

Fresh Food Handling Tips

Eat soon: fresh sage

Eat within a week: tomatoes, swiss chard, leeks, peppers, radishes

Can be stored: apples, potatoes, squash, onions, cabbage

*September items that were grown locally.

Payment Deadline Pickup Date

- October 1
- November 5
- \$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**
- **Website: www.huroncounty.ca/health/food/gfb.php**

*Please bring
your own
boxes*

Payment Sites

Bayfield	Nancy Scotchmer	519-565-2596
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
Ethel	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

September Suppliers

Noah Stutzman, Miller Sisters, Apple Park & Elmer Brubacher



The Huron Good Food Box

September 2010

Newsletter



Lunches that Make the Grade

Children need nutritious lunches that fuel their active growing bodies as well as their minds. Many children would get a failing grade when it comes to eating habits. The research shows:

- 1/5 of children's calories come from "empty calories." That's food and drinks with little or no nutrients such as pop, candy, chips and fruit drinks.
- 1/3 of children 4-8 years of age don't get enough milk products.
- 7 out of 10 children aged 4-8 don't eat enough vegetables and fruit.

A+

Yikes! But we can pull up those grades.

PACKING LUNCH MADE EASY

Start by adding some nutrition to those lunches with simple, quick ideas! These tips will actually save time and make packing lunches easier and healthier.

- Get organized: Store the "lunch stuff" in one spot: thermos, lunch bags, water bottles, reusable containers, napkins and straws.
- Cook ahead: Double up on dinners. Use leftovers for lunches; if the kids can use a microwave at school, freeze some for lunches.
- Reinvent leftovers: Think leftover rice in: fried rice, tomato rice soup, rice and bean burritos or rice pudding.

• Buy ready-to-eat vegetables (baby spinach, baby carrots, green beans, and coleslaw mix), canned beans, frozen fruits and vegetables, fruit cups/cans, milk puddings, boneless skinless chicken on sale.

• Make lunches the night before: Getting kids out the door is enough work. Making lunches the night before makes for a sane (or semi-sane) morning!

• Involve your children. They can wash a fruit, wrap a sandwich, clean out a lunch bag and brainstorm lunch ideas. You may find less food comes home.

• Steal ideas! Share lunch tips and tricks with friends and family.

Packing a Nutritious School Lunch

For an A+ lunch follow Canada's Food Guide.

- Grain products: Choose whole grains.
- Vegetables and fruit: Pick fresh in season vegetables and fruits and frozen or canned at other times of the year. All vegetables and fruits are healthy choices.
- Milk and alternatives: Choose 2% M.F. or less whenever possible. White or chocolate milk, fortified soy beverages, cheese, yogurt, yogurt drinks and tubes.
- Meat and alternatives: Remove visible fat from lean meats and the skin from poultry before cooking. Limit breaded meats and fish that can be higher in sodium (salt) and fat.
Try turkey, ham, pastrami and roast beef deli meats, all types of beans, chickpeas, lentils, hummus, refried beans, tofu, soy products, and eggs.

Vegetables Fruit Grains Milk Meat

Packing An Interesting Lunch

- Make it colourful! Try a pickle for the sandwich top or lettuce leaves with sliced orange peppers and a plum.
- Vary the texture. Think crunchy carrots, velvety butterscotch pudding, chewy dried mango and juicy peaches or cantaloupe.
- Ask your child. It matters if your child thinks lunch is interesting.
- Send hot and cold lunches. Comforting stew in a thermos one day and a wrap the next.
- Mix up the drinks. Milk, yogurt drinks, water, 100% fruit juices.
- Try something new. Once a week add one new food or drink to lunch. A new fruit. A different type of cheese. A new 100% juice other than orange or apple.
- Weekly treats. Serve the healthier choices more often but make room for the occasional treat! Keep the portion kiddie-sized. Try homemade cookies, bars and cereal squares, few corn chips with salsa for dipping, handful of pretzels to go with a sandwich, chocolate chips and raisins mixed together. Other surprises include: comics, riddles, colourful napkin, and a silly short poem by you of course!

