the early 1800s, the carrot became the first vegetable to be canned.

The trick to preserving the freshness of carrot roots is to minimize the amount of moisture they lose. To do this, make sure to store them in the coolest part of the refrigerator in a plastic bag or wrapped in a paper towel, which will reduce the amount of condensation that is able to form. They should be able to keep fresh for about two weeks. Carrots should also be stored away from apples, pears, potatoes and other fruits and vegetables that produce ethylene gas since it will cause them to become bitter.

### A Few Quick Serving Ideas:

Shredded raw carrots and chopped carrot greens make great additions to salads.

Combine shredded carrots, beets and apples, and eat as a salad.

For quick, nutritious soup that can be served hot or cold, purée boiled carrots and potatoes in a blender or food processor, and add herbs and spices to taste.

Spiced carrot sticks are a flavorful variation on an old favorite at parties or at the dinner table. Soak carrot sticks in hot water spiced with cayenne, coriander seeds and salt. Allow to cool, drain and serve.

Combine freshly squeezed carrot juice with soymilk and bananas to make a nutrient-dense breakfast shake.

# COMMUNITY KITCHENS UPDATES

A **COMMUNITY KITCHEN** is a group of people who meet regularly. They combine their resources to cook nutritious meals while they learn and share skills. Each member takes home food the group has prepared to enjoy with their families.

Members gather and share recipes, plan meals, and create a shopping list within a budget and buy groceries in bulk to save money. Every member of the group contributes by planning, preparing, cooking and cleaning up.

Kitchens are funded through a combination of funding methods such as partnerships, sponsors, donations, fundraisers, and sharing costs among members. The cost of a kitchen depends on size of family, type of food prepared, and ability of members to pay. Members only pay for the portions they take home!!!

If you are interested in becoming a **Community Kitchen Leader**, there is a leadership training class being offered on Mon. **Dec. 14th** and Tue **Dec 15th** from 10 am—4 pm at The Nest. To register, call my office at 763-0242. **Space is limited, so register early!!**

**Food Safe Level I certification** course is being held Tue., Nov. 10th and Thur., Dec. 3.

To register for that class, call **Donna at 765-6600**.

For any questions about the Community Kitchens program, you can email the coordinator at [communitykitchencoordinator@gmail.com](mailto:communitykitchencoordinator@gmail.com)



Community Kitchens can be held ANYWHERE there is a kitchen:

Schools  
Churches  
Community Centers  
A Leaders Kitchen



**Anyone** can join and **EVERYONE** can benefit from a Community Kitchen: Neighborhood groups, Multi-cultural groups, Special Needs groups, Seniors or young adults, Pregnant women, and ALL families, especially those with low incomes.

## WANT TO CONTRIBUTE???

If you are an organization with kitchen space and are willing to sponsor a Community Kitchen or think your organization could benefit from a Community Kitchen, we would love to hear from you.

Community Kitchen Coordinator:

**Charlene Cyr 763-0242**

## Inside Fun for Winter!!

Don't let the cold keep you and your family from staying active and having fun...there are many activities and places throughout the city:

**Arts Centre:** different activities and classes such as stained glass window making, making Christmas decorations, drawing/painting classes, pottery, photography and much more.

**Margo Fournier Centre:** Yoga and Senior's Yoga classes on Tuesdays until Dec 13. Volleyball Mondays and Wednesdays. Youth Activity Centre.

Many other options to keep going include Public Skating (many times are FREE), Public Swimming (admission fees are minimal), indoor soccer, dance studios, gymnastics, and walking at Art Hauser Center and South Hill Mall.

# Winter

### Winter Word Search

S	P	K	G	S	Y	R	A	U	R	B	E	F	J	X	L	O	Z	Y	D
I	E	L	G	D	N	M	P	H	R	D	G	R	H	O	L	E	D	K	U
W	F	V	Y	D	F	O	I	L	E	N	N	T	Y	G	A	L	H	R	H
S	T	R	O	B	H	O	W	C	B	O	Y	P	Q	W	B	T	A	J	A
H	K	J	W	L	R	F	E	B	S	P	K	H	P	W	W	S	O	O	A
G	V	O	R	H	G	M	X	A	O	D	T	V	D	C	O	K	C	L	R
G	I	N	Q	K	B	Z	E	Y	K	A	P	I	H	E	N	A	O	B	W
N	F	F	A	E	I	S	G	N	U	H	R	L	U	O	S	T	A	H	J
I	L	I	R	G	R	T	P	M	Q	Y	F	D	N	D	S	I	T	A	S
I	Q	R	G	A	G	G	U	P	F	N	P	G	I	V	D	N	W	N	M
K	G	E	N	S	E	O	A	D	K	S	X	J	J	N	E	G	O	Q	V
S	H	P	V	W	Q	O	B	L	J	J	W	D	G	T	G	W	U	B	K
F	W	L	P	R	H	R	R	O	K	N	E	C	W	E	M	Y	E	A	O
H	V	A	K	N	D	N	Y	G	T	L	J	I	O	A	C	H	B	I	I
T	Y	C	M	I	T	T	E	N	S	C	N	A	N	L	X	I	M	P	E
D	R	E	P	Q	O	G	O	B	V	D	Y	O	N	V	D	S	E	F	U
K	U	L	A	B	F	N	O	D	V	Q	J	R	I	U	B	O	O	T	S
A	P	B	F	L	Q	B	G	V	L	J	D	M	Z	N	A	N	R	H	Z
R	E	T	N	I	W	J	U	F	R	B	S	T	G	A	D	R	U	P	T
S	C	A	V	S	P	F	J	W	X	X	Q	M	D	J	Z	O	Y	V	O



### **CALLING ALL RECIPES!!!**

Do you have a favorite dish you would like to share with others

Recipes can be emailed 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 Smart Families Food Co-Op at 1350 15th Ave. West, Prince Albert, Sk. S6V 5P2.

Be sure to include your name so that we can credit you for your recipe.

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BOBSLED  
BOOTS  
COAT  
COLD  
DECEMBER  
FEBRUARY  
FIREPLACE  
GLOVES  
HAT  
ICE  
JANUARY

MITTENS  
SEASON  
SKATING  
SKIING  
SNOWBALL  
SNOWBOARDING  
SNOWMAN  
TOBOGGAN  
WIND  
WINTER