

## Fresh Food Handling Tips

**Eat within a week:** bananas, tomatoes, celery, cucumber

**Can be stored:** potatoes\*, squash\*, onions\*, apples\*, herbs\* and carrots

\*December items that were grown locally.

## Payment Deadline Pickup Date

- January 7, 2011
- February 4, 2011
- \$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](mailto:goodfood@huroncounty.ca)
- Website: [www.huroncounty.ca/health/food/gfb.php](http://www.huroncounty.ca/health/food/gfb.php)

## Payment Sites

|                   |                                     |              |
|-------------------|-------------------------------------|--------------|
| <b>Bayfield</b>   | Nancy Scotchmer                     | 519-565-2596 |
| <b>Blyth</b>      | Blyth Public Library                | 519-523-4400 |
| <b>Brussels</b>   | Cinnamon Jim's                      | 519-887-8011 |
| <b>Clinton</b>    | Clinton Public Library              | 519-482-3673 |
|                   | Huron County Health Unit            | 519-482-3416 |
|                   | Huron County Social Services        | 519-482-8505 |
| <b>Exeter</b>     | Exeter Public Library               | 519-235-1890 |
| <b>Ethel</b>      | Grey Central Public School          | 519-887-6601 |
| <b>Goderich</b>   | Goderich Public Library             | 519-524-9261 |
| <b>Grand Bend</b> | Community Health Centre             | 519-238-1556 |
| <b>Hensall</b>    | Hensall Major Appliances & Mattress | 519-262-2728 |
| <b>Seaforth</b>   | Sally's Closet                      | 519-527-0550 |
| <b>Wingham</b>    | Wingham Public Library              | 519-357-3312 |
| <b>Walton</b>     | BarmyTech, Dorothy                  | 519-887-9393 |
| <b>Zurich</b>     | Zurich Public Library               | 519-236-4965 |

## December Suppliers

Noah Stutzman, Elmer Brubacher, Apple Park and Moore's Foodland.



The Huron Good Food Box

December 2010

# Newsletter



## Top 5 nutrition resolutions for the New Year

Is eating better and exercising more your New Year's resolution? Here are five sensible healthy eating goals that can help you make this year your healthiest one yet.

### Resolution #1:

**Eat more fish** Eat two servings of fish every week (that's about 1 cup). Fish is an excellent source of protein, low in saturated fat and a source of omega-3 fatty acids. Omega-3 fatty acids help keep your heart healthy.

**How?** 1) Wrap halibut in parchment paper along with vegetables and herbs and bake in the oven. The fish will pick up the flavours from the veggies and will be moist and tender.

2) Mix a can of salmon with an egg and breadcrumbs to make mini patties, and serve with low fat sour cream or yogurt and dill dip.

3) Play around with different flavours. Try lemon, garlic, dill, orange-ginger, teriyaki or soy sauce.

### Resolution #2:

**Make vegetables and fruit part of every meal** Choose one dark green and one orange vegetable each day. Dark green vegetables are rich sources of folate which keeps your heart healthy. Orange vegetables and fruit are high in beta-carotene, which helps protect you from infection and is important for night vision.

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**How?** 1) For breakfast: Make a tropical smoothie with frozen mango, papaya and melon with orange juice and yogurt.

2) For lunch: Have a salad with a dark leafy green like spinach or arugula, or a soup with Swiss chard or kale.

3) For dinner: Add broccoli or Brussels sprouts to pastas and stir fries. Switch up sweet potato for mashed or roasted potatoes. Make a soup with butternut or acorn squash. Check out [www.hereonfood.ca](http://www.hereonfood.ca) for recipe ideas!

### Resolution #3:

**Choose water and milk over pop and fruit drinks**

Satisfy your thirst with water and choose lower fat milk products or fortified soy beverages everyday. Pop, sports drinks, energy drinks and fruit drinks contain lots of calories but are low in nutrients.

**How?** 1) Drink water before, during and after being active so you stay hydrated. While sports drinks are useful for some types of activity, energy drinks are not appropriate.

2) Sip water throughout the day when you feel thirsty. We often mistake hunger for thirst, so keep a glass of water nearby while you work.

3) Chocolate milk makes a great afternoon snack or nutritious dessert.

## Resolution #4: Experiment with whole grains

Make at least half of your breads and cereals whole grain. Whole grains are higher in fibre and have more vitamins, minerals and phytochemicals than refined grains. And even though white flour and white bread are often fortified with nutrients, whole grains have more benefits for your health. The fibre in whole grains can also help you feel full.

