

Fresh Food Handling Tips

Eat **soon**: bananas, spinach/lettuce mix*,

Eat **within a week** (or a bit longer): celery, cucumbers, green onions*, rhubarb*, asparagus*

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

* May items that were grown locally



The Huron Good Food Box

May 2010

Newsletter



Payment Deadline Pickup Date

- June 4
- July 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 2244**
- **Email: goodfood@huroncounty.ca**

- June 17
- July 15

*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

May Suppliers

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



DON'T BE FOOLED BY FADS!

There are so many different fad diets these days; it is no wonder people don't know what to believe. That's a real concern because food and nutrition information that is wrong can be harmful to your health. Here are some simple ways you can tell fact from fiction and avoid the latest diet 'craze'.

CONSIDER THE CLAIM

- Watch for exaggerated claims and promises of quick weight loss. Safe weight loss is no more than 1 kg (2 pounds) each week.
- If it sounds too good to be true – it probably is. If fad diets worked long term, our society would not have a weight problem. Look at the science.
- Don't follow nutrition advice that's based on personal stories or testimonials that aren't backed by sound science. Look for references to independent research.
- Stay away from advice designed to sell products, specialty foods, or supplements.
- Stay away from diets that provide lists of 'good' and 'bad' foods.

- Stay away from diets that cut out whole groups of foods such as carbohydrates.

THINK BALANCE

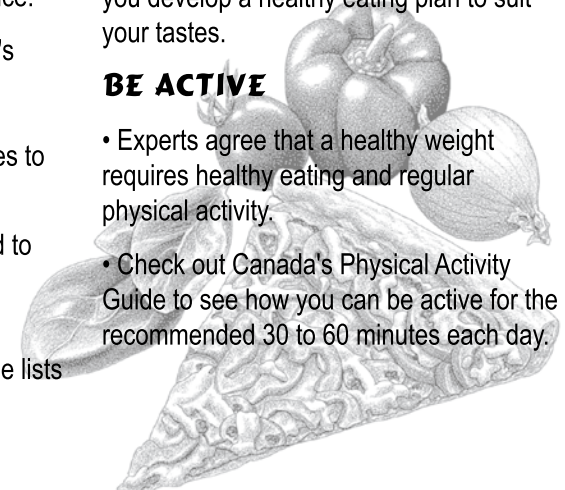
- While you may lose weight initially on a fad diet, the chances of you sticking to the diet and keeping the weight off are slim.
- Remember, the best way to get and keep a healthy body is healthy eating and regular physical activity.

EAT WELL

- Eating Well with Canada's Food Guide can help you make wise food choices every day.
- Use the My Food Guide feature to help you develop a healthy eating plan to suit your tastes.

BE ACTIVE

- Experts agree that a healthy weight requires healthy eating and regular physical activity.
- Check out Canada's Physical Activity Guide to see how you can be active for the recommended 30 to 60 minutes each day.



ASK A REGISTERED DIETITIAN

- When in doubt, turn to the nutrition experts.

Call or email an EatRight Ontario registered dietitian to get answers to your questions about diet and health.

- Use their website at www.ontario.ca/eatright
- Track your food and activity choices and see how healthy they are with the EATracker developed by Dietitians of Canada.
- Find a registered dietitian in your area.

Adapted 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.

ASPARAGUS & CHICKEN PASTA SALAD WITH ZESTY DRESSING

Use hot or mild salsa for the preferred "heat" level when dressing this main course salad. Serve it hot, cold or at room temperature for busy night family dinners or as part of a buffet meal. Brown-bag any leftovers for office or school lunches.

- 175 g (6 oz) dried penne pasta
- 2 cloves minced garlic
- Salt and pepper
- 500 g (1 lb) asparagus, trimmed and cut in 2.5 cm (1-inch) pieces
- 375 g (12 oz) boneless skinless chicken, cut in 2.5 cm (1-inch) pieces
- 1 large portobello mushroom cut in 2.5 cm (1-inch) chunks
- 25 ml (2 tbsp) each olive oil and red wine vinegar
- 125 ml (1/2 cup) salsa
- 25 ml (2 tbsp) chopped fresh parsley

In large saucepan with at least 3 L (12 cups) of boiling salted water, cook penne for 5 minutes. Add garlic, asparagus, chicken and mushroom; return to slow boil. Reduce heat and simmer gently for 5 minutes or until penne and asparagus are just tender. Drain.

Add oil and vinegar; toss well to coat. Add salsa and parsley; toss gently. Season with salt and pepper to taste. **Cook Time:** 10 mins **Servings:** 4

Source: www.foodlandontario.ca

RHUBARB GRANOLA MUFFINS

Granola gives a crunchy topping and boost of soluble fibre to these lightly spiced muffins. The rhubarb keeps them moist for several days and they freeze well.

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| 425 ml (1-3/4 cups) all-purpose flour | 1 ml (1/4 tsp) nutmeg |
| 425 ml (1-3/4 cups) honey almond granola (without raisins) | 2 eggs |
| 175 ml (3/4 cup) granulated sugar | 175 ml (3/4 cup) 2% milk |
| 10 ml 2 tsp baking powder | 75 ml (1/3 cup) sunflower or canola oil |
| 10 ml (2 tsp) cinnamon | 5 ml (1 tsp) vanilla |
| 2 ml (1/2 tsp) salt | 500 ml (2 cups) chopped (1/2-inch/1cm pieces) rhubarb or apples |

In medium bowl, mix together flour, 300 mL (1-1/4 cups) of the granola, sugar, baking powder, cinnamon, salt and nutmeg, breaking up any lumps in granola. In large bowl, beat eggs; whisk in milk, oil and vanilla; stir in dry ingredients until almost combined. Stir in rhubarb.

Spoon into well-greased large muffin tins. Sprinkle remaining 125 ml (1/2 cup) granola over batter; press lightly on top. Bake in 375 F (190 C) oven for 15 to 18 minutes or until tester comes out clean. **Cook Time:** 15 to 18 Mins **Servings:** 12 muffins

Source: www.foodlandontario.ca

STRAWBERRY SPINACH SALAD

- | | |
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| 1.35 L (6 cups) baby spinach, rinsed and dried | 45 ml (3 tbsp) extra-virgin olive-oil, cold-pressed |
| 500 ml (2 cups) strawberries, sliced | 45 ml (3 tbsp) apple cider vinegar |
| 60 ml (1/4 cup) light feta cheese, crumbled | 30 ml (2 tbsp) honey |
| | 15 ml (1 tbsp) Worcestershire sauce |
| | 10 ml (2 tsp) poppy seeds |

Toss spinach and strawberries together.

In a separate small bowl, whisk together olive oil, vinegar, honey, Worcestershire sauce and poppy seeds. Pour onto salad. Toss gently. **Makes 6 servings.** Garnish with feta. Serve & enjoy!

Tip: If fresh strawberries are not available, substitute sliced kiwi (or blueberries).

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

This document is also available in alternate formats upon request.