

Fresh Food Handling Tips

Eat **soon**: sprouts*, coleslaw*

Eat **within a week** (or a bit longer): bananas, broccoli, leaf lettuce, green onions, celery

Can be **stored**: apples*, sweet potatoes, carrots

* grown locally



The Huron Good Food Box

April 2010



Newsletter

Payment Deadline Pickup Date

- May 7
- June 4
- \$15.00 each cash - NO cheques.
- We cannot cater to individual or dietary needs.
- Pickup times may vary. Please check with your site.
- Unclaimed orders will be donated to a local food bank or charity. We are unable to issue a credit for unclaimed orders.
- **Infoline: 519-482-3416 extension 2244**
- **Email: goodfood@huroncounty.ca**

- May 20
- June 17

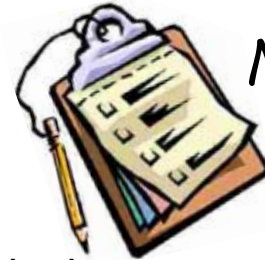
*Please bring
your own
boxes*

Payment Sites

Bayfield	Marla/Harry	519-565-5794
Blyth	Blyth Public Library	519-523-4400
Brussels	Cinnamon Jim's	519-887-8011
Clinton	Clinton Public Library	519-482-3673
	Huron County Health Unit	519-482-3416
	Huron County Social Services	519-482-8505
Exeter	Exeter Public Library	519-235-1890
Goderich	Goderich Public Library	519-524-9261
Howick	Grey Central Public School	519-887-6601
Hensall	Hensall Major Appliances & Mattress	519-262-2728
Seaforth	Sally's Closet	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Walton	BarmyTech, Dorothy	519-887-9393
Zurich	Zurich Public Library	519-236-4965

April Suppliers

Apple Park, Moore's Foodland, Devlaeminck Farm Market and "The Home Farm" with Carol Dougal and Kirk Iredale.



MENU CHECKLIST

Planning ahead helps you get the most out of every meal! Are your menus on track with tasty, good-for-you, and budget-wise foods?

Do they have:

- ✓ A variety of interesting flavours, colours, shapes (cubes, slices), textures (crunchy, smooth), and temperature (cooked, raw). Foods that are the least processed/prepared. e.g. rather than buying frozen pizza, make your own whole-wheat pita pizzas.
- ✓ Fresh vegetables and fruits in season and frozen or canned (drained) at other times. Include a dark-green vegetable (frozen peas, bok choy) and an orange vegetable (carrot, sweet potato) or fruit (canned peaches, cantaloupe).
- ✓ Whole-grain choices at least half the time: brown rice, barley, bulgur, oats, quinoa, couscous, pitas, cereals, pasta, tortillas, roti, wild rice, popcorn.
- ✓ Lower-fat milk (2% milk fat or less) or fortified soy beverage.
- ✓ Meat alternatives (beans, eggs, and tofu) and lean meats with fat trimmed and poultry with skin removed.
- ✓ Each week include at least two Food Guide servings (125ml or ½ cup or 75g) of fish (salmon, tuna, char, herring, sardines, trout).
- ✓ Enough food to meet the Canada's Food Guide recommendations.

Foods that offer little nutrition and mostly fat, sugar, and salt (sweet baked goods, chips, candy) are served seldom and only in small amounts.

See next page for more tips... →

— THANK YOU! —

A HUGE thank you goes out to Ms. Devlaeminck for all of her hard work and support for the Good Food Box over the years! She is retiring from farming soon - her coleslaw and cubed turnip will be greatly missed!

For tasty and healthy foods:

Daily Beverage Choices

~ Serve water often.

~ Each day, children and adults need 500 ml (2 cups) and youth (14-18 years of age) need 750 ml (3 cups) of milk or fortified soy beverage.

~ Adults can have up to six cups of tea or three cups of coffee a day to a limit of 300-400 mg of caffeine.

