

Good Food Box January 2015

RECIPES FROM THE
GOOD FOOD BOX



Quick Apple Cake

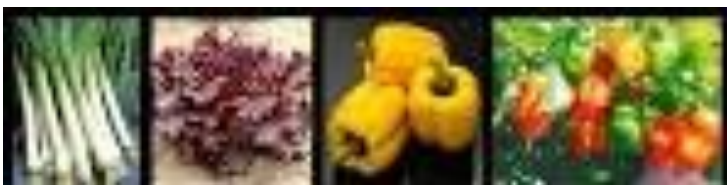
- 1 egg
- 1/2 cup sugar
- 1/3 cup vegetable oil
- 3 Tbsp apple or orange juice
- 1 tsp vanilla
- 3/4 cup flour
- 1 tsp baking powder
- Pinch salt
- 1/3 cup brown sugar
- 1 tsp cinnamon
- 3 apples, peeled and sliced



Beat egg with sugar until thick and light. Beat in oil, juice and vanilla. In separate bowl, combine flour, baking powder and salt. Stir into egg mixture and combine only until blended. Combine brown sugar and cinnamon.

Arrange apples in bottom of oiled 8 inch baking pan. Sprinkle with 1/2 the brown sugar mixture. Smooth batter on top. Sprinkle with remaining brown sugar mixture. Bake at 350 F for 35 to 40 minutes. Cool for 10 minutes.

Tip: Avoid over-mixing the batter



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

Many thanks to SEAHORSE SOLUTIONS who created our website: www.goodfoodbox.net

Good Food Box prices are:
\$16.00 for a regular box
\$10.00 for a small box.

Vegetarian Chili

- 3 cups dry kidney or pinto beans
- 9 cups water
- 1 cup bulgur
- 14 oz can tomato sauce
- 3 garlic cloves, minced
- 1 1/2 onions, chopped
- 2 tsp vegetable oil
- 2 celery stalks, chopped
- 1 green pepper, chopped
- 28 oz can tomatoes, diced
- 5 1/2 oz tomato paste
- 1 1/2 tsp chili powder
- 1 tsp cumin
- 1 tsp salt

Cook beans as per instructions. Heat tomato sauce to boil. Pour over bulgur. Cover and let stand for at least 15 minutes. Saute onion and garlic in oil. Add celery and green pepper, cook 5 minutes. Combine all ingredients; add to drained cooked beans. Cover and cook until tender.



*January Suppliers * Thank You! **

*Okanagan Grown Produce,
Quality Greens Farm Market,
Swan Lake Nurseryland & Fruit Market*

In the January Box

- 5 lbs potatoes ** 2 lbs carrots
- 2 lbs onions ** 1 cauliflour
- 1 romaine ** 1 lb roma
- 1 lb zucchini ** 5 lbs Ambrosia apples
- 6 oranges ** 2 lbs bananas



Pack and Go Snacks

Healthy snacks provide children with energy to grow, learn and play. They also prevent hunger-related mood swings. Think of snacks as mini-meals to fuel busy brains and bodies. Pack a mid-morning and mid-afternoon snack if your child will be away all day.

Smart snacks have...

- At least two food groups
- A fruit or vegetable most of the time and
- A little protein or healthy fat for longer lasting energy (cheese, plain yogurt, avocado, beans, egg, tofu, seeds/nuts)

Veggie and Fruit Time Saving Tips

- Keep a variety of fresh washed and chopped vegetables in the frig
- Keep dried fruit, applesauce and canned fruit stocked in your pantry
- Keep frozen berries and peas in the freezer packed in small containers
- Steam extra veggies at dinner time and pack as a cold re-run with ranch dip

----- 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	Anastasia	558-5981	All Saints Anglican Church, 3205-27 Street Trinity United Church, 3300 Alexis Park Drive Vernon Student's Assoc., 7000 College Way Big Chief Mobile Home Park, Clubhouse	2—6 p.m. 2—4 p.m. only 2—4 p.m.
Armstrong	Brenda	546-9384	Zion United Church, 2315 Pleasant Valley Blvd.	2—5 p.m.
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby	Pat	545-5865	White Valley Community Centre, 2250 Shields Ave	11:00—1:00 p.m.
Cherryville	Pat	545-8565	White Valley Community Centre, 2250 Shields Ave	11:00—1:30 p.m.

VERNON

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



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
February 11	February 19
March 11	March 19

