



May Good Food Box

www.goodfoodbox.net

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

- 5 lbs. potatoes
- 1 lbs. onions
- 2 lbs. carrots
- 1 romaine lettuce
- 2 cucumber
- 1 lbs tomatoes
- ¾ lb broccoli
- 3 lbs. apples
- 2 lbs. bananas
- 4 oranges

\$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

Chronos Foods and Okanagan Grown Produce

Many thanks to **SEAHORSE SOLUTIONS** who created our website

www.goodfoodbox.net

For more information about the Good Food Box call **Diane Fleming** at 250-306-7800

Mashed Potato Cake

1 1/3 to 2 cups Sugar	1 Cup Butter or Margarine
4 Eggs	2 cups Mashed potatoes
1 cup sour milk (1 cup milk + 1 1/2 t. vinegar)	2 cups Flour
2 T. cocoa	2tsp baking soda
½ tsp. baking powder	1 tsp. cinnamon
1 tsp. nutmeg	1 tsp. cloves or cardamom
1 tsp. salt	(Optional) 2 cups raisins, or cranberries, or walnuts

How to make:

-Cream butter until fluffy, add sugar and beat. Add eggs one at a time d beating well after each. Add the mashed potatoes and vanilla.

-Sift all dry ingredients and add alternating with sour milk. Mix well.

-Add any optional ingredients. Bake in preheated oven 350 F for 50 minutes.

Anastasia Gates

Old Fashioned Apple Crisp

Crumble Topping

- 1 ½ cups large flake oats
- ¾ cups whole wheat flour
- 1/3 cup brown sugar
- 1/3 cup sliced raw almonds
- 1/3 cup butter

Apple Filling

- 8 apples (quartered and cored, peeling is optional)
- 2T whole wheat flour
- 3T. brown sugar
- 1 lemon, juiced and zested
- 1tsp vanilla
- 1 ½ tsp ground cinnamon

How to make: Preheat oven to 375F

-Cut each apple quarter in bit size pieces. In a 9x13” pan combine apples, flour, brown sugar, lemon juice and zest, vanilla and cinnamon. Mix well.

-In a medium bowl, combine oats, flour, brown sugar, and almonds and mix well.

-Add butter and mix with hands until mixture resembles coarse crumbs. Spread on top of apples.

-Bake for 40 minutes, until topping is golden brown.

Making Friends with Vegetables

Though it is tempting to pressure or bribe your child to eat vegetables, that approach usually does not work in the long run. It could even cause your child to associate bad feeling with vegetables. Here are some ideas to help your child “ make friends with Vegetables”

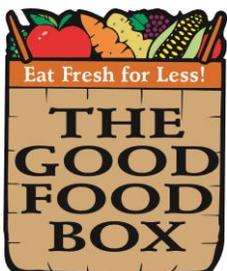
1. Offer veggies often. Sometimes it takes many tries before a child learns to like a new food.
2. Think variety. Offer crunch veggies sticks with a dip and cold veggies as nibbles. Serve veggies steamed, stir fried, roasted, or topped with cheese.
3. Have fun. Involve your child in cutting, shredding, tossing salad greens and decorating a veggie pizza. Giving foods new names can be helpful, for example potatoes and carrots can be called “ Monster Mash”
4. Action speaks louder than words. If a child grows up watching their parent eat vegetables, they are more likely to eat them too

Pick-up locations: Please remember to bring your own bags when picking up your GFB!

Vernon	Anastasia	250-558-5981	All Saints Anglican Church, 3205 27 th St Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Students Association, 7000 College Way	2-6pm 2-4pm 2-4pm 2-6pm
Armstrong	Brenda	250-546-1331	Zion United Church, 2315 Pleasant Valley Blvd	1-4pm
Falkland	Ann Marie	250-379-2762	5683 Tuktakamin Rd	6-8pm
Westside	OKIB Health Center	250-542-5094	Head of the Lake Hall	11:30-1pm
Lumby	Pat and Poppy	250-545-5865	White Valley Community Center, 2250 Shields Ave	11-1pm
Cherryville	Tina	250-351-9042	Cherryville	12pm

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.



Next Month's GFB dates:

Payment by	Pickup on Thurs
June 7	June 15
July 12	July 20

