



Good Food Box March 2014

RECIPES FROM THE
GOOD FOOD BOX



Onion Pinwheel

½ Tbsp oil
 2 medium onions, sliced thin
 1Tbsp brown sugar,
 2Tbsp Balsamic vinegar
 1cup flour
 1tsp baking powder
 2Tbsp butter
 ¼ cup milk(approximate)



1 Saute oil, onions, brown sugar, and vinegar slowly until caramel colour.
 2. Mix flour, baking powder, butter and milk in a

bowl. .
 3. Roll out to 6x12inches.
 4. Spread the sauteed mixture on the dough when cool and roll.
 5. Let cool in fridge for ½ hour.



Broccoli Frittata

1 broccoli head, chopped
 1Tbsp vegetable oil
 1cup chopped onion
 2cloves garlic (minced)
 ½ red pepper. Cut into strips
 6 eggs, large
 ¼ cup milk
 ½ cup cottage cheese
 pinch nutmeg
 to taste salt and pepper
 ¼ cup parmesan cheese

2. Beat together eggs, milk, cottage cheese, nutmeg, salt and pepper, pour over broccoli mixture.
 3. Cover and cook over medium low heat or 5 to 10 minutes or until set but still slightly moist on top. Sprinkle with parmesan cheese. Place under broiler for 2 or 3 minutes to lightly brown top (If the skillet handle isn't oven proof, wrap it in foil ; since the oven door is open, most of the handle will not be directly under the heat)

1. Saute oil, onion and garlic until onions soften a bit. Add broccoli and red pepper and stir fry until tender crisp.

March Suppliers * Thank You! *

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.

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

In the March Box

5 lbs potatoes ** 2 lbs carrots ** 1 lbs onions
 1 lb broccoli ** 1 leaf lettuce
 1 lb roma tomatoes ** 1 lb red pepper
 ** 4 lbs Spartans
 2 lbs bananas ** 8 oranges



Due to weather conditions, food prices have increased drastically.

GET CAUGHT MAKING HEALTHY CHOICES!

It has been said that every Grocery store has over 30,000 items to choose from, and not every store has the same 30,000. It can be very confusing, but you can learn to make wise food choices in a grocery store, restaurant or wherever you are.

Tips to Encourage Smart Choices

Every day at each meal choose a variety of foods from all four food groups.

Choose from two food groups for each snack.

Eat fresh! Choose unprocessed foods most often. They are more nutritious and do not contain the extra salt, fat, and sugar often found in processed foods and beverages.

Eat colourfully! Eating more vegetables and fruit each day in a variety of colours will boost your health, increase you fibre intake and help you maintain a healthy weight.

Be active every day! This helps regulate your appetite and balance the calories you eat.

Choose local! Food products that travel fewer miles are fresher.

Get Caught buying SMART at the Supermarket

Shop around the perimeter of the store and choose foods in their wholesome form.

Read food labels. If choose processed foods, pick foods that have 0g tans fats.

Choose low fat fluid milk and enjoy dairy products like cheese as part of meals and snacks.

Choose brightly coloured fresh vegetable and fruit. Choose locally grown when possible.

Choose cereal, bread and pasta where whole grains are the first or second ingredient listed.

Choose nutritious beverages : low-fat milk or 100% juice to enjoy at meals and snacks.

----- 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., 7000 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	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	12:00—2:30 p.m.
Cherryville	Poppy	545-6412	White Valley Community Centre, 2250 Shields Ave	11:00—1:30 p.m.

Please Note: Boxes not picked up on these dates are sold or given to charity the following day.
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
April 9	April 17
May 7	May 15



Please