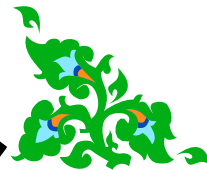


Smart Families Food Cooperative Ltd.



NEWSLETTER

The Good Food Box Newsletter

September 2008



WELCOME BACK to the Smart Families Food Co-op — Fall is here, and we welcome back all “smart families” to the local good food box program! We hope you’ll enjoy all of the great fruit and veggies in this month’s box!

FAREWELL CHARLENE! We are very sorry to bid farewell to our coordinator, Charlene Cyr. Charlene has been with us for the last year, and has built up the membership with many new members and brought back many former members. Charlene and her family are leaving Prince Albert, and our loss is the gain of their new community – Melfort and area. Farewell Charlene and thank you!

WELCOME TO OUR NEW SMART FAMILIES COORDINATOR! Hello — my name is Connie Farber and I am the new Smart Families Food Co-op Program Coordinator. I am very excited to be given this opportunity to work with families and nutrition again! I have a background as Office Manager for the Saskatoon Friendship Inn (Soup Kitchen) and I have worked with families as a Parent Aide in assisting day to day living including nutrition and budgeting. I look forward to working on your behalf and look forward to getting to know the members. Please feel free to contact me with any questions regarding the program.

FAREWELL FROM HEATHER MCAVOY! I would also like to bid farewell to all the recipients of this newsletter. By the time you receive this September issue, I will be retired! I have been in the position of Public Health Nutritionist with the Prince Albert Parkland Health Region for 21 years, and have been associated with the Food Coop since it began in 2000. It has been a pleasure working with all of the Board members, coordinators, partners and Coop members over the years! This program is noted by the local Health Region as an important health promotion program, and we welcome their support.

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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 HEATHER McAVOY, 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 October 1 st	Wednesday October 8 th
	Wednesday November 5 th	Wednesday November 12 th
	Wednesday December 3 rd	Wednesday December 10 th
Small (\$10.00 Box):	Wednesday September 17 th	Wednesday September 24 th
	Wednesday October 15 th	Wednesday October 22 nd
	Wednesday November 19 th	Wednesday November 26 th

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I would like to introduce **Victoria Jurgens** who will be taking my place. Victoria has worked for the Prince Albert Parkland Health Region as a Community Dietitian in the rural communities on the west side of the Region, and most recently in the Prince Albert Diabetes Education Center and with Mental Health and Addictions. Victoria will be continuing on with the newsletter, but you will see her personal touches, I am sure! Welcome Victoria!

Smart Families Guidelines - Review

As we prepare for another food box season, we wanted to take the opportunity to go over some of the Smart Families Food Co-op membership guidelines. As always, we encourage everyone who hasn't yet purchased a \$10 membership to do so, and start earning stamps toward a free food box.

Memberships are open to everyone; there are no criteria to join the Food Co-op. Memberships cost \$10 and include a coupon for \$5 off the price of your first food box. Members also receive a stamp card. For every nine food boxes purchases (either small or large size), members receive one free. Buying a membership is a cheap and easy way to save even more money on your already affordable food boxes.

However, there are a few rules to remember.

- First, memberships must be presented at the time of purchase in order to collect stamps toward a free food box. As the number of food box orders increases, we find ourselves no longer able to continually review customers' purchases to keep their stamp cards up to date. Those who do not present their stamp cards at the time of purchase will not be able to receive a stamp for that food box.
- Members can only receive three stamps at any one time. That means they can receive up to three stamps each for both the large and small food boxes every month, regardless of how many they buy. Members would only receive three stamps on their card, even if they actually bought four, five, six or more boxes at any one time. Members are encouraged to buy as many food boxes as they like.
- Those who lose their stamp cards will be able to receive a new card, but will not be able to recoup the stamps they previously had.

We hope these guidelines are easy to follow. For quick reference, they are also printed on the back of your membership cards.

Anyone who has questions is welcome to contact Connie Farber, program coordinator at 763-0242.

CAUTION: NATIONAL MEAT RECALL!



No doubt you have heard about the problems at the Toronto Maple Leaf Foods plant. Some meat products originating in that plant have been identified as containing a bacteria called "listeria monocytogenes". At the time of writing this newsletter, there have been some deaths and a lot of illness due to consumers eating affected meat.

