

## Fresh Food Tips (\*grown locally)

- Eat **soon**: coleslaw\*, bananas  
Eat **within a week**: cucumber, broccoli, tomatoes, cubed  
turnip\*, eggplant (or a bit longer)  
Can be **stored**: apples\*, potatoes\*, onions\*, carrots

## Payment Deadline Pickup Date

- February 5
- March 5
- April 2
- \$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 2512**
- **Email: goodfood@huroncounty.ca**

**Please bring  
your own  
boxes**

## Payment Sites

<b>Bayfield</b>	Marla/Harry	519-565-5794
<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>Goderich</b>	Goderich Public Library	519-524-9261
<b>Grey Central Public School</b>	Jennifer	519-887-6601
<b>Hensall</b>	<b>Looking for a volunteer!</b>	519-482-3416
<b>Seaforth</b>	Sally's Closet	519-527-0550
<b>Wingham</b>	Wingham Public Library	519-357-3312
<b>Walton</b>	BarmyTech, <i>Dorothy</i>	519-887-9393
<b>Zurich</b>	Zurich Public Library	519-236-4965

**October Suppliers:** Apple Park, Moore's Foodland  
Devlaeminck Farm Market, Noah Stutzman



The Huron Good Food Box

January 2010

# Newsletter



## Eating Healthy – A Family Affair

Now that the holiday season is over, it's time to get the whole family back on track! Here are easy tips to get your family eating healthy again.

**Cook as a family** – Assign jobs in the kitchen to every family member. Teach your children about where their food comes from and how to cook with it. Don't forget to clean-up as a family too!

**Let's eat!** – Together. When you eat with your family, it's easier to establish and maintain healthy eating patterns for all family members. If your family has a hectic schedule, dedicate at least one night a week to sitting at the table and eating together.

**Colour the rainbow** – When planning your family meals, it's important to think about healthy food portions from all four food groups. It's also good to consider the colour of your foods. Colour your plate with a variety of colourful foods to make sure your family is getting all the nutrients they need.

**Try it!** – Getting kids to eat their veggies can sometimes be a daunting task. Get the whole

family involved in finding new recipes everyone will enjoy. Discuss specific ingredients that need to be included in the recipe. You might find a new family favourite!

**Double the fun** – You're already in the kitchen, so why not make more food less often? Put leftovers in the freezer for your craziest night of the week. If your family is always on the go, make foods that can be put into a slow cooker and kept warm until each family member has the chance to eat the nutritious meal.

**Snacks 'R' Us** – We're all more likely to grab what's easy and convenient when we're hungry or bored. Stock your cupboards and fridge with handy, healthy snacks like fresh cut veggies and fruit. Avoid buying junk food – and if you must, keep it out of sight!

**Don't skip meals** – Eating breakfast, lunch and dinner can prevent the mid-day and late night munchies. In addition to the stock pile you've got at home, you should also keep healthy snacks in your purse, at your desk and in your car for family members who might need a boost between meals. This will help you avoid the French fries and chips at the arena!

**Check the guide** – Get your family thinking about they eat. Help your

kids count and compare their daily food intakes with Canada's Food Guide. Make sure to keep track of your daily intake too!

Living a healthy lifestyle is about more than just eating healthy foods. After dinner, take a walk or play in the snow as a family. Spending time with loved ones is also nourishing for your heart!

For more information on healthy eating and nutrition call EatRight Ontario toll-free at 1-877-510-510-2 to speak to a registered dietitian or visit the website at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).

*Adapted from: Healthy Living Partnership Middlesex-London at [www.healthylivinginfo.ca/nutrition\\_eat\\_well.php?Healthy-Eating-for-Families-4](http://www.healthylivinginfo.ca/nutrition_eat_well.php?Healthy-Eating-for-Families-4)*



## Breakfast

### Couscous Breakfast Cereal

Traditionally served as a side dish, this pasta is great to try for breakfast, warm or cold. With an added dollop of yogurt on top, this will become your favourite on-the-run breakfast.

375 ml (1½ cups) 1% milk  
125 ml (½ cup) chopped apple  
75 ml (1/3 cup) dried apricots  
60 ml (¼ cup) dried cranberries or chopped, pitched prunes  
2 ml (½ tsp) cinnamon or nutmeg  
175 ml (¾ cup) whole-wheat couscous

In a saucepan, combine milk, apple, apricots, cranberries and cinnamon and bring to a gentle boil. Stir in the couscous and remove from heat.

Cover and let stand for 5 minutes or until couscous is tender and milk is absorbed. Fluff with a fork and serve with fresh fruit and yoghurt if desired.

Serves 3

*Source: Heart & Stroke Foundation*

## Lunch

### Oriental Coleslaw with Broccoli

If you think coleslaw is old hat, try this sensational variation!

Preparation Time: 15 minutes Cooking Time: 1 minute

Serving: 6

1.5 L (6 cups) coarsely chopped Chinese (Nappa) cabbage or green cabbage  
500 ml (2 cups) coarsely chopped Ontario broccoli  
250 ml (1 cup) grated Ontario carrots, chopped  
60 ml (¼ cup) chopped fresh coriander  
60 ml (¼ cup) chopped chives or green onions  
60 ml (¼ cup) rice vinegar or lemon juice  
30 ml (2 tbsp) granulated sugar  
30 ml (2 tbsp) low sodium soy sauce

30 ml (2 tbsp) vegetable oil  
15 ml (1 tbsp) Asian sesame oil  
1 clove garlic, minced  
15 ml (1 tbsp) chopped fresh gingerroot  
Salt (optional) and pepper to taste

Combine cabbage, broccoli and carrots. Cover with boiling water and allow to rest 1 minute. Drain, rinse with cold water, drain well again. Add coriander and chives. Whisk together vinegar, sugar, soy sauce, vegetable and sesame oils, garlic and ginger, toss with vegetables. Taste and add salt and pepper if necessary.

*Source: Foodland Ontario at [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)*

## Dinner

### Pasta with Eggplant Sauce

1 medium eggplant  
1 medium onion, chopped  
1 can (720 ml or 28oz) Italian-style tomatoes, cut up (look for low sodium canned foods)  
1 can (6oz or 175 ml) Italian-style tomato paste  
1 can (4oz or 125 ml) sliced mushrooms, drained  
2 cloves garlic, minced  
60 ml (¼ cup) dry red wine  
60 ml (¼ cup) water  
2 ml (½ tsp) dried oregano, crushed  
125 ml (½ cup) pitted kalamata olives or pitted ripe olives, sliced  
30 ml (2 tbsp) snipped fresh parsley

1 L (4 cups) hot cooked penne pasta  
75 ml (1/3 cup) grated or shredded Parmesan cheese  
30 ml (2 tbsp) toasted pine nuts (optional)

Peel eggplant, if desired; cut eggplant into 1-inch cubes. Combine eggplant, onion, undrained tomatoes, tomato paste, mushrooms, garlic, wine, water and oregano into a slow cooker.

Cover and cook on low-heat setting for 7 to 8 hours or on high-heat setting for 3½ to 4 hours. Stir in olives and parsley. Season to taste with salt and pepper. Serve over pasta with Parmesan cheese. Garnish with toasted pine nuts.

*Healthy Living Partnership Middlesex-London at [www.healthylivinginfo.ca](http://www.healthylivinginfo.ca)*