

Smart Families Food
Co-op Coordinator:

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www.pafoodbox.ca

VOLUME 3 ISSUE 6

OCTOBER 2010

IMPORTANT DATES

Money Due Pick Up Dates

LARGE BOX

Nov 3/10 Nov 10/10

Dec 1/10 Dec 8/10

SMALL BOX

Oct 20/10 Oct 27/10

Nov 7/10 Nov 24/10

Email:

smartfamiliesfood-coop@yahoo.ca

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



HELLO

Hello All!

I would like to introduce myself my name is Jacqueline Natomagan and I am the new Smart Families Co-op Program Coordinator for the season.

I am very excited and glad to be working here and will do my best to meet your expectations. I would love to hear from you, if you have any nutritional recipes to add to newsletters just call the Smart Families Food Co-op

Message from the SFFC President



◆ **On behalf of the SFFC board, I am pleased to advise that our Good Food Box program is underway again after our summer break. We strive to deliver quality fresh foods to the community at an affordable price. We also offer many grocery items for sale on a daily basis at our office location, please stop by to see what we have, or offer any comments or suggestions on our available items. The delivery of the Good Box is brought to you through the assistance of volunteers; as such we are always looking for new volunteers to assist with a variety of tasks. Please contact us for more information on how you may be able to assist.**

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

FRUIT OF THE MONTH



Apples

“An Apple a day keeps the Doctor away!”

Who hasn't heard this old saying, and it may be true to a certain degree! If apples are one or more of the 7-10 servings of vegetables and fruit adults need every day or one or more of the 4-6 servings of vegetables and fruit children need daily - they will certainly help keep the Doctor away, because eating fruit and veggies is one of the ways to be healthy.

Apples do supply a good source of fibre (good soluble fiber– the type that lowers cholesterol) if you eat the peel. They are good tooth cleaners and gum stimulators!

NEAT NOTES: The science of apple growing is called pomology. In 2002, there were 59 different Saskatchewan fruit growers that listed apples as one of the fruits they produce. 25% of an apple's volume is air—that's why they float.

AVAILABILITY: Apples are probably the most widely available fruit in Canada. We have them available year-round., they are not too expensive. And they keep well, compared to many fruit!

Shopping

Tips: Apples should be firm to hard, and well colored for their variety . Avoid bruises. There are usually 3-4 apples to a pound, or 6-8 to a kilogram.

Storage: Apples must be kept cold. If not refrigerated, they continue to ripen and they will turn brown near the core.

Preparation: Always WASH apples well before eating. If peeling (its best not to) peel very thinly, as many nutrients are in, and immediately under skin.



DIFFERENT

VARIETIES OF

APPLES!

1. Golden Delicious
2. Red Delicious
3. McIntosh
4. Granny Smith
5. Gala



Recipes

Ingredients for Beef, Barley And Carrot Soup Recipe

- 1½ pounds beef round, cut in small dice
- 4 carrots, peeled, sliced
- 1½ cups barley
- 8 cups water
- 1 onion, peeled, sliced

Seasonings to taste

1 Instructions

1. Put all ingredients in a stew pan.
2. Cook slowly for about 1 1/2 hours.
3. Serve.



Ingredients

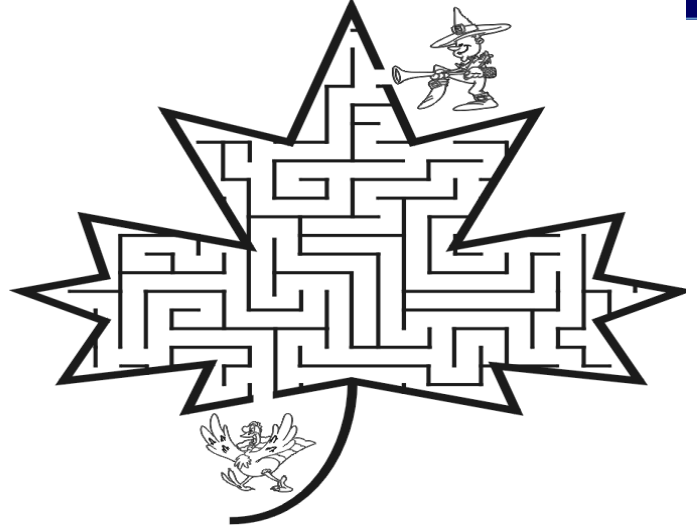
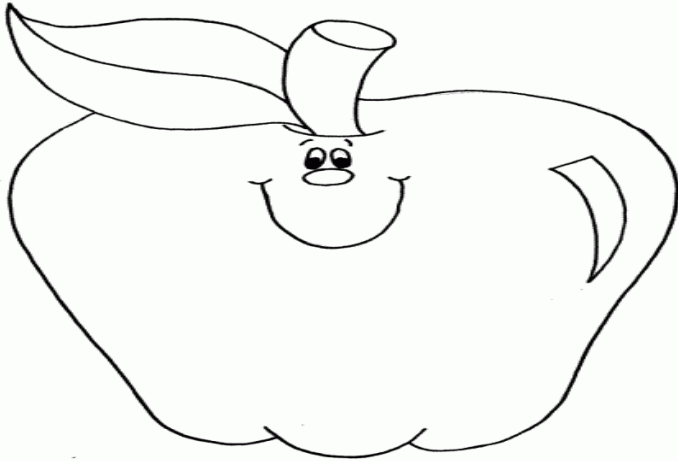
- 6 apples - peeled, cored and sliced
- 1/2 cup white sugar
- 3 tablespoons all-purpose flour
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup raisins
- 1/2 cup chopped walnuts
- 1/2 cup whole milk

Baked Apples Recipe

Directions

1. Preheat oven to 350 degrees F (175 degrees C). Grease a 2 quart casserole dish, or coat with non-stick cooking spray.
2. Place apples in a large bowl. In a small bowl, mix together sugar, flour, cinnamon, nutmeg and cloves. Stir spice mixture into apples until evenly distributed. Fold in raisins and walnuts. Spoon into prepared dish. Pour milk evenly over apple mixture.
3. Bake in preheated oven for 45 to 60 minutes, or until soft and bubbly. Allow to cool slightly before serving.

Fun for ALL Ages



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V X Y L I T O L G E R E M I C
 S E I R F H C N E R F G E C L
 L K I R T N R A N T A G S H L
 A A I T E S O T O O L P R E I
 I C E C R E A M T T L L E E E
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 M U S H R O O M E V H E T T I

ALPHABET FOODS WORD LIST

APPLE	JELLY	SPAGHETTI
BANANA	KIWI	TOMATO
CHEESE	LEMON	UP-SIDE-DOWN CAKE
DATE	MUSH-ROOM	VERMICELLI
EGG-PLANT	NOODLES	WATERMELON
FRENCH FRIES	ORANGE	XYLITOL
GRAPES	PIZZA	YAMS
HAM-BURGER	QUICHE	ZUCCHINI
ICE CREAM	RICE	

Find the missing letters

- | | |
|-----------|-------------------|
| 1. A_PPLE | 6. TOM_TO |
| 2. ORAN_E | 7. _ROCCOLI |
| 3. KIW_ | 8. CANTAL_PE |
| 4. ON_ON | 9. LE_TTUCE |
| 5. C_RROT | 10. GRE_N PEP_ERS |