

Fresh Food Handling Tips

* All Grown locally this month

Eat within a week: cantaloupe, cauliflower, peppers, tomatoes, pears, herbs, beans

Can be **stored:** onions, carrots, squash, cabbage

Next Month's Items: Garlic, squash, sweet potatoes, tomatoes, beets, carrots, onions, peppers, radishes, swiss chard, eggplant.



Huron Good Food Box

September 2011



Newsletter

Payment Deadline

Pickup Date

🍏 Friday October 7

🍏 Thursday, October 20

🍏 Friday, Nov. 4

🍏 Thursday, Nov. 17

🍏 \$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**

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

Grand Bend Area Comm. Health Centre 519-262-3459.

(Pick up at Hensall Major Appliances) extension 229

Seaforth Sally's Closet 519-527-0550

Wingham Wingham Public Library 519-357-3312

Zurich Zurich Public Library 519-236-4965

Sept. Suppliers: Bruce-Huron Produce Auction, Farm Fresh Produce, Apple Park, Fresh and Lovely (Maizy Jefferson & Grace Hildebrand)



*Please bring
your own
boxes*

A new way to look at how our kids are eating at school

As of September 2011, all food and beverages sold in publicly-funded elementary and secondary schools will have to follow the Ontario government's School Food and Beverage Policy. This new policy includes a set of nutrition standards for providing healthier food and beverages SOLD at school.

The food and beverages that kids bring from home to school don't need to follow the nutrition

standards. But this may be a good chance for you and your children to talk about what makes a healthy lunch and then pack a healthier lunch together. When children are involved in meal preparation, they are most likely to eat those foods. Canada's Food Guide can help you make the healthiest choices. You can find it on the health unit's website at www.huroncounty.ca/health under *Nutrition*.

A new way to look at food and beverages

Food and beverages are now divided into three categories according to their nutrient content:

Sell Most:

Food and beverages in this category have the highest levels of essential nutrients and the lowest amounts of sugar, fat, and sodium.

Some of the food and beverages that might fit into this category include: fresh vegetables, unsweetened applesauce, plain yogurt, light cheddar cheese, whole grain bagels, chick peas, lean meatballs, pumpkin seeds, water, milk and 100% juice.

Sell Less:

Food and beverages in this category have some essential nutrients but are also a little higher in fat, sugar and/or sodium. These are food

and beverages that you can enjoy once in awhile as part of healthy eating. Food and beverages that might fit into this category include: dried fruit, baked potato chips, white tortillas, popcorn, low fat pudding, lean deli meat and decaf coffee (but only in secondary school).

Not Permitted for Sale:

Food and beverages in this category contain few or no essential nutrients and have high amounts of fat, sugar and/or sodium. Some food and beverages that might fit into this category include: French fries, fruit rolls, cheese breads, doughnuts, ice cream, chicken wings, fish sticks, salted nuts, energy drinks and coffee.

The Ministry of Education has put together a Quick Reference Guide to help food service providers, educators and parents figure out the category a food or beverage belongs in. With this guide you can look up products and see which nutrient criteria are required to fit the different categories. You can find the Guide by going to www.huroncounty.ca/health and clicking on school services.

The 80/20 Rule

The food and beverages that will be sold in school cafeterias, vending machines, canteens, catered events and in other venues, programs and events need to follow the 80/20 rule. This means that 80% of food and beverages need to fit the *Sell Most* standards and that no more than 20% would fit into the *Sell Less* category.

Food and beverages that fall into the *Not Permitted for Sale* category will no longer be sold.

Bottom Line:

The new School Food and Beverage Policy will bring healthier choices to your children's school to help them learn and grow.

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.

Roasted Red Pepper Hummus

Adding the peppers to this traditional Middle East dip gives it a wonderful flavour and colour, but if you don't like it spicy, omit the hot pepper. Serve with pita triangles or fresh vegetables.

2 roasted Ontario Sweet Red Pepper, peeled, seeded and chopped	
1 can (540 ml/19 oz) chickpeas, drained and rinsed	
50 ml (1/4 cup) tahini or peanut butter	1 clove garlic, minced
50 ml (1/4 cup) lemon juice	5 ml (1 tsp) ground cumin
25 ml (2 tbsp) olive oil	1 ml (1/4 tsp) salt
25 ml (2 tbsp) water	

In food processor, combine roasted red and banana peppers, chickpeas, tahini, lemon juice, oil, water, garlic, cumin and salt; process with short pulses, scraping down sides occasionally, until smooth. Transfer to bowl; chill for at least 30 minutes to blend flavours or for up to 1 week.

*Note: * Tahini (sesame seed paste) can be found in most grocery store delis or health food stores. Source: www.foodlandontario.ca*

Pear and Cranberry Squares

Fresh pears and cranberries with crunchy walnuts make up the delicious, slightly tart filling for our fall-time fruit squares. The base and topping is similar to date squares but have a touch of ginger for pizzazz.

375 ml (1-1/2 cups) quick-cooking rolled oats (not instant)	
375 ml (1-1/2 cups) all-purpose flour	
250 ml (1 cup) packed brown sugar	7 ml (1-1/2 tsp) ground ginger
175 ml (3/4 cup) soft butter or margarine	2 ml (1/2 tsp) salt

FILLING:

750 ml (3 cups) diced peeled cored Ontario Pears
175 ml (3/4 cup) fresh or frozen Ontario Cranberries
125 ml (1/2 cup) granulated sugar
10 ml (2 tsp) each finely grated lemon rind and lemon juice
175 ml (3/4 cup) chopped walnuts

In large bowl, mix together dry ingredients. Using pastry blender, cut in butter until mixture is crumbly. Press 625 ml (2-1/2 cups) of the crumbs into lightly greased 9-inch (2.5 L) square cake pan. Save rest for topping.

FILLING: In medium saucepan, mix together pears, cranberries, sugar, lemon rind and juice. Bring to boil over medium-high heat, stirring frequently; simmer for 10 minutes or until pears are tender. Let cool slightly. Stir in walnuts. Spread filling over base. Sprinkle remaining crumbs over top. Bake in 350°F (180°C) oven for 30 to 35 minutes until brown at edges and golden brown in centre. Let cool; cut into squares. Source: www.foodlandontario.ca

Forget your GFB again? Would you like a reminder email?
Email events@huroncounty.ca to be added to our reminder list!
Your email will not be added to any other list - it's only for a reminder.