

## Fresh Food Tips

Eat **soon**: avocado  
Eat **within a week**: oranges, beets, broccoli or grapefruit  
Can be **stored**: apples, potatoes, onions, squash, cabbage, turnip

## Payment Deadline Pickup Date

- January 8
- February 5
- March 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 2512**
- **Email: [goodfood@huroncounty.ca](mailto:goodfood@huroncounty.ca)**

Please bring  
your own  
boxes

## Payment Sites

<b>Bayfield</b>	Marla/Harry	519-565-5794
<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>Goderich</b>	Goderich Public Library	519-524-9261
<b>Grey Central Public School</b>	Jennifer	519-887-6601
<b>Hensall</b>	<b>Looking for a volunteer!</b>	519-482-3416
<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

**October Suppliers:** Apple Park, Moore's, Noah Stutzman, Elmer Brubacher/Kinloss Produce, Devlaeminck Farm Market, Miller Girls, Exeter Produce



The Huron Good Food Box

December 2009



# Newsletter

## Enjoy The Holidays

Without The Calories!

The holiday season from Thanksgiving to New Year's Day usually means lots of food, friends and family. But some people dread what it means for the numbers on the scale. Holiday weight gain can be avoided. Here's how...

When you are invited to a party, *bring a healthy dish*. Or make your favourite holiday dish a little healthier (for example, use low fat cheese or milk instead of cream).

*Never arrive hungry*. Being over hungry when the appetizers or the meal arrive almost always means over eating. Have a small snack before you go. Try a small container of yogurt, a piece of fruit smeared with peanut butter or even a cup of soup.

*Have a plan*. Survey your options before you get started. Don't feel like you have to try everything.

*Try the plate method*. At the big family dinner – fill your plate half full with vegetables, one quarter with your potatoes or bread (starches) and one quarter with meat or protein.

*Choose your indulgences*. You do not need to starve yourself of all holiday treats, but choose wisely. You know you are going to want that slice of Granny's apple pie, so skip the second helping of stuffing. You can have dessert! But keep the portion small.

*Continued inside*

## Huron Report Available

# The Cost of Eating Well

In October, the Huron County Health Unit released their *2009 Annual Report on The Cost of Eating Well in Huron*. Every year the health unit gathers the cost of food in six County grocery stores. This information is used to monitor changes in food prices over time, help people with food budget planning, prepare educational resources, and advocate about food and income issues. The purpose of the report is to increase awareness that many people cannot afford to eat well in Huron County, and to discuss some of the barriers to eating well in Huron.

For copies of the report, contact the Huron County Health Unit at 519-482-3416 or 1-877-837-6143 or access the report on our website at [www.huroncounty.ca/health](http://www.huroncounty.ca/health).

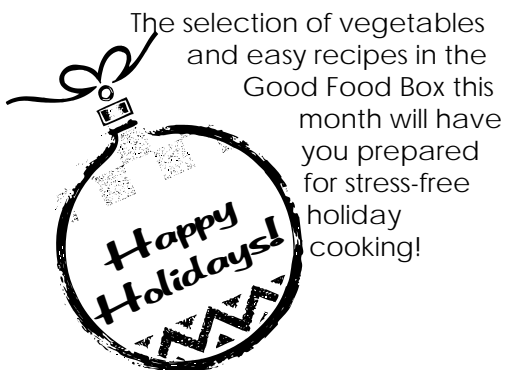
Beware of high-calorie drinks. The calories in eggnog, apple cider, and alcoholic beverages quickly add up. Try some sparkling water (or club soda) with a splash of fruit juice.

Get active. Your regular exercise routine may not be what it should be over the holidays. If you don't have a regular routine, now is a good time to start. Get out and go for a walk with family and friends. Fit in a walk on your lunch break, a class at the gym or a hike through the woods.

Schedule some time for yourself. Don't let the holidays get you stressed. If you get stressed out, you'll be too exhausted to be active even when you have time.

