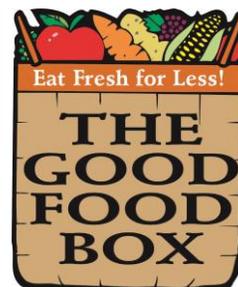


November 2015 Good Food Box



RECIPE'S

Low Sodium Vegetable Stock (makes 10 cups)

- 1Tbsp vegetable oil
- 4 carrots, coarsely chopped
- 3 stalks celery, including leaves, coarsely chopped
- 2large onions, coarsely chopped
- 8oz mushrooms, quartered
- 12c water
- 2 bay leaves
- ¼ c coarsely chopped parsley, with stems
- 1tsp dried thyme
- 1tsp whole black peppercorns

1. In a stockpot, heat oil over medium high heat. Add carrots, celery, onions and mushrooms; cook, stirring often for 10 minutes or until lightly colored.
2. Stir in water, bay leaves, parsley, thyme and peppercorns. Increase heat to high and bring to a boil. Skim foam from top, if necessary. Reduce heat to medium low, cover and simmer 2 hours.
3. Strain stock through a fine sieve into a large bowl, discard solids.

Morning Glory Muffins (makes 12)

- 1 1/2c whole wheat muffins
- ½ c wheat germ
- 1tsp baking powder
- 1tsp baking soda
- 1 ½ tsp ground cinnamon
- ½ tsp nutmeg
- 1 cup grated carrots (about 2medium)
- 1cup grated apple
- 1/3 c unsweetened shredded coconut
- 1/3 c raisins
- 2 eggs
- ½ c packed brown sugar
- ¾ c non-fat plain yogurts
- 3Tbsp vegetable oil

1. Preheat oven to 375F
2. In a large bowl, stir together flour, wheat germ, baking powder, baking soda, cinnamon, and nutmeg. Stir in carrots, apple, coconut and raisins.
3. In a medium bowl, whisk eggs. Stir in brown sugar, yogurt and oil.
4. Stir egg mixture into flour mixture until just combined. (Batter will be thick) Divide batter evenly among oiled muffin cups
5. Bake in preheated oven for 20 to 24 minutes

In the November Box...

- 5lb potatoes
- 2lbs onions
- 2lbs carrots
- 1lb broccoli crowns
- 1 squash
- 1lb roma tomatoes
- 1 spinach
- 4lbs apples
- 5 oranges
- 3lbs bananas

Good Food Box prices:

- \$16.00 regular box**
- \$10.00 small box**

If you have any recipe ideas that you would like to share please call

**Diane at
250-306-7800**

NOVEMBER SUPPLIERS Thank you!

**Chronos Foods
Dobernigg's Farm
Okanagan Grown Produce
Burkes Farms**

Many thanks to SEAHORSE SOLUTIONS

who created our website: www.goodfoodbox.net

How Do Celebrations Fit into a Healthy Lifestyle?

It's that time of year when holiday parties and family gatherings can make it difficult to stay on track with healthy eating. There is no reason why you cannot enjoy some of your holiday favourites but spend your calories wisely. Planning ahead to be active and eat well is the best way to prevent unwanted weight gain during the holidays

- Be mindful of your eating. Enjoy what you choose, eat slowly and feel free to stop when you are full. It's OK to say "no" when you are offered second helpings. You might ask to take some home for tomorrow
- Don't starve all day: eat breakfast, lunch and a light snack before an event
- If eating at a buffet, consider taking samples of each dish and not full portions
- If you are hosting, prepare some of the foods with less fat, sugar and salt and add more herbs and spices
- Serve hummus with pita chips and raw vegetables. Not only are vegetables naturally low fat, low calorie and chock full of nutrients, they help you feel satisfied longer. The fiber will cause the stomach to feel full.
- Include plenty of water throughout the evening. Limit alcohol and sweet drinks (lots of calories hide here)

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.

**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/5.00 for 3-5 boxes**



Payment by Wed	Pickup on Thurs
Sept 9	Sept 17
Oct 7	Oct 15

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

**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 th Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's Association, 7000 College Way	2:00 – 6:00pm 2:00 – 4:00pm 2:00 – 4:00pm
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd	2:00 -5:00pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6:00 - 8:00pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall	11:30 – 1:00pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave	11:00 – 1:00pm
Cherryville	Tina		Cherryville	12:00