

Good Food Box December 2012

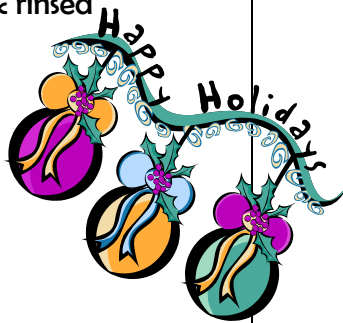
RECIPES FROM THE GOOD FOOD BOX

Hummus

- 19 oz can chickpeas, drained & rinsed
- 2 cloves garlic, minced
- 3 Tbsp olive oil
- ¼ tsp salt
- 2 Tbsp lemon juice
- 2 Tbsp chopped parsley

Blend all ingredients, except parsley, in a food processor or blender.

Garnish with chopped parsley.
Serve with raw vegetable strips or pita chips



Yams, Cranberries, Apples

- 4 large yams
- 1 large apple, diced
- 1 cup raw cranberries
- ½ cup raisins
- ½ cup orange juice

Cut yams into very small chunks, and place in casserole dish.

Top with diced apples, cranberries, and raisins.

Pour orange juice over mixture.

Cover and bake for 1 hour or more at 350F until yams are soft.

If you have any recipe ideas that you would like to share, please call Diane at 545-7617.

December Suppliers

** Thank You! **

- Bella Vista Farm Market
- John Dobernigg's Farm
- Okanagan Grown Produce
- Quality Greens Farm Market
- Swan Lake Nurseryland & Fruit Market

Many thanks to
SEAHORSE SOLUTIONS,
who created a website for us.
www.goodfoodbox.net



In the December Box

- Potatoes
- Carrots
- Onions
- Yams
- Broccoli Crowns
- Tomatoes
- Lettuce
- Celery
- Apples
- Bananas
- Mandarin Oranges

Thank you to Okanagan Grown Produce for giving us a Special Christmas Deal!

Healthy Holiday Eating

It's that time of year again when holiday parties and family gatherings can make it difficult to stay on track with healthy eating. There's no reason you can't enjoy some of your holiday favorites, but spend your calories wisely. Planning ahead to be active and eat well is the best way to prevent unwanted weight gain during the holidays. Here are some tips to help you avoid over-indulging:

- Don't starve all day; eat breakfast, lunch and a light snack before an event.
- Offer to bring a favorite low calorie dish to parties
- Fill your plate with healthy options such as fresh vegetables, shrimp cocktail, hummus, smoked salmon, and lean meats instead of deep fried appetizers, mini quiches, and creamy dips.
- Limit alcohol and sweet drinks (lots of calories hiding here!)- include plenty of water throughout the evening
- Eat slowly and enjoy each mouthful
- Leave the buffet table when you are done



----- CLIP and KEEP this INFORMATION -----

For information about the Good Food Box, call **Diane Fleming at 306-7800**. We are a volunteer organization that really appreciates your time, talents and ideas. *** Delivery service is no longer available except to those with a specific need LIVING WITHIN the CITY of VERNON. Cost is \$3.00; 1-2 boxes and \$5.00; 3-5 boxes ***

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 th Street..... 2 – 6pm Trinity United Church, 3300 Alexis Prk Drive..... 2 – 4pm Only Vernon Student's Association, 700 College Way Vernon Full Gospel Church, 5871 OK Landing Rd
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 – 5pm
Falkland	Debbie	379-2554	Johnny's Java basement suite..... 6 – 8 pm
Westside Rd	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 – 1:30pm
Lumby & Cherryville	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 – 2:30pm
Monte Lake	Jackie	375-2482	Delivered to Door

Please note: Boxes not picked up on these dates are sold or given to charity the following day. Please call **Diane @ 306-7800** & leave a message if you can't pick up your box.

** Please remember to **bring your own bags** when picking up next months' GFB! **

PAYMENT BY WED	PICK-UP THURS
Dec 12	Dec 20
Jan 9	Jan 17

