



October 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 squash
- 1 lb. roma tomatoes
- 1 romaine lettuce
- 5 lbs. gala apples
- 2 lbs. bananas
- 7 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
Gatzke Orchard
Burkes Farm Market

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 Apples with Raisins

4 large cooking apples	2 Tbsp. raisins
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How to make:

Wash the apples and remove cores, using an apple corer or by cutting them out with a sharp pointed knife. Score round the middle of the apples, just cutting the



skin. Place the apples in a shallow oven proof dish. Fill the cavities of the apples with raisins, pressing them down well. Bake the apples uncovered at 350 F for 45 to 60 minutes, until the apples are tender, but not collapsed.

Quick Apple Cake

1 egg	½ cup sugar	1/3 cup vegetable oil
3 Tbsp. apple or orange juice	1tsp vanilla	¾ cup flour
1tsp baking powder	Pinch salt	1/3 cup brown sugar
1tsp cinnamon	3 apples, peeled & sliced	

How to make:

Beat egg with sugar until thick and light. Beat in oil, juice and vanilla. In separated bowl, combine flour, baking powder and salt. Stir into egg mixture and combine only until blended. Combine brown sugar and cinnamon.



Arrange apples in bottom of oiled 8 inch baking pan. Sprinkle with ½ the brown sugar mixture. Smooth batter on top. Sprinkle with remaining brown sugar mixture. Bake at 350F for 35 to 40 minutes. Cool for 10 minutes.

Tip: Avoid over mixing the batter.

Refrigerating and Freezing Tips

*When purchasing foods read the expiry dates. Choose products that have the longest expiration date to avoid spoilage.

*When shopping purchase perishables such as meat, dairy and frozen products last to main freshness

*Write the purchase dated on foods items and use oldest products first

*Buy fresh looking packages and cans. Avoid purchasing dusty, dented, rusting, leaking, budging cans.

Once cans are opened, the food should be used or placed in a clean container, covered and refrigerated.

To maintain quality of food keep refrigerator temperature at 40F/4C and freezer at 0F/-17C

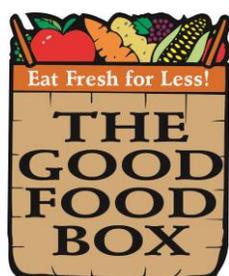
Refrigeration Chart	
Food	Days
Ground meat	1-2 days
Bacon	7 days
Ham slices	3-4 days
Fresh chicken	1-2 days
Fresh fish	1-2 days
Casserole	3-4 days
Eggs in shell	3-5 weeks
Lunch meat	3-5 days
Hot dogs (opened)	1 week
Hot dogs (unopened)	2 weeks

Freezing Chart	
Food	Months
Poultry uncooked	9
Poultry cooked	4
Ground meat	3-4
Roast uncooked	6-12
Salmon	3-6
Casserole	2-3
Soups & stews	2-3
Lunch meat	1-2
Hotdogs	1-2
Bacon, sausages	1-2

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	2-5pm
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
Nov. 9	Nov. 17
Dec. 7	Dec. 15

