

November Good Food Box

www.goodfoodbox.net

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

In the October Box

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 lb. red peppers
- 1 acorn
- 1 lb. roma tomatoes
- 1 lb broccoli
- 4 lbs apples
- 2 lbs. bananas
- 6 oranges

Good Food Box prices:

\$16.00 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

October Suppliers

Chronos Foods
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

Baked Apple Slices

4 apples	1/3 cup sugar
1/3 cup flour	1 1/2 tsp cinnamon

How to make:

Peel, half and core apples. Cut each half into 6 wedges. In a large bowl, combine flour, sugar and cinnamon. Mix together well. Add apples and toss.

Spread apples in single layer on non-stick or parchment paper lined baking sheet. Bake in preheated 450 oven for 15 to 20 minutes or until browned. Serve warm.



Carrot Loaf

1 cup sugar	1 1/2 cups flour	1tsp cinnamon
2 eggs	1tsp baking powder	1 orange juiced and grated rind
3/4 cup vegetable oil	1tsp baking soda	1/2cup raisins or chopped nuts
1cup carrots, grated	1/2 tsp salt	

How to make:

Beat sugar and eggs until light. Add oil and raw grated carrots. Sift dry ingredients together and stir into first mixture. Add orange juice and rind. Fold in raisins or nuts. Bake at 350F for 50 minutes or until center tests done.



Cost of Produce

According to the Cost of Eating Report for B.C., the average monthly cost of the 2015 nutritious food basket for a family of four is \$974. This is an increase of \$61/month between 2013 and 2015.

During the winter months, the Good Food Box purchases produce from suppliers from the United States of America. With the drop of the Canadian dollar the cost of produce has increased about 30 percent.

Because the cost of produce has jumped from last year, we regret to announce that starting January 2017, the cost of a regular Good Food Box will be \$17.00 and a small Good Food Box will be \$10.00. All preorders for 2017 will be honored.

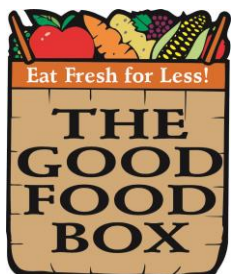
We regret to announce the passing of our friend and long-time Good Food Box volunteer, Elsie Dahlen. Her cheerful personality, encouraging words, and devotion to the Good Food Box will sorrowfully be missed. Our deepest sympathy to the family.

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		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
Dec. 7	Dec. 15
Jan. 11	Jan. 19

