

OCTOBER 2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

### DATES TO REMEMBER

#### Ordering Options

In person with cash or cheque when you pick up your box:  
Thursday, Oct 12th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, November 2nd

Online orders with credit card or PayPal until Thursday, November 2nd

Next Pick-Up Date  
2nd Thursday of the month  
2-6pm Thursday, November 9th

# Food Talk Newsletter

## Healthy Eating on a Budget - Planning

Preparing meals & snacks “from scratch” will usually save you money, but will require more time on your part. Anytime you purchase pre-prepared or pre-packaged food, either in the grocery store, fast food restaurant, or sit-down restaurant, you will be paying more than preparing it yourself.

Below are some helpful hints for the planning portion of healthy eating on a budget.

### Planning

- Inventory your pantry, freezer & fridge. You can use a dry-erase marker to write your freezer contents on the lid for easy reference.
- Go through the grocery store flyers – this not only helps you to find the deals, but familiarizes you with normal and sale prices.
- Apps to help you save money – Flipp & Flashfood:



- Plan a menu based on what you have in stock and what is on sale, don't forget to cycle leftovers into your meal plan. Don't feel like you need to make a bunch of new recipes, incorporate familiar recipes that you've made before.
- Try to avoid selecting different recipes that don't fit together, or else you'll be buying a lot of different ingredients. Select one, look at the ingredient list and let that help you select recipe #2 and so on. For example, if recipe #1 uses half a head of cabbage, find another recipe that needs cabbage, so that it won't be wasted.
- Consider using a “meal template” to plan your weekly menu. I.e. Taco night, pasta night, pizza night, egg night, soup night, salad night, stir fry night, etc. Make a master list of your family's favourite recipes which you then input into your meal plan.

Next month we'll be talking about shopping tips to save money!

- Alison Van Dyke  
Food Security Coordinator

**Phone:** (403)502-6096

**Email:** communityfoodconnections@gmail.com

**Website:** www.foodconnections.ca

**Facebook:** 'Community Food Connections Association'

**Twitter & Instagram:** @CFCA\_MH

# Cauliflower

Cauliflower, from the Latin word meaning 'cabbage flower', is a member of the brassica family. Cauliflower has been grown for more than 2,000 years. Native to the Mediterranean, it has been part of the European diet for about 500 years.

**What to look for** - Check the colour and freshness of leaves that are close to the head (known as curds). The best cauliflower will have white heads that are clean and compact. The curds should be firm with no parts breaking away.

**Store** - Refrigerate in paper bags.

**How to prepare** - Cut into florets or leave whole. Cauliflower is best cooked for a short time until tender but still slightly crisp. Avoid overcooking as the taste will be inferior and the heads will disintegrate. To lightly cook cauliflower florets for use in salads or to serve with dips, simply place in boiling water for 2-3 minutes, drain and cool under cold running water.

**Ways to eat** - Add raw or lightly cooked to salads, make into pickles, add to soups, braises and stir fries. Use as crudités, either raw or blanched, served with dip or dipping sauce. Serve steamed or boiled with a white or cheese sauce.

**Cooking methods** - Boil, braise, microwave, roast, steam, stir fry.

**Nutrition** - Cauliflower is a good source of vitamin C, a source of dietary fibre, folate and vitamin B6, and contains a dietary significant amount of potassium. One serving of cauliflower (1 cup raw) contains 120% of an adult's daily requirement for vitamin C. As a member of the Brassica family of vegetables it contains phytonutrients such as glucosinolates, carotenoids and phenolic compounds.

## Roasted Garlic Cauliflower

2 Tbsp. minced garlic

3 Tbsp. olive oil

1 large head of cauliflower, separated into florets

1/3 Cup grated parmesan cheese

Salt & pepper to taste

1 tbsp. chopped fresh parsley

Preheat oven to 450°. Grease a large casserole dish.

Place the olive oil and garlic in a large resealable bag. Add cauliflower, and shake to mix. Pour into the prepared casserole dish, and season with salt & pepper to taste.

Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese and parsley, and broil for 3-5 minutes, until golden brown.

## Curried Cauliflower

1 head of cauliflower - broken up and cooked in salted water just until barely cooked, still firm.

1 can of Condensed cream of chicken soup

1/3 Cup light mayonnaise

1 Cup grated cheddar cheese

1 tsp. Curry powder

2 Tbsp. butter

1/2 Cup dry bread crumbs

Drain the cooked cauliflower and put into a 2 quart (2 L) casserole dish. Mix together soup, mayonnaise, cheese and curry powder. Spoon over top. Melt butter in a small saucepan, stir in crumbs to coat. Sprinkle over top. Bake uncovered in 350° oven for 30-40 minutes.