

Edition 16 January 2015



Nourishing News

The Nourish and Develop Foundation's monthly newsletter

We invite you to learn a little about what we do and experience some other community Highlights.



IN ALLIANCE WITH
COMMUNITY FOOD CENTRES CANADA

Did You Know?

"We are proud to have been selected amongst many applicants across Canada in recognition of our work to be a Good Food Organization working towards a healthy and fair food system in alliance with Community Food Centres Canada. We are joining a growing network of 37 like-minded organizations across Canada who share a commitment to offering healthy and dignified food programs in their communities." Follow these great initiatives @aplaceforfood on Twitter, FB, Community Food Centres Canada and www.goodfoodorganizations.ca

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Hot Dates

Food Pantry Fridays

Jan. 9th 10-1 pm then every

Friday from 10-1

Wed. Jan. 7th & Jan 21st

Community Lunch 11:30-1:30

Cannington Trinity United Church

Fri. Jan. 9th NDSDC Interagency

Scugog Library 11:30 RSVP

<http://www.northdurhamsdc.com/inter-agency>

Thurs. Jan. 15th FANS Bountiful

Basket Pick up between 11-3

Tues. Jan. 20th Table Talks 6:30

Wed. Jan. 21st Time Bank 1:30

HAPPY NEW YEAR!

2015

TNDF Program Highlights



McCaskill's Mills Public School and Brock High School deliver all the right ingredients



for a Healthy Community. Students, families and teachers all come together for the holiday food drives, bringing awareness to the issue of food insecurity along with the comradery that sharing brings.

Healthy Harvest Community

Luncheon The Soup Lunch is put on every other week at Cannington's Trinity United Church. In conjunction with our Food Skills Development Program, participants work as a team to prepare a healthy, fresh and affordable variety of soups to offer the community. If you would like to be part of

this program in any capacity contact foodskillscoordinator@northhouse.ca All donations go to program ingredients and to Trinity United Church.

Time Bank No better time than January, when budgets are stretched thin and realized, to think about Timebanking. You do a chore for someone and pick from the list of services to see what chore can be done for you. Each hour is equal in Timebank credits. Come to our next meeting at TNDF on January 21st 1:30. Email Volunteer Ron to find out more davies28202@hotmail.com

Table Talks Last month Sparkle Hayter showed us how to use natural products to make bath balms. This month Mila from Lavender-Blu will share with us some of the multi-fauceted uses for Lavender.

Community Food Hub Our Community Food Hub with its Commercial Kitchen are coming along beautifully. Thanks to all who live in the vicinity for their patience as the work is being done. The parking lot is paved now and most of the outside work is complete. The doors are expected to open this spring. To keep posted on what's all the Hub About? Go to www.tndf.ca and see how you can be part of this exciting community project.



Maple Tree Garden

Although the garden and all of her plants are resting until spring comes, the February Table Talks we'll talk Seed starting!



Wonderful Weeds

Lavender to the Stress-Cue!
Lavender has long been used by herbalists to help relieve stressors such as anxiety, insomnia, depression and restlessness through its aroma. It

FANS Good Food Box Big Thanks to Brocks Big Bite for sponsoring a basket a month until Big Bite Month! A special Kudo's to Cannington's Trinity United Church for supporting FANS (Fresh, Affordable, Nutritious, Seasonal) through their White Gift Offering.

Our FANS (Fresh, Affordable, Nutritional, Seasonal) Bountiful Basket program offers additional nutrition to all of us. We have subsidies for those thanks to Ontario Works. We encourage anyone who needs a veggie boost to their diet, but doesn't know where to begin...buy a basket and we'll show you how to get the most taste and nutrition out of your basket. **Buy 2 for \$30.00 or more baskets and qualify for a charitable tax receipt.**

Carrot Soup Recipe



is also known to have antiseptic and anti-inflammatory properties helping to heal minor burns and bug bites. Ask your Health Professional if Lavender may be used for much that ails us. Join us for Table Talks this month and hear how Mila from Lavender-Blu turns her home grown lavender into culinary and aromatic delights. Find out more at <http://www.lavender-blu.com/>

Food Factor



Carrots can

be found in abundance in January and at very affordable prices. They go along way too, in terms of delicious nutrition and health benefits. Always known for improving vision, carrots are high in beta-caratene, which is converted into Vit. A in our liver then transformed into eyehealth working towards better night vision, less risk of macular degeneration. Studies have shown carrots reduce the risk of lung cancer, breast cancer, colon cancer and heart disease. Steam and eat with a healthy fat for best absorption.



Kudos Corner We truly couldn't possibly thank all of the fantastic supporters who came through our doors this past month. From the Schools to the Church, the locals were dropping off bags of food and toys for the drive, The Cannington Fire fighters and their families who filled many stockings and donated money to send the Richard Family shopping for a very grateful family. The anonymous Santa's and our merry knitters Helen, Barb and Carol

made people feel warm and so appreciative of their kindness. Ben's Pharmacy staff gave the gift of FANS! Suzanne's Yoga Class's annual food and gift drive. Bon Air residents and staff who continue to support our efforts with donations of food, gifts and cash infusions for milk and perishables are truly part of the team helping bring awareness and kicking hunger to the curb. Speaking of making change happen, we are so proud and humbled to have supporters like Terri Richard who nominated us for the Commonwell Mutual Insurance Group C.A.R.E (Create A Ripple Effect) The Nourish and Develop Foundation was the recipient of a \$5000.00 donation that will be used in our self- reliance programs.



Making Natural Bath Balms

Giorgio, Lola and patrons donate!

Program Hours



Nourish and Develop is open weekdays from 9 am- 5 pm.

The Food Pantry is open every Friday from 10am to 1pm

Join us for workshops, webinars or community events!

Check out the Nourish and Develop Facebook page or www.tndf.ca for details about how you too can be part of a grass roots way to alleviate poverty and increase equality.