



February 2016 Good Food Box

www.goodfoodbox.net

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

In the February Box

- 5lbs potatoes
- 2lbs carrots
- 2lbs onion
- 1 lettuce
- 1lb broccoli
- 1lb roma
- 1lb zucchini
- 4lbs apples
- 2lbs bananas
- 10 oranges

Good Food Box prices:

\$16.00 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

February Suppliers

Chronos Foods
Quality Greens
Okanagan Grown Produce

Many thanks to **SEAHORSE SOLUTIONS** who created our website

www.goodfoodbox.net

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

Hearty Chili Soup

2 tsp oil	2 garlic cloves	1 onion, chopped
1 14oz canned tomatoes	1 stalk celery, chopped	1 carrot, diced
1 ½ tsp chili powder	¾ tsp each oregano & basil	pinch of hot pepper flakes
¼ tsp salt and pepper	1 cup chickpeas, cooked	shredded cheese
water	½ green pepper, chopped	

Directions:

In a large saucepan, heat oil over medium heat. Cook garlic and onions for 3 minutes. Add tomatoes; stir 1 can of water, celery, carrots, green pepper, chili powder, oregano, basil, hot pepper flakes, salt and pepper.



Stir in chickpeas and 1 cup of water. Bring to a boil; reduce heat, cover and simmer for 30 minutes. Sprinkle with cheese.

Carrot Muffins (Makes 12 muffins)

1 ¾ cup flour	1 tsp baking powder	1 tsp baking soda
½ tsp cinnamon	½ cup raisins or nuts	¼ cup vegetable oil
2 eggs	1/3 cup sugar	1 cup crushed pineapple, well drained or 1 cup applesauce
¼ cup milk	1 cup finely grated carrots (about 2-3 carrots)	

How to make:



1. Preheat oven to 350 F
2. Combine dry ingredients in a big bowl
3. Mix wet ingredients in medium bowl
4. Pour wet ingredients into dry. Mix just to moisten.
5. Spoon into 12 greased muffin tins. Bake in a 350F oven for 30 minutes.

Heart Healthy Eating

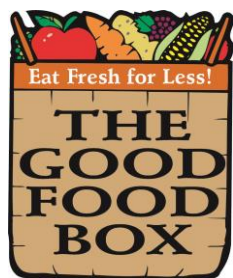
All of these steps are important to help **lower your blood cholesterol** and **control your weight**. Make changes one step at a time.

1. Eat a variety of vegetables and fruit every day. They are low in calories and rich in dietary fibre.
2. Use a small plate or bowl to control your portions. Eat larger portions of low calorie nutrient rich foods such as fruits and vegetables.
3. Eat more whole grain products.
4. Reduce all added fats, especially saturated fats.
5. Choose lower fat dairy products
6. Select smaller, leaner portions of meat, poultry, fish and alternatives
7. Limit high fat snacks and desserts

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 th 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	2-5pm
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	250-545-5861	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
March 9	March 17
April 13	April 21