The meat products are not only labeled as "*Maple Leaf*" — but could also be labeled *Schneiders, Burns, Boston Pizza, Compliments, Country Morning, Hickory Farms, Campfire, Kirkland Signature*, or other brand names.

This is a serious situation — perhaps one of the most serious in Canadian history. Most of these products will be removed from store shelves in August, but check your fridge and freezers, and the federal Minister of Health is advising consumers *“if in doubt — throw it out!”*

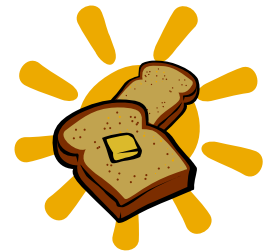
You can check for the latest details about the recall at www.inspection.gc.ca. I have also included a fact sheet on listeria for your reference.



Power Up with Breakfast!

Children who eat breakfast perform better at school, have healthier weights, and eat more essential nutrients. Breakfast skippers are more likely to make less healthy choices at other meals and snacks. All children need to start the day with a good breakfast to feel and do their best. These same facts apply to adults. Adults will think better at school or at work, and be more productive after having a good breakfast. Breakfast also helps us maintain a healthy weight. Try these quick and easy breakfast ideas:

Stock up. Make breakfast an easy habit by planning ahead. Stock the kitchen with breakfast staples such as healthy cereals, milk, yogurt, whole grain breads and muffins, frozen waffles or pancakes, fruit and fruit juices, bagels, eggs, peanut butter and cheese.



Get ready. Spend a few minutes each evening preparing for breakfast the next day. Set out cereal boxes and the toaster, set the table, cut up fruit.

Give it time. Wake up a little earlier so that everyone has time to eat breakfast. This is also a good time to talk about everyone's plans for the day.

Make it a family affair. Involve everyone in choosing foods, preparing breakfast or cleaning up.

Walk on the wild side. Liven up breakfast with these breakfast ideas:

- Waffles cut into sticks & dipped into apple sauce, and milk
- Fruit smoothie (milk, ice, yogurt, fresh or frozen fruit), and a whole grain muffin
- Grilled cheese sandwich on brown, melon slices, and 100% fruit juice
- Leftover pizza, 100% fruit juice
- Whole wheat tortilla or pancake rolled with peanut butter and banana, and milk
- Dry cereal or trail mix stirred with yogurt, and a piece of fresh fruit



Be a role model. Parents are important role models for healthy eating and have the opportunity to help children develop sound eating habits that will last for a lifetime. As children get older, they are more likely to skip breakfast. If you eat well, so will your children. If your child sees you eating breakfast, he or she will be more likely to eat breakfast.



Developed by Public Health Nutritionist of Saskatchewan Working Group (2008)

Vegetable of the Month

CUCUMBER

. . . cool as a cucumber . . .

This conjures up images of hot summer days, which is a very pleasant image after the cold spell we have just endured!

The cucumber belongs to the same vegetable family as pumpkin, zucchini (a close look-alike), watermelon and other squashes. First grown in Asia, today "cukes" come in a variety of shapes and sizes, from gherkins to long English ones that can be 20 inches in length!

VARIETIES: There are three basic types of cucumbers available to us. The smallest are pickling varieties, usually available in the fall, and usually locally grown. The other two types are field slicers, and "long English" cucumbers. Field varieties are often waxed for longer shelf-life. The wax is safe, but usually not eaten. Long English types are usually sealed in plastic, and are most nutritious when the peel is eaten. The long English types are usually seedless, milder in flavor and easier to digest.

STORAGE: Store in the refrigerator crisper. Uncut waxed cucumbers will keep for about a week. Wrap cut cucumbers in plastic and use within a day or two.

SERVING SUGGESTIONS: We nearly always use cucumbers raw, but they are cooked in many cultures in a variety of ways such as baking, boiling, braising, sauteing, steaming, and in soups.

Besides your favorite cucumber recipes, try these easy ideas for something new:

East Indian Salad #1

- chopped cucumbers, tomatoes and onions
- spice with cumin, cayenne and lemon juice

East Indian Salad #2

- slice cucumbers
- mix with plain yogurt
- spice with cumin, garlic and pepper

Japanese Salad

- long, thin strips of cucumber (julienne)
- sprinkle with soy sauce, rice vinegar and sesame seeds

Quick, cold soup or Spanish "Gazpacho"

- start with tomato juice
- add chopped cucumbers, green peppers, green onion and garlic
- refrigerate

