



# Good Food Box July 2014



## Strawberry Spinach Salad

- |          |                                 |
|----------|---------------------------------|
| 1 bunch  | Spinach or fresh greens         |
| 2 cloves | Minced garlic                   |
| 1/4 tsp  | Salt                            |
| 1/2 tsp  | Mustard                         |
| 3 Tbsp   | Balsamic vinegar or lemon juice |
| 1 Tblsp  | Water                           |
| 2Tbsp    | Olive oil                       |
| Pinch    | Pepper                          |
| 1 cup    | Washed sliced strawberries      |

### Optional

- |         |                      |
|---------|----------------------|
| 3       | Sliced green onions  |
| 3       | Sliced mushrooms     |
| 1/4 cup | Crumbled feta cheese |
| 1/4     | Sliced almonds       |



1. Wash and thoroughly dry the fresh greens and tear it into large pieces.
2. Put garlic in bowl and whisk in salt and mustard
3. Serve immediately

Many thanks to SEAHORSE SOLUTIONS

who created our website: [www.goodfoodbox.net](http://www.goodfoodbox.net)



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

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

## Apple Tuna Spinach Salad

- |                                     |                                                                          |
|-------------------------------------|--------------------------------------------------------------------------|
| 1 tin tuna, drained                 | 1. Tear the spinach leaves to bite size pieces and put in a bowl.        |
| 1 bunch spinach, washed and drained | 2. Add chopped green onions, chopped apple, and tuna to spinach.         |
| 2 green onions, chopped             | 3. Mix oil, lemon juice and Worchester sauce together and toss in salad. |
| 1 apple, chopped and unpeeled       | 4. Serve immediately                                                     |
| 1/4 cup vegetable oil               |                                                                          |
| 4 tsp lemon juice                   |                                                                          |
| 1/2 tsp Worchester sauce            |                                                                          |



## *July Suppliers \* Thank You! \**

*Good n Plenty, Okanagan Grown Produce, Quality Greens Farm Market  
 Swan Lake Nursery land and Fruit Market*

## **In the July Box**

- 5 lbs. potatoes \*\* 2 lbs. carrots \*\* 1 bunch green onions\*\* 1 bunch spinach\*\* 1 bunch beets\*\* 1 bunch radish  
 1 .5 lbs. tomatoes \*\* 1 lb. broccoli\*\*  
 1 lettuce\*\* 1 zucchini\*\*  
 1 pint strawberries\*\* 2lbs. bananas



# Low Sodium Eating

Low sodium eating has been shown to help prevent high blood pressure, help keep you bones strong and may lower your risk for getting high blood pressure. Aim for 1500mg of sodium a day, stay below the upper tolerable intake of 2300 mg per day. Steps to lower sodium intake:

1. Make meals “from scratch” using unprocessed, fresh or frozen foods more often using foods in each of the Canada’s Food groups:
  - Vegetables and fruits
  - Grain products: plain rice, barley, oats and noodles
  - Milk and Alternatives: Milk and yogurt
  - Buy canned foods with no salt added
  - Meat and Alternatives: plain meat, fish or poultry, unsalted nuts and seeds, dried peas, beans or lentils
2. Limit fast foods and convenience or ready to eat foods such as seasoned pasta or mixes, and frozen prepared meals.
3. Read the Nutrition Facts box on packaged foods and choose foods lower in sodium.
4. Limit processed deli meats, processed cheese, pickles, salty sauces, condiments.
5. Use low sodium herbs, spices, and seasonings instead of salt at the table.

----- 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—1:30 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
July 9	July 17
August 13	August 21