### How?

- 1) Once a week make a pot of oatmeal either in the slow cooker or on the stove. Reheat a breakfast sized portion each morning and top with nuts, fruit and cinnamon.
- 2) Look for bread that says "100% whole grain" on the ingredient panel. Fill sandwiches with healthy fillings like nut butters, lean meats and lots of veggies.
- 3) Try experimenting with a new grain every week like quinoa, barley or buckwheat. Use in soups, rice dishes or salads.

## Resolution #5: Go vegetarian at least once a week

Have meat alternatives more often. Beans, lentils, tofu, nuts and seeds are high protein, inexpensive alternatives to meat and poultry. Beans and lentils are sources of fibre and folate. Nuts and seeds are also healthy vegetarian foods and provide heart healthy unsaturated fats.

### How?

- 1) Add chick peas, kidney beans or black beans to salad and soups.
- 2) Try a tofu stir fry. Sauté tofu with loads of vegetables and add a whole grain like brown rice or quinoa. Top with walnuts or sesame seeds.
- 3) Experiment with new protein sources such as tempeh, edamame beans, almond butter and red lentils.

Adapted courtesy of EatRight Ontario at [www.ontario.ca/eatright](http://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](http://www.ontario.ca/eatright).

## VEGETABLE QUINOA SALAD

Prep Time: 15 minutes

Cook Time: 10-20 mins

Serves 10

Quinoa (pronounced keen-wa) is an ancient grain from South America that is considered a complete protein. It can be used in any recipe in which you would use rice, and can be served hot or cold. It is easy to cook.

|                 |   |
|-----------------|---|
| 250 ml (1 cup)  | quinoa, rinsed, drained                           |
| 500 ml (2 cups) | cold water  |
| 2               | tomatoes, chopped                                 |
| 2               | large springs of parsley leaves, chopped          |
| ¼               | cucumber, chopped                                 |
| 75 ml (1/3 cup) | red, green, yellow or mixed bell peppers, chopped |

### Vinaigrette:

|                |                              |
|----------------|------------------------------|
| 45 ml (3 tbsp) | extra-virgin olive oil       |
| 30 ml (2 tbsp) | freshly squeezed lemon juice |
| 7 ml (1 ½ tsp) | hot pepper flakes (optional) |
| 2 ml (1/2 tsp) | freshly ground black pepper  |
| 2 ml (1/2 tsp) | dried lavender flowers       |

In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.

Meanwhile, in a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.

Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), pepper and lavender (if using). Pour vinaigrette over salad and toss to coat.

Source: Recipe reprinted with permission of Dietitians of Canada from *Simply Great Food*, published by Robert Rose Inc, 2007  
<http://www.dietitians.ca/eatwell>

## MINISTRONE SOUP

Serves: 4

This is a great soup to make at the end of the week when you have a lot of produce to use up. Any fresh seasonal vegetables can be used in this recipe. This soup freezes well and makes for a great leftover for lunch. Serve with a crusty whole grain bun.

|                     |                              |
|---------------------|------------------------------|
| 15 ml (1 tbsp)      | olive oil                    |
| 250 ml (1 cup)      | onion, diced                 |
| 250 ml (1 cup)      | carrot, diced                |
| 250 ml (1 cup)      | celery, diced                |
| 2                   | cloves of garlic, chopped    |
| 125 ml (1/2 cup)    | fresh parsley, chopped       |
| 1 L (4 cups)        | sodium reduced chicken stock |
| 500 ml (2 cups)     | water                        |
| 1 can 540 ml (19oz) | navy beans, drained, rinsed  |
| 250 ml (1 cup)      | potato, peeled and diced     |
| 250 ml (1 cup)      | zucchini, diced              |
| 250 ml (1 cup)      | Savoy cabbage, shredded      |
| 500 ml (2 cups)     | fresh plum tomatoes, diced   |
| 1                   | bay leaf                     |
| 5 ml (1 tsp)        | dried basil                  |
| 5 ml (1 tsp)        | dried oregano                |
| 2 ml (½ tsp)        | dried thyme                  |
|                     | pepper to taste              |

Heat oil in a large pot over medium heat. Add onion, carrot and celery and sautee without browning for about 10 minutes.

Add the rest of the ingredients, except the cheese, and simmer on medium heat for 30 minutes.

Source: [www.heartandstroke.on.ca](http://www.heartandstroke.on.ca)