~ Limit daily juice to no more than 125 ml (1/2 cup) for children and 250 ml (1 cup) for adults. Serve vegetables and fruits more often than 100% juice!

~ Limit or avoid sweetened fruit drinks, punches, energy drinks and soft drinks.

Cooking Methods

~ Foods are flavoured with herbs, spices, onions, etc., and prepared with little or no added fat sugar or salt.

~ A small amount (30-45 ml or 2-3 tbsp per person) of unsaturated fat (canola, olive and soybean oils, salad dressing, soft margarine that is low in saturated fat and is trans fat-free, mayonnaise) is included each day.

~ Butter, lard and shortening are limited, and hard margarine with trans fat is not used.

~ Lower-fat cooking methods (baking, poaching, roasting, slow-cooking, broiling, grilling, steaming) are used most often.

Reprinted courtesy of EatRight Ontario at www.ontario.ca/eatright. Contact an EatRight Ontario registered dietitian for free nutrition advice at 1-877-510-510-2 or send questions to "Ask a Dietitian" online at www.ontario.ca/eatright.



Cajun Sweet Potato Fingers with Chili Mayonnaise

This spicy-sweet appetizer can be served with any flavoured mayonnaise. For a variation, try these potatoes as a side dish without the dip. Chili garlic sauce is available in the Asian section at your local grocery store.

Preparation Time: 10 Minutes

Baking Time: 30 to 35 Minutes

Servings: 24 to 36 "fingers"

- 3 small Ontario Sweet Potatoes (unpeeled)
- 15 ml (1 tbsp) Cajun seasoning
- 10 ml (2 tsp) lemon juice
- 5 ml (1 tsp) grainy or Dijon mustard

- 15 ml (1 tbsp) olive oil
- 125 ml (1/2 cup) low-fat mayonnaise
- 5 ml (1 tsp) chili garlic sauce or chili powder

Cut potatoes in half lengthwise; cut each half into 4 to 6 "fingers". Place in large bowl and toss with oil and Cajun seasoning to coat evenly. Bake on baking sheet in 400 F (200 C) oven for 30 to 35 minutes, turning once, or until tender and beginning to brown. Meanwhile, in small bowl, combine mayonnaise, lemon juice, chili sauce and mustard. Serve as dip for potato "fingers".

Source: www.foodlandontario.ca

Creamy Herb Dip

Use this delicious dip with some of your favourite vegetables: carrots, celery, peppers, cucumber, and broccoli. Serve with assorted crisp vegetables or crackers for dipping.

- 1 pkg (125 g) cream cheese, softened
- 15 ml (1 tbsp) finely-chopped green onion
- 5 ml (1 tsp) dried dill weed
- 175 ml (3/4 cup) yogurt or sour cream (low-fat)
- 15 ml (1 tbsp) finely-chopped parsley
- Pinch of seasoned salt

1. Beat cream cheese until smooth; gradually beat in yogurt or sour cream.
2. Stir in onion, parsley and dill.
3. Add seasoned salt to taste.
4. Chill at least 1 hour to blend flavours.

Source: *Healthy Living Partnership Middlesex-London* at www.healthylivinginfo.ca

Brittany's Broccoli Salad

- 1 head of broccoli
- 8 slices of bacon
- 1 red onion
- 240 ml (1 cup) raisins or dried cranberries
- 125 ml (1/2 cup) sunflower seeds

Dressing –

- 125 ml (1/2 cup) mayo-type dressing
- 15 ml (1 tbsp) honey
- 15 ml (1 tbsp) cider vinegar

1. Cook bacon until crisp, allow to cool and then cut into small pieces.
2. Cut raw broccoli into small flowerets and put into a bowl.
3. Add sliced red onion, raisins or dried cranberries, sunflower seeds, crumbled bacon.
4. Mix dressing and let set in the refrigerator.
5. Pour dressing and toss salad just before serving.

Source: *Brittany Fry, Good Food Box Coordinator*

This document is also available in alternate formats upon request.