

OCTOBER 2022



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 13th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, November 3rd

Online orders with credit card or PayPal until Thursday, November 3rd

Next Pick-Up Date
2nd Thursday of the month
2-6pm Thursday, November 10th

Food Talk Newsletter

I know it may seem early, but I know that some people like to plan ahead so I wanted to remind you that Good Food Club memberships can begin to be paid in December.

You can even pre-pay and order them anonymously if you prefer, and I will contact the recipient to let them know that someone has pre-ordered and paid for their boxes for a year.

Good Food Club memberships and pre-paid boxes are a wonderful Christmas gift idea and guarantee that someone you care about will get a box of fresh fruits and vegetables each month of next year. The cost of a non-volunteer membership (\$30) and pre-paid boxes for each month of 2023 is:

Please contact me if you would like to give the gift of good food for 2023!

- Alison Van Dyke
Food Security Coordinator

- Large - \$270
- Medium - \$210
- Small - \$150



Average Savings for a Large Box in September:



Savings show as significantly less as many of the stores don't have all of the items we include in the box.

Store A		Store B		Store C		Store D		Store E		Average Savings
Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	Cost	Savings	
\$35.25	\$15.25	\$33.19	\$13.19	\$30.46	\$10.46	\$14.22	-\$5.78	\$41.81	\$21.81	\$10.99
\$22.26	\$7.26	\$21.50	\$6.50	\$17.97	\$2.97	\$12.12	-\$2.88	\$27.71	\$12.71	\$5.31
\$10.96	\$0.96	\$11.59	\$1.59	\$13.72	\$3.72	\$9.05	-\$0.95	\$15.28	\$5.28	\$1.33

Phone: (403)502-6096
Email: communityfoodconnections@gmail.com
Website: www.foodconnections.ca
Facebook: 'Community Food Connections Association'
Twitter & Instagram: @CFCA_MH

Gala Apples

The Gala – a crisp, firm, bright red or red/orange patterned fruit with a yellow background. Small to medium sized with a thinner skin, this sweet, succulent apple is a cross between a Golden Delicious and Kidd’s Orange Red. Originating in New Zealand in the 1920s, it’s a favourite around the world.

TASTE: sweet & succulent

FLESH: firm, crisp

BEST FOR: snacking, salads, pies

Galas pair well with bold, distinctive flavors such as fresh ginger, herbs, wine and cheeses.

Nutrition Facts

Serving Size 149 g - 1 small apple

Amount Per Serving

Calories 77 Calories from Fat 2

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 21g 7%

Dietary Fiber 4g 14%

Sugars 15g

Protein 0g

Vitamin A 2% • Vitamin C 11%

Calcium 1% • Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Chicken Salad with Apples & Grapes

- ¼ cup plain yogurt
- ¼ cup buttermilk
- 1 Tbsp mayonnaise
- 2 Tbsp cider vinegar
- 1 tsp curry powder
- 1 clove garlic, chopped
- ½ tsp kosher salt
- Freshly ground black pepper
- 2 cups grilled chicken, roughly chopped
- ½ apple, skin on, cored and chopped into large cubes
- ¾ cup red grapes, halved
- 1 cup loosely packed watercress or flat-leaf parsley, chopped
- 4 large leaves romaine lettuce
- ¼ cup raw almonds, chopped

Combine the yogurt, buttermilk, mayonnaise, vinegar, curry powder, garlic, salt and some pepper in a medium bowl and whisk to incorporate. Combine the chicken, apple, grapes and watercress in a large salad bowl. Pour the dressing over and toss to thoroughly coat. Taste and adjust the salt, pepper and curry powder as desired. Arrange a lettuce leaf on each of 4 salad plates. Divide the salad evenly among the plates and top with chopped almonds.



Apple Crisp

- 1 1/4 cup lightly packed brown sugar
- 1/3 cup flour
- 1/3 cup butter
- 2/3 cup rolled oats
- 1/4 tsp. cinnamon

Peel, core and slice fresh apples and layer in a 9" x 13" until approximately 1.5 inches deep. Combine crisp topping and spoon over the apples. Bake in a 350° oven for 45 minutes.

