

Smart Families Food
Co-op Coordinator:

Ph: 763-0242
Fax: 763-4245



www.pafoodbox.ca

VOLUME 1 ISSUE 11

NOVEMBER 2011

IMPORTANT DATES

Money Due Pick Up

LARGE BOX

Dec. 7/11 Dec. 14/11

Jan. 4/12 Jan. 11/12

SMALL BOX

Nov. 16/11 Nov. 23/11

Dec. 15/11 Dec. 21/11

Email:
[smartfamiliesfood-
coop@yahoo.ca](mailto:smartfamiliesfood-coop@yahoo.ca)

Check out our website:
www.pafoodbox.ca

**Congratulations to Winnie
St. Germaine for winning
the large food box in
October by bringing her
own bag or box.**



Cooking it up Healthy & Saving Time

Do you find yourself staring in your fridge, freezer or cupboards trying to figure out what to make for your next meal? Use these simple tips to save you time and help you out on those busy or unmotivated days:)

Go for Slow:

A slow cooker is a great kitchen appliance that can help you have a hot dinner on the table without much fuss. Simply follow your slow cooker recipe and go about your busy day. The food cooks slowly and safely.



Big-Batch it!

Weekends can be a great time to prepare big batches of food that can be refrigerated or frozen for later use. Get together with the family, friends or neighbors and share the work. Foods such as soups, stews, chili, casseroles, muffins, loaves and pancakes are perfect foods to 'big-batch'. Consider a pressure cooker: A pressure cooker will help you make delicious stocks, soups, stews and bean dishes which taste like slow cooked, but in a fraction of the time. Technology has advanced so that they now come with many safety features.

Make your freezer your friend!

Many standard recipes can be doubled or tripled and frozen in meal sized airtight containers or resealable freezer bags that can be quickly defrosted on nights when time is tight.



Resource: Dietitians of Canada: Cook It Up Healthy! Time Saving Techniques

MESSAGE FROM THE SFFC COORDINATOR

Please remember to bring your own bag or box when you pick up your small or large food box items. When you bring your own bags or box you can enter your name in the draw to win a free food box!

REMINDER!! The dates for the Small Food Box in December are 1 week earlier than normal due to the Holidays. The payment date for the Small Food Box is Thursday, Dec. 15th and the pick-up date will be Wednesday, Dec. 21st.

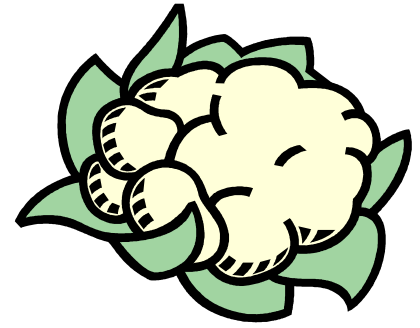
Please contact us for more information at 763-0242.



**PLEASE REMEMBER TO MARK OFF FOOD BOX DATES ON YOUR CALENDER.
CHECK OUT THE DATES ON THE TOP LEFT HAND SIDE OF THIS PAGE!**



Vegetable of the Month



Cauliflower

Cauliflower is an excellent source of vitamin C and is a good source of iron, calcium, protein, folate and dietary fiber. Cauliflower is very low in saturated fat and is low in calories, only 25 calories per serving.

Buying

Look for cauliflower with compact, creamy white curds and bright green, firmly attached leaves. Avoid cauliflower with brown spots, soft bottoms or loose sections that are spread out.

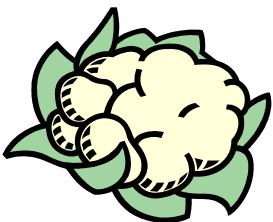
Storage

Store cauliflower in a plastic bag in the bottom of the refrigerator, which will provide the right balance of humidity and oxygen. Do not wash cauliflower before storing; although it needs moisture to remain fresh, any water on its surface will encourage spoilage.

Preparation

To cut cauliflower, first remove the outer leaves and then slice the florets at the base where they meet the stalks. You can further cut them if you desire pieces that are smaller or of uniform size. Trim any brown coloration that may exist on the edges. Cauliflower can be served raw or cooked. If cooked it is best prepared for your meals by steaming, stir-frying or baking/roasting. Cooked cauliflower should not be overcooked, it should just be cooked until tender. Whichever way you serve the vegetable, first rinse it under cold running water.

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Chicken Pasta Salad

Ingredients

3 1/2 cups cooked whole wheat pasta

1 1/2 cups diced cooked chicken

1 large carrot grated

1 cup diced vegetables of choice

(cucumber, peppers, celery, cauliflower, broccoli, etc.)

1/4 cup low fat ceasar dressing



Directions

1. In a large bowl combine cooked pasta, chicken and vegetables.
2. Drizzle dressing over top and stir well.
3. It's now ready to serve or can be stored for up to 2 days covered in your refrigerator.

