

## Fresh Food Handling Tips

**Eat within a week:** cabbage\*, radishes, oranges, broccoli, cantaloupe, leaf lettuce

**Can be stored:** potatoes\*, onions\*, apples\*, herbs\*

\*January items that were grown locally.



The Huron Good Food Box

January 2011

# Newsletter



## Payment Deadline Pickup Date

- February 4, 2011
- March 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)**

*Please bring  
your own  
boxes*

## 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

## January Suppliers

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



## Don't hibernate, participate!

Winter provides a wonderful opportunity to get active and discover the great outdoors...or the great indoors if the cold isn't your cup of hot chocolate!

Although Canadians tend to be less active in the winter, that might change if they knew physical activity actually makes it easier to fight colds and the flu. Being active can also help combat depression, including Seasonal Affective Disorder (SAD), a form of depression that some people live with, caused by lack of exposure to sunlight during the shorter winter days. And if that isn't enough, maintaining a health body weight is also easier when you are active.

## Say hello to snow!

- Create a 3-D family portrait. Build a snowperson look-alike for each family member. Make a family of snow angels.
- Build snow castles, mazes, or snow sculptures.
- Go tobogganing. Remember the helmets!
- Plan a family game of snow pitch (slow pitch in the snow) or neighbourhood game of Capture the Snowball.
- Use food colouring in a spray bottle to create a hopscotch game on the snow.
- Enjoy the winter wonderland while hiking nature trails or walking on a beach.
- Try skating on an outdoor rink.
- Snowshoeing and cross country skiing are wonderful family outings. You can rent equipment at some outdoor activity centres or parks.

Active outdoor fun helps children feel good and keep fit. After-school you or your caregiver along with the children could:

- Play snowman tag.
- Try a bean bag toss in the snow or throw a ball around.
- Have a game of snoccer (soccer in the snow).
- Go mountain climbing...okay, maybe just scale the snowbanks in your yard or at the park. Or build your own snow pile in your yard. Be sure to stay away from roads and supervise young children if there is no fence or gate.
- Play driveway hockey.

Be sure to pack an after-school snack with foods from two food groups and some water, 100% juice or hot chocolate. Children get thirsty while being active outdoors, even in the winter.

## Make indoor fun!

- Organize a house fitness circuit. Include jumping jacks in the living room, wall push-ups in the bedroom, kicks in the kitchen, etc.
- Help with housework. Tidy up and vacuum with vigour.
- Play active games. Break up the day with a game of Twister or Simon Says.
- Create a silly family winter dance. Enjoy some of your favourite music too!
- Go swimming. Also try indoor skating, bowling and indoor playgrounds.
- Take in a museum. Walk a mall or an art gallery.

## Plan active family day trips!

- Try cross-country skiing, snowshoeing, tobogganing, tubing and skating.
- Huron County has lots of trails and interesting areas to explore. Try hiking or bird-watching at a local conservation area or provincial park.

## A word about safety...

- Dress for the weather. Hats, neck-warmers and waterproof mitts are essential.
- Dress in layers so that you can remove them as you warm up and put them back on when you cool down.
- Keep ears, fingertips, toes and your head covered.
- Always wear a helmet when skiing, snowboarding, skating, playing hockey and tobogganing.
- If you're trying a sport or activity for the first time, consider taking a lesson.
- Wear sunscreen when being active outdoors (yes, even in the winter) and drink plenty of fluids.
- Check out this great website:  
[www.safekidscanada.ca](http://www.safekidscanada.ca)

## So this winter, remember – don't hibernate, participate!

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).

## Broccoli Pesto Sauce

Preparation Time: 15 minutes  
Cook Time: 4-5 minutes  
Servings: makes 625 ml (2-1/2 cups)

750 ml (3 cups)	cut-up broccoli florets and stems
2 cloves	garlic
75 ml (1/3 cup)	slivered almonds or pine nuts
45 ml (3 tbsp)	olive oil
50 ml (1/4 cup)	chopped fresh basil OR
	15 mL (1 tbsp) dried basil
75 ml (1/3 cup)	grated Ontario Parmesan Cheese

In medium saucepan, cook broccoli in boiling water 4 to 5 minutes or until crisp-tender; drain and cool.

In a food processor or blender, combine broccoli, garlic, almonds, oil and basil. Process until coarsely chopped. Add cheese; process until well mixed.

**Serving Tip:** Toss Broccoli Pesto with hot cooked whole wheat pasta and sprinkle with shaved Ontario Parmesan cheese, if desired.

Source: [www.foodlandontario.ca](http://www.foodlandontario.ca)

## Breakfast Fruit Pizza

Servings: 1

1	small whole wheat pita (about 10 cm/4 inch diameter)
22 ml (1-1/2 tbsp)	light spreadable cream cheese, plain or flavoured
50 ml (1/4 cup)	chopped fresh fruit (blueberries, bananas, cantaloupe, apples, grapes)

Toast pita on light setting. Spread with cream cheese. Top with fresh fruit. Cut in pieces and serve.

Source: [www.heartandstroke.com](http://www.heartandstroke.com)

## Golden Hash Browns

Preparation Time: 8 minutes  
Cook Time: 20 minutes  
Servings: 4

500 g (2 lb)	potatoes
2 slices	bacon, diced
50 ml (1/4 cup)	butter or olive oil
1 small clove	garlic, finely chopped
1	onion, chopped
1 ml (1/4 tsp)	pepper
25 ml (2 tbsp)	chopped fresh parsley
	Salt to taste

Peel baking potatoes and cut in half (they should be approximately even-sized). Cook potatoes in boiling salted water 10 minutes or until partially tender. Dice potatoes and reserve.

Cook bacon pieces in large hot pan until crisp; drain off fat and discard. Add butter, garlic and onion; cook until tender. Add diced potatoes and cook until browned. Season with salt and pepper; toss with parsley.

Source:  
[www.foodlandontario.ca](http://www.foodlandontario.ca)

