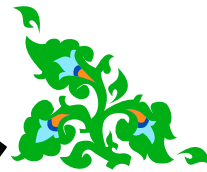


Smart Families Food Cooperative Ltd.



NEWSLETTER

The Good Food Box Newsletter

October 2008

Smart Families Food Co-op has gotten off to a great start after a nice summer break.

We are thrilled about the interest in the SFFC program. Membership numbers are growing. For the most part it has been word of mouth that continues to help us grow — so a big thank you to our members for sharing program benefits with families and friends.



We are very excited as well for Collective Kitchens to begin its 2nd year during Fighting Hunger Week (October 13-18, 2008). Currently we are locating sites for this exciting, fun and educational cooking program. Of course we are looking for persons that might be interested in learning more about nutrition and cooking.

Please call Connie at 763-0242 for more information.

I would like to take a minute to thank our Volunteers whom assist us with pick up, sorting, repackaging and packing the good food boxes as well as assisting us with distribution. Volunteers in September included: Habitat Restore, The Bernice Sayese Center, River Bank Development Corporation, Lynn and Jeff Howlett, Mark Monsebroten, Keith Thorsteinson, Pat Lunney, Margo Powell, Murdine McCreath, Valerie Mushinski, Henri Guigon, Alene Kivimaki and Tracy Dubinak along with her crew from Kin Enterprises Barb Munholland, Helen Black, Celina Ballantyne, Karen Koivisto, Earl Kennedy. Thank you all for your time and energy.



REMEMBER...to share your newsletter with a friend or neighbour. If they show any interest in the Food Co-op, please invite them to come to the **Bernice Sayese Community Centre** 1350 – 15th Avenue West on Pick-Up Day, between 12:00 and 4:00 p.m., to see a “Good Food Box”, and to talk to other satisfied members, our Coordinator, or a Board Member.

Board Members:

Connie Farber, Coordinator: 763-0242 **Melanie Demyen, President:** 764-4436 **Jennie Knudson:** 953-7420
Tina Dickson, Treasurer: 763-1452 **Jen Gibson, Vice Chair:** 764-9612 **Tammy Knight:** 922-5475



This Newsletter is prepared by Victoria Jurgens, Public Health Nutritionist for the Prince Albert Parkland Health Region. We are always interested in your feedback or ideas for newsletter articles. Phone: 765-6604.

Our Food Box Pick-Up Site is the Bernice Sayese Community Center (West Flat Community Center), 1350 – 15th Avenue West. Phone 763-9378.

Upcoming Good Food Box Dates:	Money Due:	Box Pick-up date:
Large (\$20.00 box):	Wednesday November 5 th	Wednesday November 12 th
	Wednesday December 11 th	Wednesday December 17 th
	Wednesday January 7 th , 2009	Wednesday January 14 th , 2009
Small (\$10.00 Box):	Wednesday November 19 th	Wednesday November 26 th
	Wednesday December 3 rd	Wednesday December 10 th
	Wednesday January 21 st , 2009	Wednesday January 28 th , 2009

Please note change in dates and Food Box sizes for December!!

Soup



Nothing beats a bowl of hot soup on a cold day. Soup comes in cans, cups and dried pouches, which can make for a quick meal when you are on the go.

To turn prepared soup into a healthy meal, try some of these ideas:

- Use canned broth or powdered soup as a base for your own creation. Dilute broth with extra water, then add spices, rinsed canned beans, meat, pasta and/or vegetables
- Choose naturally low fat tomato, vegetable, bean-based or broth-based soups most often. Cream soups and oriental style noodles are much higher in fat (and equally high in sodium). For a healthier cream soup, try making your own using 2% or whole milk.
- Add extra vegetables or leftover meat to your soup for a nutrient bonus.
- Dilute canned soup with low fat milk (or low fat evaporated milk) instead of water for extra calcium.
- Serve soup with whole wheat bread, a glass of milk and fruit for dessert.

Try something new with pumpkin: SOUP!

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Creamy Pumpkin Soup

2 tbsp. vegetable oil	1 onion
1 can plain pumpkin*	4 cups chicken broth
½ tsp. salt	½ tsp. pepper
½ cup whole milk **	

Put oil and onion into a saucepan. Heat on medium and stir until onion is soft. Add the pumpkin and the chicken broth. Stir. Add the salt and pepper. Bring to a boil stirring often. Add the milk and heat until just simmering. Enjoy!!

**Do not use pumpkin pie filling.*

*** You can substitute canned milk for whole milk if you wish. Use ¼ cup canned milk and ¼ cup water.*

You can add a little minced garlic with the onion if you wish.

Vegetable of the Month

Pumpkin

October and pumpkins go together. We have Thanksgiving and Halloween. Pumpkin is used for both these events in very different ways.

Did you know that pumpkin – which is kind of like a squash or gourd – is actually a fruit that is grown around the world? For those of us that like the neat botanical names that we learned in Science classes here is a refresher. Pumpkin belongs to the Kingdom: *Plantae* in the Family: *Curcubitaceae*. Within this family, pumpkin belongs to the Genus: *Curcubita*. In this genus there are many species.

The species of pumpkin that is fun to grow for the pumpkin growing contests found in Saskatchewan might be the *Cucurbita maxima*. We just like to call them giant pumpkins. You might want to try growing one that beats the Saskatchewan record of 463 pounds!

Pumpkin is very good for you! One-half cup of canned pumpkin has 44 calories and 3.8 grams of fibre. Pumpkin is also loaded with vitamin A, and contains lots of folic acid and potassium.

Most of all pumpkin is very versatile and can be used in everything from muffins to soups. You can buy a whole pumpkin or canned pumpkin. *See our pumpkin soup recipe on page 2.*

Buying Tips: Look for cans that have no dents or bulges. Fresh pumpkins can be green or orange or any shade in between.

Storage Tips: Canned pumpkin can be stored in the cupboard. Once open, use it up or place in a closed container in the fridge. Fresh pumpkins will keep for several weeks or months. The green ones will ripen if left in the house or garage. Be careful though, that the fresh pumpkins do not freeze if the garage gets cold.

Serving Suggestions: Used canned pumpkin or home-made pumpkin puree in place of fat in cookies or muffins. Make your own pumpkin pie for a special occasion. When the pumpkin is ripe, you can boil, bake, steam or roast it.

To make homemade pumpkin puree:

Peel and chop fresh pumpkin and place in a cooking pot with a little water. Cook on medium heat until done. Alternatively, wash the pumpkin and cut in half. Scoop out the seeds and save them for roasting. Place the pumpkin halves cut-side down on a cookie sheet. Place into a 350°F oven and bake until you can pierce the pumpkin with a fork. Scoop out the insides and toss the skin into the compost heap. Mash the cooked pumpkin with a potato masher or puree in a blender.

