

DATES TO REMEMBER

Payment Deadlines
In person with cash or cheque when you pick up your box:
Thursday, December 9th

Online orders with credit card or PayPal:
Thursday, Jan. 6th, 2022

Advisory Committee Meeting
We are currently not holding the Advisory Committee meetings due to COVID-19.

Next Pick-Up Date
2-6pm Thurs. Jan. 13th
2nd Thursday of the month

Good Food Club News

NEW BROCHURES AVAILABLE!

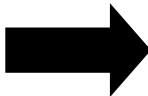


New CFCA brochures listing our programs and resources will be available in the next week. If you own or operate a business or agency, and have a spot for brochures, please let me know and I will drop a bundle of them off when we have them from the printer.

- Alison Van Dyke
Food Security Coordinator

Online Membership Renewal for 2022

Are you already a member? Please choose one of these options:

- 
- Fee waived. For College Students or Food Bank Pickups
 - I have already paid for a membership
 - Purchase Volunteer Annual Fee \$10.00
 - Purchase Non-Volunteer Annual Fee \$30.00

Phone: (403)502-6096

Email: communityfoodconnections@gmail.com

Website: www.foodconnections.ca

Facebook: 'Community Food Connections Association'

Twitter & Instagram: @CFCA_MH

Countertop



Ripen at room temperature, before placing in the fridge:



AVOCADOS

BANANAS

KIWIS

MANGOES

MELONS

ORANGES

PEARS

PEACHES

TOMATOES

This maximizes their flavour and sweetness. Just keep a watchful eye on them so they don't over-ripen!

TIP:

To speed up the ripening process, place the fruit in a paper bag with a ripe banana. Check on the fruit every day to ensure the best possible ripeness.

Pantry



Store the following in a cool, dry, and dark place:



GARLIC

ONIONS

POTATOES

SWEET POTATOES

WINTER SQUASH

TIP:

Keep onions away from other vegetables, as onions release a gas which could spoil other produce.

Fridge



Store fruits and veggies separately in a fridge, as some fruits release ethylene gas that can spoil vegetables.

A crisper drawer will keep the right moisture to maintain freshness for longer.

Store the following fruits and veggies in the fridge, as soon as you bring them home:



APPLES

BERRIES

CHERRIES

GRAPES

LEMONS / LIMES

ASPARAGUS

BEANS

BEETS

BROCCOLI

BRUSSELS SPROUTS

CABBAGE, CARROTS, CAULIFLOWER, CELERY, CORN stored inside husks, CUCUMBERS, EGGPLANT, DELICATE HERBS (CILANTRO, PARSLEY, MINT) in a glass of water, covered loosely with a plastic bag, HARDIER HERBS (OREGANO, ROSEMARY, THYME) rolled in a damp paper towel, LEAFY GREENS in a distowel in a sealed container in crisper, MUSHROOMS in a paper bag, PEAS, PEPPERS, ZUCCHINIS

Freezer



Freezing fruits & vegetables at home is a fast and convenient way to preserve them for future use.



FROZEN PIECES OF MANGO

FROZEN GRAPES

FROZEN BROCCOLI, cut and placed into a bag

FROZEN CARROT, ONION, CELERY SCRAPS in a bag

MAKE YOUR OWN VEGGIE BROTH by using frozen veggie scraps



For more produce tips, visit HalfYourPlate.ca or follow us on:



@halfyourplate

@halfyourplatecanada