Roasted Garlic Cauliflower

Ingredients:

- 2 tablespoons minced garlic
- 3 tablespoons olive oil
- 1 large head cauliflower, separated into florets
- 1/3 cup grated Parmesan cheese
- salt and black pepper to taste
- 1 tbsp chopped fresh parsley



Directions:

1. Preheat the oven to 450 degrees F (220 degrees C). Grease a large casserole dish.
2. Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt and pepper to taste.
3. Bake for 25 minutes, stirring halfway through.
4. Top with Parmesan cheese and parsley, and broil for 3 to 5 minutes, until golden brown.

Tips to Encourage Eating Fruits & Vegetables

Make vegetables and fruit taste good. Be very careful not to over-cook vegetables. Add some fruit to your green salad for extra flavor. Fresh fruit is sweet and full of flavor – try it for dessert instead of cakes or sweets.



Offer raw vegetables. People who dislike cooked vegetables may enjoy raw ones. Offer vegetables with dips such as salad dressing, salsa, or yogurt.

Incorporate vegetables into other foods. Serve vegetable juice with a celery stir stick. Add extra minced vegetables such as squash, or carrots to spaghetti sauce, hamburgers or soup. Left-over vegetables? Puree and freeze into ice cube trays. Use the frozen vegetable puree in sauces, soups and stews for a quick and easy way to add vegetables to your meal

Fruit Salsa & Cinnamon Tortilla Chips

Ingredients

- 1 apple - peeled, cored and diced
- 1 cup sliced fresh strawberries
- 2 kiwis, peeled and sliced
- 2 bananas, peeled and sliced
- 1 tbsp fresh lime juice
- 1 tbsp white sugar
- 1/2 tsp ground cinnamon
- 1/2 tsp ground nutmeg
- Cooking spray
- 6 (10 inch) whole wheat flour tortillas
- 3 tbsp white sugar
- 1 tbsp ground cinnamon



Directions

1. In a medium bowl, mix together apple, strawberries, kiwis, bananas, lime juice, white sugar, cinnamon and nutmeg. Cover and chill in the refrigerator approximately 20 minutes.
2. Slice tortillas into triangles and arrange them in a single layer on a lightly greased baking sheet. Spray with cooking spray, sprinkle with sugar and cinnamon, and bake 5 to 10 minutes in an oven preheated to 350 degrees F. Watch them closely so they don't burn!
3. Serve the cinnamon chips warm with chilled fruit salsa.

Harvest Fruit & Vegetables Search

SEARCH THE PUZZLE TO FIND AND CIRCLE THE WORDS IN THE WORD LIST. WORDS IN THIS PUZZLE ARE HIDDEN ACROSS AND DOWN.



APPLE	CELERY	PEARS
BEANS	CORN	PEPPERS
BEETS	EGGPLANT	POTATO
BROCCOLI	FIGS	PUMPKIN
CABBAGE	GRAPES	SQUASH
CARROTS	ONIONS	TURNIP
CAULIFLOWER	PARSNIPS	YAMS



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

Benefits of Fish



Did you know that fish provides a good source of omega-3 fats which may help reduce the risk of heart

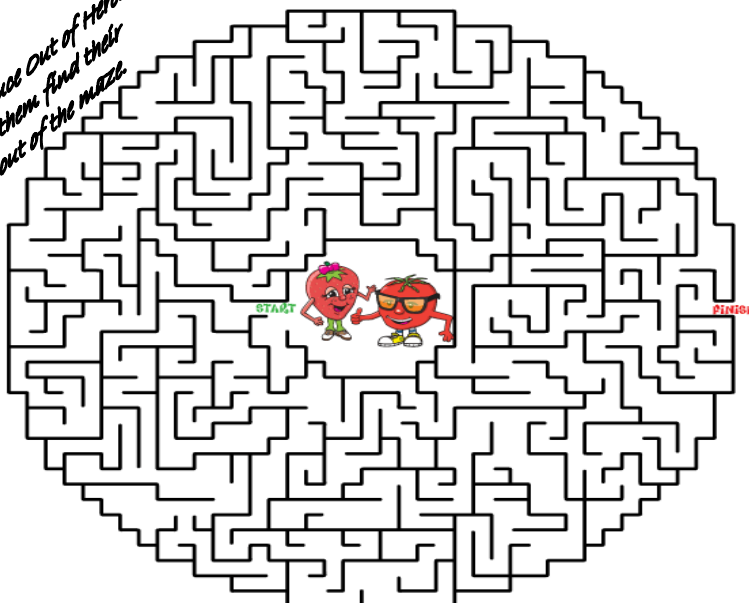


disease in healthy adults and contribute to the brain development in infants?

Dietitians of Canada recommend eating at least two servings of fish every week. A serving is 75 g or 2.5 oz.

For more information visit www.dietitians.ca

Letuce Out of Here!
 Help them find their way out of the maze.



Looking for more information?
 Check out these websites!

EatRight Ontario - www.eatrightontario.ca

Heart and Stroke Foundation - www.heartandstroke.ca

Canadian Diabetes Association - www.diabetes.ca

Dietitians of Canada - www.dietitians.ca

Saskatchewan Health (Healthy Living info.) - www.health.gov.sk.ca/nutrition-exercise

Breakfast for Learning - www.breakfastforlearning.ca