



Good Food Box March 2013



RECIPES FROM THE
GOOD FOOD BOX

Succulent Spaghetti

- 1/2—1 lb ground beef or 1 pkg ground round
- 1 onion, chopped
- 2 garlic, minced
- 2—3 c vegetables, chopped or grated
- 1 tbsp basil/oregano
- 680 ml Spaghetti or Tomato sauce
- 1 tbsp sugar, optional
- 1 tbsp hot sauce
- Grated cheddar cheese



In a large saucepan, cook meat, onion and garlic. When meat is almost cooked, add vegetables and mix in as it cooks. Add basil, spaghetti sauce, sugar and hot sauce. Sprinkle with cheese. Serve with spaghetti noodles, pasta or rice.

Potato Soup

- 2 stalks chopped celery
- 1 tbsp melted margarine or vegetable oil
- 2 carrots, sliced
- 2 c milk
- 1 medium onion, chopped
- 4 medium potatoes, cubed
- 3 c chicken or vegetable stock



Sauté celery and onions in margarine until tender. Add carrots, potatoes, and stock; cover and simmer about 20 minutes or until vegetables are tender. Remove from heat, mash vegetables with potato masher, add milk, and reheat until ready to serve.

Variation: When you add the water, season with 1/2 tsp thyme, dash of garlic, 1/2 tsp rosemary, 3/4 tsp seasoned salt, and add 1 c grated cheese when milk is added.

*March Suppliers * Thank You! **

Okanagan Grown Produce
Quality Greens Farm Market
Swan Lake Nurseryland and Fruit Market

Many thanks to SEAHORSE SOLUTIONS

who created our website:

www.goodfoodbox.net

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



In the March Box

- 5 lbs potatoes ** 2 lbs carrots
- 2 lbs onions ** 1 lb broccoli
- 1 lettuce ** 1 bok choy ** 10 oranges
- 1 lb green peppers ** 1 lb tomatoes
- 5 lbs apples ** 2.5 lbs bananas



As of July 18, 2013

Good Food Box prices will be:

\$16.00 for a regular box

\$10 for a small box.



Set a Sodium Intake Goal?

*The average Canadian adult's intake of sodium is about 3,400mg/day!

The goal is to eat 1,500mg or less per day.

*The Adequate sodium intake of 77%-97% of Canadian children and youth is above the "Upper Level" for their age group.

When shopping for groceries...

*Limit high salt products such as: processed meats, cured meats (bacon, corned beef), processed cheese (gouda, parmesan, and cheese spreads), pickles, condiments (ketchup, mustard), and salty sauces (soy sauce).

*Look for foods labeled sodium-free/salt free, no added sodium, low sodium, or reduced in sodium.

*Avoid high sodium products with over 400mg of sodium per servings. Limit medium sodium content of 200 to 400mg per serving. Aim for products that are less than 200mg per serving.

*Limit instant powdered foods such as instant puddings, dried soup mixes, pasta, and rice dishes.

*Read the Nutrition Facts on food labels; buy brands with lower sodium.



----- 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 for 1-2 boxes ~~ \$5.00 for 3-5 boxes

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205-27 Street Trinity United Church, 3300 Alexis Park Drive Vernon Student's Assoc., 700 College Way Big Chief Mobile Home Park, Clubhouse	2-6 p.m. 2-4 p.m. only 2-4 p.m.
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Valley Blvd.	2-5 p.m.
Falkland	Debbie	379-2554	Johnny's Java Basement Suite	6-8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30-1:30 p.m.
Lumby & Cherryville	Kathy	547-9323	White Valley Community Centre, 2250 Shields Ave	12:00-2:30 p.m.
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 at 306-7800 and leave a message if you cant pick up your box.

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



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
March 13	March 21
April 10	April 18

