



# JANUARY Good Food Box

www.goodfoodbox.net

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

## *In the January Box*

5 lbs potatoes  
1.5 lbs carrots  
2 lbs onions  
1 head lettuce  
1.5 lbs yams  
1 lb green peppers  
4 lbs apples  
1.75 lbs bananas  
5 oranges

## *Good Food Box Prices*

**\$17.00 Large Box**

**\$10.00 Small Box**

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

Cost:

\$3.00 for 1-2 boxes

\$5.00 for 3-5 boxes



## *Cream of Carrot Soup*

small onion, chopped  
2 tbsp butter  
5 cups chicken or vegetable broth  
3 cups carrots, peeled and sliced  
1 cup potatoes, peeled and cubed  
Salt to taste

Optional: for the adventurous cook try adding herbs like thyme, parsley and/or fresh ginger.

### Preparation

1. In a saucepan, soften the onion in the butter over medium heat. Add the carrots, potatoes and broth. Bring to a boil.
2. Cover and simmer gently for about 20 minutes or until vegetables are tender. In a blender, puree the soup until smooth. Season with salt.

Ricardo Cuisine



## *Sweet Potato Apple Pancakes*

1 cup all- purpose flour  
¼ cup brown sugar packed  
1 ½ tsp baking powder  
1 tsp cinnamon  
½ tsp baking soda  
¼ tsp salt  
1 cup milk  
2 eggs  
1tsp vanilla  
¾ cups sweet potatoes cooked and mashed  
apple, cored and finely chopped  
small amount of vegetable oil for cooking

### Method

In a large bowl, combine flour, sugar, baking powder, cinnamon, baking soda, and salt. In a separate bowl, beat eggs together with milk and vanilla. Add to dry ingredients: stir just until moistened. Stir in apples.

Using ¼ cup batter for each pancake, spoon into lightly greased skillet over medium heat; cook until tops are bubbly and edges cooked. Turn and cook until golden. Serve immediately with maple syrup.



## January Suppliers

**Chronos Foods  
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  
250-306-7800**

## 7 Reasons Why Vegetables are so Good for You

One of the healthiest eating habits you can foster is to make vegetables the center piece of your meals.

1. Vegetables are nutrient dense. They pack a lot of nutrition into a minimum of calories. For a 35 calories (the amount in one teaspoon of butter) , you can get a half cup of vegetables that contain a wide variety of vitamins, minerals, and health building substances called phytonutrients- not to mention a lot of flavour.
2. Veggies are a dieter's best partner. You can eat an unlimited amount without having to count calories. The body uses almost as many calories to digest vegetables as there are in vegetables.
3. You can fill up for less. The fibre in vegetables helps you fill up faster.
4. Vegetables are cholesterol free and most are fat free
5. Variety. There are hundreds of different kinds of vegetables and even more ways to prepare them.
6. Vegetables provide complex carbohydrates. The energy in vegetables is in a form of complex carbohydrates. These take some time to digest and don't cause the blood sugar highs and lows that sugars do.
7. Vegetables contain cancer fighting phyto. New research in the cancer field is showing that vegetables are nature's best health foods.



<i>Next Good Food Box Dates</i>	
<b>Payment by</b>	<b>Pickup on Thursday</b>
<b>February 7</b>	<b>February 15</b>
<b>March 7</b>	<b>March 15</b>



### **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.\***

### **For Pick-up Locations please see below:**

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

<b>Vernon</b>	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	2-6 pm 2-4 pm 2-4 pm 2-6 pm
<b>Armstrong</b>	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	1-4 pm
<b>Falkland</b>	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8 pm
<b>Westside</b>	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30-1 pm
<b>Lumby</b>	Pat and Poppy	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1 pm
<b>Cherryville</b>	Tina	250-351-9042	Cherryville	12 pm