

# April Good Food Box

[www.goodfoodbox.net](http://www.goodfoodbox.net)

We are a volunteer organization that appreciates your time, talents and ideas.

## In the April Box

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 LE cucumber
- 2 lbs. yams
- 1.5 lbs. roma tomatoes
- 2 lbs. zucchini
- 3 lbs. apples
- 2 lbs. bananas
- 6 oranges

### Good Food Box prices:

\$17.00 Regular Box

\$10.00 Small Box

To those with a specific need living within the city of Vernon, you may qualify for delivery service

Cost is \$3.00 for 1-2 boxes or \$5.00 for 3-5 boxes

### Feb Suppliers

Chronos Foods and Okanagan Grown Produce

Many thanks to SEAHORSE SOLUTIONS who created our website

[www.goodfoodbox.net](http://www.goodfoodbox.net)

For more information about the Good Food Box call Diane Fleming at 250-306-7800

## Carrot Apple Salad

4 medium carrots, coarsely grated	1 apple, diced
$\frac{3}{4}$ cup dried cranberries or raisins	$\frac{1}{4}$ cup purple or sweet onion, finely diced
$\frac{1}{2}$ cup mayonnaise	2 tsp. lemon juice
$\frac{1}{2}$ tbsp. sugar (optional)	Pinch of salt and pepper

### How to make:

1. In a small bowl, combine mayo, lemon juice, sugar, salt & pepper and stir
2. In a large mixing bowl add carrots, apples, onions and cranberries.
3. Add dressing and serve



## Fresh Apple Cake

4 cups Apples, diced	$\frac{3}{4}$ to 1 cup honey	$\frac{1}{2}$ cup oil
2 eggs, beaten	1tsp vanilla	1 cup nuts, chopped
2 cups flour	2 tsp. soda	1 tsp. salt
4 tsp. cinnamon	Pinch of nutmeg	

### How to make:

1. Mix apples and honey thoroughly, then mix together oil, eggs, vanilla and nuts. Add to apple mixture.
2. Stir together the dry ingredients then combine everything and put in a greased pan 9x13x2 inches.
3. Bake 45 minutes or until sides shrink from pans.
4. Serve warm with whipping cream.



## Downsizing SuperSized Kids

Downsizing your SuperSized Kids involves learning new eating and lifestyle behaviors that add quality, fun and energy to every aspect of life. Try these tips for making meals happy and healthy.

- \* Eat a high fiber breakfast as it is the most important meal of the day
- \* Increase portion sizes of high fiber foods such as veggies, salad and beans.
- \* Keep healthful foods on hand such as fruit, raisins and whole grain crackers
- \* Start your meal with soup, salad or fruit
- \* Slow down and relax at meal time
- \* Use smaller plates
- \* Reduce portion sizes if concentrated calorie foods
- \* Educate your child to make better school lunch choices
- \* Do not use food as a bribe
- \* Make meals fun. Do not discuss controversial topics at meal times

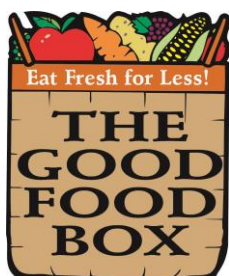
Lifestylematters.com

**Pick-up locations:** Please remember to bring your own bags when picking up your GFB!

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 <sup>th</sup> St Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Students Association, 7000 College Way	2-6pm 2-4pm 2-4pm 2-6pm
Armstrong	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	1-4pm
Falkland	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8pm
Westside	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30-1pm
Lumby	Pat and Poppy	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1pm
Cherryville	Tina		Cherryville	12pm

**Please note:** Boxes not picked up on the specific dates are sold or given to charity the following day.

Please call 250-306-7800 on pick-up day or leave a message for Diane if you can't pick up your box.



### Next Month's GFB dates:

Payment by	Pickup on Thurs
May 10	May 18
June 7	June 15