Be flexible. Aiming to be healthy 100% of the time over the holidays sets you up for failure. Try the 80/20 approach. Make healthy choices 80% of the time. The rest of the time, be flexible.

For more information on healthy eating and nutrition call EatRight Ontario toll-free at 1-877-510-5102 to speak to a registered dietitian or visit the website at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).



## Roxana's Guacamole Dip Recipe

Two ripe Avocados  
125 ml (1/2 cup) low fat sour cream  
125 ml (1/2 cup) Balkan style plain yogurt or any other plain yogurt  
30 ml (2 tbsp) lemon juice  
2 cloves of garlic  
30 ml (2 tbsp) extra virgin olive oil  
a little bit (~1 tsp/ 5 ml) black pepper  
5 ml (1 tsp) salt (optional)  
a little bit (~5ml/1 tsp) hot crushed red pepper (optional)  
One spoonful of medium to hot salsa (optional)



Place all the ingredients into the food processor and mix them until you get a smooth texture. Serve it with any kind of chips or bread.

Source: Roxana Nassiri, Public Health Inspector, Huron County Health Unit

## Au Gratin Cabbage



500 ml (2 cups) cabbage, shredded  
125 ml (1/2 cup) carrots, shredded  
75 ml (1/3 cup) green onions chopped

125 ml (1/2 cup) milk  
1 egg  
45 ml (3 tbsp) cheese (shredded)  
Combine in a small bowl. Pour over vegetables. Garnish with 1 tbsp chopped fresh parsley and 1 tbsp grated Parmesan cheese. Bake 350F / 180 C for 30-35 minutes.

Sauté until crisp-tender in frypan coated with cooking spray. Transfer to greased 1-quart/1L baking dish

Source: *Simply in Season* by Mary Beth Lind and Cathleen Hockman-West

## Squash Brownies with Chocolate Swirl Topping

Getting children to eat vegetables was never easier. Chocolate helps bring out the sweetness of the squash in these delicious bars and the squash keeps them moist for days.

Preparation Time: 20 Minutes  
Cooking Time: 35 Minutes  
Servings: about 24 brownies

250 ml (1 cup) mashed cooked Ontario Squash  
250 ml (1 cup) packed brown sugar  
50 ml (1/4 cup) buttermilk\*\*  
50 ml (1/4 cup) oil  
2 eggs, well beaten  
5 ml (1 tsp) vanilla  
300 ml (1-1/4 cups) all-purpose flour  
5 ml (1 tsp) baking powder

5 ml (1 tsp) cinnamon  
2 ml (1/2 tsp) each ginger  
2 ml (1/2 tsp) baking soda  
1 ml (1/4 tsp) each nutmeg and salt  
125 ml (1/2 cup) toasted chopped nuts

### Chocolate Swirl Topping

125 g (4 oz) cream cheese, at room temperature  
25 ml (2 tbsp) granulated sugar  
1 egg  
2 ml (1/2 tsp) vanilla  
250 ml (1 cup) chocolate chips  
\*\* If buttermilk is unavailable, combine 1 tsp. (5 ml) vinegar with milk and let sit 15 minutes.

Make swirl topping first. In small bowl, cream together cream

cheese, sugar, egg and vanilla; stir in chocolate chips. Set aside.

In large bowl, stir together squash, brown sugar, buttermilk, oil, eggs and vanilla. Stir or sift together flour, baking powder, cinnamon, ginger, baking soda, nutmeg and salt. Stir into squash mixture until combined. Stir in nuts. Spread into greased 13-x 9-inch (3.5 L) pan.

Drop topping by heaping 15 mL (1 tbsp) onto batter. Swirl into batter with knife. Bake in 350°F (180°C) oven for 35 minutes or until tester comes out clean. Let cool and then cut into desired size.

Source: [www.foodland.gov.on.ca](http://www.foodland.gov.on.ca)