

Fresh Food Handling Tips

* Grown locally

Eat within a week: sprouts*, leaf lettuce, tomatoes*, peppers*, turnip*,
bananas, celery, cucumber

Can be stored: potatoes*, apples*, carrots



Huron Good Food Box

April 2011



Newsletter

Payment Deadline

Pickup Date

🍏 May 6, 2011

🍏 May 19, 2011

🍏 June 3, 2011

🍏 June 16, 2011

🍏 \$15 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
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
Ethel	Grey Central Public School	519-887-6601
Goderich	Goderich Public Library	519-524-9261
Grand Bend	Community Health Centre	519-238-1556
Hensall	Hensall Major Appliances and Mattress	519-262-2728
Seaforth	Sally's Closet	519-527-0550
Wingham	Wingham Public Library	519-357-3312
Zurich	Zurich Public Library	519-236-4965

April Suppliers: Levi Yoder, Devlaeminck Farm Market, Apple Park, Huron Produce, "The Home Farm" with Carol Dougall and Kirk Iredale, and Moore's Foodland



LIFESTYLE TIPS *For Cancer Prevention*

Did you know that up to 40% of cancers can be prevented by making healthy lifestyle changes and following prevention and screening guidelines? Rely on these 30 tips - one each day - and make healthy choices to help reduce your cancer risk.

- 1. Maintain a healthy body weight.**
Being overweight may increase your risk of developing cancer.
- 2. Make healthy choices** based on Canada's Food Guide. Find out more by calling EatRight Ontario
- 3. Be active.** Whether you walk with friends or sign up for a yoga class, set a fitness goal today. Aim to be active for about 30 minutes most days of the week. If you're new to activity, speak to your doctor before getting started.
- 4. Don't miss your regular check-up** with your doctor. Follow the guidelines for cancer screening based on your age and gender.
- 5. Try a new vegetable today.** Opt for antioxidant-rich broccoli, kale or carrots.
- 6. Switch to whole grains.** Instead of white rice, choose brown rice for dinner tonight. Or, go for whole wheat pasta, barley, buckwheat or quinoa.
- 7. Reduce your salt intake.** Cut back on processed foods such as deli meat, canned goods, soup, sauces and frozen entrees.
- 8. Talk to your doctor, Registered Dietitian or pharmacist** before taking supplements. **High dose supplements may increase cancer risk** in some cases. Don't buy anything until you know what may help or harm your health.
- 9. Choose chicken or fish for dinner.** Too much red meat (more than 500 g/week) is associated with an increased cancer risk.
- 10. Follow a lower fat diet.** Limit high fat convenience foods and choose lower fat cooking methods such as baking, broiling and poaching.
- 11. Fill your grocery cart with healthy choices** based on Canada's Food Guide. Eliminate junk food, fatty snacks and sugary drinks.
- 12. Take steps today to quit smoking** and reduce cancer risk.

13. **Buy whole grain bread.** Check the ingredient list and choose one where the first words are “whole grain” instead of ‘enriched white flour’.
14. **Limit sedentary activity such as watching television.** Get up and dance, garden, walk, swim or jog. If you’re new to activity, speak to your doctor before getting started.
15. **Avoid buying processed, salted or cured meats** such as sausages, bacon, hotdogs and deli meats. When you’re grocery shopping choose at least one of these instead: fresh lean meat, fish, skinless poultry or legumes.
16. **Keep track of your vegetable and fruit intake today.** Count each 1/2 cup (125 mL) as one serving and try to get 7-10 servings everyday.
17. **Be charitable.** Consider health for your body, mind and soul. Donate your time, resources or money to a cancer charity in your area.
18. **Have sparkling water instead of an alcohol-based drink.** If you choose to drink alcohol, have no more than one (for women) or two (for men) drinks daily.
19. **Know your body.** Talk about any unusual body changes with your doctor. Many cancers can be treated if they are noticed early.
20. **Start eating whole grains and/or legumes with every meal.** Try hummus and whole wheat pita, red beans with brown rice, or a whole grain bagel with peanut butter.
21. If you are over age 50, **take 400 IU of vitamin D each day.**
22. **For healthy eating, divide your dinner plate:** 1/4 with protein from fish, legumes, lean meat or skinless poultry; 1/4 with whole grains; 1/2 with a rainbow of vegetables.
23. **Go meatless at least once a week.** Swap tonight’s steak or pork chop for vegetarian chilli, vegetarian stir-fry, or black bean burritos instead.
24. **Carry fruit in your purse, bag or briefcase.** When you have a snack attack, that apple will taste divine.
25. **Cut back on sugary foods** like candy and pastry. Eating lots of these foods provides more calories than you need, making it easy to put on weight and increase your cancer risk.
26. Tight on time to prepare tonight’s dinner? **Don’t skip your veggies.** Use frozen or pre-cut veggies for a simple stir-fry.
27. **Marinate your meat before you barbeque.** This cuts down on the cancer-causing char marks. Then grill at low temperatures and turn your meat often.
28. **Choose water when you’re thirsty.** Reduce intake of sweet drinks such as pop, iced tea and sweetened fruit juice.

29. **Cook from scratch.** Bring your lunch with you today and cook dinner at home. You can control the ingredients, portion size and amount of sodium.
30. **Wait 20 minutes until you serve yourself a second helping** – that’s how long it takes your brain to get the message that your stomach is full.

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.

SWEET AND SAVOURY CARROTS & ONIONS

750 g (1-1/2 lbs) Ontario carrots, peeled and diagonally sliced thinly
 25 ml (2 tbsp) butter | 2 ml (1/2 tsp) dried thyme
 1 Ontario onion, chopped | a pinch of salt and pepper

In saucepan, cover carrots with water. Lightly salt. Cover and bring to a boil, reduce heat and cook 5 to 8 minutes until tender crisp. Drain well and plunge in ice water to blanch. (You can make this ahead to this point, cover and refrigerate carrots).

Before serving, in large skillet over medium heat, melt butter. Add onion and cook until tender, about 5 minutes. Add carrots and cook until heated through, 3 to 6 minutes.

Source: Foodland Ontario

LIGHTLY ROASTED ONTARIO TRI-PEPPER SALAD

2 each red, yellow and orange Ontario peppers
 45 ml (3 tbsp) extra virgin olive oil
 15 ml (1 tbsp) balsamic or red wine vinegar
 1 clove garlic, minced
 Salt and pepper
 75 ml (1/3 cup) crumbled goat cheese or Parmesan cheese
 50 ml (1/4 cup) torn fresh basil leaves

Cut each pepper into quarters, discarding seeds and stems. Place on a barbecue grill over medium heat. Grill until softened and just lightly charred, 15 to 20 minutes, turning as needed.

Whisk together oil, vinegar, garlic, salt and pepper to taste. Slice peppers into strips and toss with dressing in a large bowl. Place on serving plate, sprinkle with crumbled goat cheese and basil. *Source: Foodland Ontario*

**Forget your GFB again? Would you like a reminder email?
 Email events@huroncounty.ca to be added to our reminder list!**