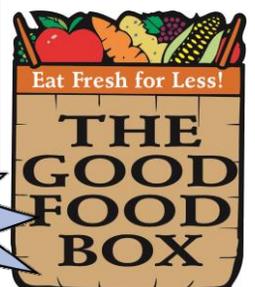


# March Good Food Box



RECIPES

## Carrot, Potato and Cabbage

### Soup

- 4 Carrots
- 2 Large Potatoes, thinly sliced
- 1 Large onion, thinly sliced
- ¼ medium green cabbage
- ¼tsp thyme
- ¼tsp basil
- ¼tsp parsley
- ¼tsp salt
- 6cups chicken stock
- 2 Cloves garlic smashed
- Ground pepper to taste



Combine the carrots, potatoes, onion, cabbage, garlic, stock, oil, thyme, basil, parsley, salt and pepper in a stock pot over medium high heat, bring to a simmer and cook until the carrots are tender, about 20 minutes. Transfer to a blender in small batches and blend until smooth.

### Irish Boxty

- 1 ½ cup raw, finely grated baking potato, (1 medium)
- 1cup cooked mashed potato
- Dash Salt
- 1 2/3 cup flour
- 1/2tsp baking powder
- 1 to 1 ¼ cup milk
- 1 large egg
- 1 medium finely chopped onion (optional)

Combine grated and mashed potatoes (with onions if using). Add salt and flour. Beat egg and add to mixture with enough milk to make a thick batter that will drop from a spoon. Drop by tablespoonful's onto a hot oiled skillet. Cook over medium heat for 3 to 4 minutes on each side. Serves 6 to 8.



### In the March Box...

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 Cabbage
- 1 lbs. red pepper
- 1 Cucumber
- 1 lbs. roma tomatoes
- 4 lbs. apples
- 2 lbs. bananas
- 4 oranges

Good Food Box prices:  
\$17.00 Regular Box  
\$10.00 Small Box

To those with a specific need living within the city of Vernon, you may qualify for delivery service cost is \$3.00 for 1-2 boxes or \$5.00 for 3-5 boxes

### March Suppliers

Chronos Foods  
Okanagan Grown Produce



Many thanks to  
**SEAHORSE SOLUTIONS**  
who created our website  
[www.goodfoodbox.net](http://www.goodfoodbox.net)

## March is Nutrition

### Help your Children to Eat Well...Be a Good Role Model

- Eat breakfast yourself and offer your child breakfast every day. It is well known that children that eat breakfast perform better at school
- Eat together as a family
- Make meal time pleasant ( meals are not the time to have an argument)
- If the child is refusing to eat, accept the refusal calmly. However, do not offer any more food or any other food until the next scheduled meal or snack
- Involve the children in the shopping and meal preparation

### Allow Children to Respect their Appetite

- Do not teach children to clean their plate and then dessert. This teaches them to eat until overfull
- Serve a portion of a nutritious dessert to everyone in the family along with the rest of the food at the meal.
- Don't offer snacks too close to the meal or the child will be full
- Offer small amounts of food at the meal or snack time, another serving can always be given if the child is still hungry!
- Limit the number of feeding times to 6 ( 3 meals and 3 snacks)
- Don't give food as bribes or punishments ( eg., " if you eat your peas you can have your dessert")
- REMEMBER! The adult is the one who buys the food and stocks the cupboards. The adult should not bend to pressure to buy food they disagree with.

We are a volunteer organization that appreciates your time, talents and ideas. For information about the Good Food Box call **Diane Fleming** at 250-306-7800.



Please remember to bring your own bags when picking up next month's Good Food Box!

#### Next Month's GFB dates:

Payment by Wed	Pickup on Thurs
Apr 12	Apr 20
May 10	May 18

Please note: Boxes not picked up on these dates are sold or given to charity the following day. Please call 306-7800 on pick-up day or leave a message for Diane if you can't pick up your box

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 <sup>th</sup> Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's Association, 7000 College Way	2- 6pm  2- 4pm  2- 4pm  2- 6pm
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd	1- 4pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6- 8pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall	11:30 - 1pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave	11- 1pm
Cherryville	Tina		Cherryville	12 pm