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.

Quick and Easy Stuffed Peppers

- 2 large red bell peppers, halved and seeded
- 250 ml (8 ounce) can stewed tomatoes, with liquid
- 75 ml (1/3 cup) quick-cooking brown rice
- 25 ml (2 tbsp) hot water
- 2 green onions, thinly sliced
- 125ml (1/2 cup) frozen corn kernels, thawed and drained
- 225 ml (1/2 a 15 ounce can) kidney beans, drained and rinsed
- 60 ml (1/4 tsp) crushed red pepper flakes
- 125 ml (1/2 cup) shredded mozzarella cheese
- 15 ml (1 tbsp) grated Parmesan cheese

1. Arrange pepper halves in a 9 inch square glass baking dish. Cover dish with plastic wrap. Poke a few holes in the plastic wrap for vents, heat 4 minutes in the microwave, or until tender.
2. In a medium bowl, mix tomatoes and their liquid, rice, and water. Cover with plastic, and cook in the microwave for 4 minutes, or until rice is cooked.
3. Stir green onions, corn, kidney beans, and red pepper flakes into the tomato mixture. Heat in the microwave for 3 minutes, or until heated through.
4. Spoon hot tomato mixture evenly into pepper halves, and cover with plastic wrap. Poke a few holes in the plastic to vent steam, and heat in the microwave 4 minutes. Remove plastic, sprinkle with mozzarella cheese and Parmesan cheese, and allow to stand 1 to 2 minutes before serving. Makes 4 servings

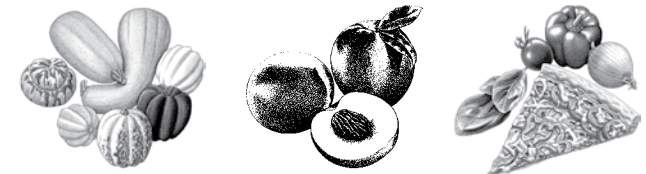
Source: www.allrecipes.com

Winter Slaw

- 125 ml (1/2 cup) cider vinegar
- 60 ml (1/4 cup) granulated sugar
- 60 ml (1/4 cup) vegetable oil
- 1 clove minced garlic
- 5 ml (1 tsp) dried dillweed
- 5 ml (1 tsp) dry mustard
- 2 ml (1/2 tsp) salt and pepper
- 2 L (8 cups) shredded cabbage
- 500 ml (2 cups) shredded rutabaga
- 1 whole dice onion
- 1 whole diced sweet red pepper
- 60 ml (1/4 cup) chopped fresh parsley

1. In a glass measure, combine cider vinegar, granulated sugar, vegetable oil, garlic minced, dried dillweed, dry mustard, salt and a pinch of pepper. Microwave, uncovered, at high 1-1/2 minutes or until hot (do not boil). Stir to dissolve sugar.
2. In large bowl, combine shredded cabbage, shredded rutabaga, onion diced, sweet red pepper diced, and parsley. Pour dressing over, and toss well; cover and refrigerate a few hours. Will keep a few days in refrigerator. Makes 8 to 10 servings

Source: www.eatrightontario.ca



Ontario Squash Dip

It's the perfect season for the perfect Ontario dip. Serve with pita toast or your favourite dipping bread.

- 500ml (2 cups) mashed cooked Ontario squash
- 540 ml (19 ounces or 1 can) chickpeas, drained and rinsed
- 75 ml (1/3 cup) fresh lemon juice
- 30 ml (2 tbsp) olive oil
- 5 ml (1 tsp) ground cumin
- 2 ml (1/2 tsp) salt and pepper
- 1 ml (1/4 tsp) cayenne

Place all ingredients in a food processor or blender. Process until very smooth. Garnish with fresh coriander sprigs.

Source: www.eatrightontario.ca

