

NOVEMBER
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, Nov 9th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, December 7th

Online orders with credit card or PayPal until Thursday, December 7th

Next Pick-Up Date

2nd Thursday of the month
2-6pm Thursday,
December 14th

Food Talk Newsletter

Healthy Eating on a Budget - Shopping

This is a continuation of the series started last month. We previously looked at planning, while this month looks at shopping tips and tricks to save you money while making healthy choices!

- Make a shopping list and stick to it! Also, be sure to check your list before heading to the check-out. If you have to return to the store to purchase a forgotten item you may be tempted to purchase additional, unneeded items.
- Only shop once a week to avoid purchasing items you don't need. The more times you go to the store, the more likely you are to purchase unnecessary and unrelated items. It will also save you costs on travel as well as time.
- If transportation is an issue, consider splitting store runs between family & friends.
- Consider splitting bulk purchases with family or friends. If the bulk price is considerably cheaper, but you won't be able to use it all before expiry, split the purchase.
- Don't shop while hungry or thirsty – you will purchase items you hadn't planned on purchasing!
- Purchase seasonal produce – freeze large purchases for later use if possible.
- Purchase frozen fruits and vegetables, they are picked and frozen at peak ripeness and are less expensive than fresh.
- Consider buying "Misfit" fruit & vegetables at a reduced price.
- Buy generic or the store brand rather than brand name products. The quality is generally the same.
- Try to substitute less expensive items in recipes.
- Ground meats are usually the cheapest option and easy to prepare in a variety of recipes.
- Only purchase food you can use or freeze before it's expiration date.
- Look at price per unit on the shelf labelling. Larger or bulk items are not necessarily cheaper, particularly if an item is on sale. Compare the unit price for different sized items or brands.
- Use coupons, but only for items you were already planning on purchasing. Coupons are made to tempt you to buy products you might not buy otherwise. If you start buying extra items just because you have a coupon, you're not really saving any money.
- Snacks and treats can use up a significant amount of your food budget. Consider cutting back or cutting these out completely.
- Don't waste money or calories on sugary drinks or bottled water.
- Get that raincheck! Ask at the till or customer service for a raincheck for sale items that are out of stock.
- Inexpensive food options include potatoes, rice, pasta, canned tuna, rotisserie chickens, canned tomatoes and eggs.

- Alison Van Dyke
Food Security Coordinator

Spaghetti Squash

Usage - Baked & used like pasta.

Selection - Spaghetti squash are ripe when their color changes from green to yellow, and when they snap easily off their vines. Good-quality spaghetti squash will be firm, smooth-skinned, heavy for its size and have an even, fairly bright yellow color.

Avoid - Avoid product that has soft spots, dull and brittle skin or that is extremely light for its size.

Storage - Hard types of squash can be stored longer than summer or soft squash because their skin is so hard and thick. Most hard squash varieties can be stored in a cool dry place for at least a month. If the squash has been cut into pieces, then wrap in a plastic. Store uncut Spaghetti squash in a dry, dark place for up to a month. Once cut, store Spaghetti squash in the refrigerator for a day or two or freeze for longer term storage.

Nutrition Facts

Serving Size 155 g

Amount Per Serving

Calories 42 Calories from Fat 3

% Daily Value*

Total Fat 0g 1%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 28mg 1%

Total Carbohydrate 10g 3%

Dietary Fiber 2g 9%

Sugars 4g

Protein 1g

Vitamin A 3% • Vitamin C 9%

Calcium 3% • Iron 3%

Baked Spaghetti Squash, Lasagna Style

- 1 spaghetti squash, halved lengthwise and seeded
- 1 onion, chopped
- 2 tablespoons minced garlic
- 2 (14 ounce) cans stewed tomatoes
- 1 tablespoon dried basil
- 1 cube vegetable bouillon
- black pepper to taste
- 1 (15 ounce) can black olives, chopped - optional
- 1 cup shredded mozzarella cheese
- 1 cup shredded parmesan cheese

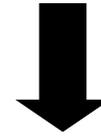
Preheat oven to 325 degrees F (165 degrees C). Spray a baking sheet with a thin layer of cooking spray. Place squash halves cut side down on the baking sheet.

Bake squash 35 minutes in the preheated oven, or until a knife can be easily inserted. Remove from oven, and cool.

Meanwhile, spray a non-stick saucepan with cooking spray. Over medium heat, saute the onion and garlic until golden brown. Stir in tomatoes, basil, bouillon cube, and black pepper. Cook for about 15 minutes, or until you have a medium thick sauce. Remove squash strands with a fork, reserving the shells. Layer each half with a spoonful of the sauce, a layer of spaghetti squash strands, olives, and mozzarella cheese. Repeat layers until shells are full, or until all of the ingredients are used. Top with Parmesan cheese.

Bake for 20 minutes in the preheated oven, or until Parmesan cheese melts.

The bolded part in the instructions of this recipe can be used to prepare spaghetti squash for use in any recipe!



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