



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.



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Hot Dates

Food Pantry Fridays starting Mar. 6th 10-1 pm then every Friday from 10-1

Wed. Mar. 4th & 18th Community Lunch 11:30-1:30

@ Cannington Trinity United

Wed. Mar. 11th De-cluttering Workshop with Leona 10am

Tues. Mar. 17th Table Talks 6:30

Wed. Mar. 18th Time Bank 1:30

Thurs. Mar. 19th FANS Bountiful Basket Pick up between 11-3

Wed. Mar. 25th Food Safety Skills 9:30-3:00 RSVP @ TNDF

Thurs. Mar 26th 100 Women Who Care www.100womenbrock.com

Fri. Mar. 27th Budgeting with Ben 10:00-12:00 @TNDF

Fri. Mar. 27th North Durham Social Development Council Interagency Meeting Uxbridge

Did You Know?

March is National Nutrition Month! Nutrition is being celebrated everywhere this month. Every year in March, dietitians across the country remind us of the importance of healthy eating and the positive impact nutrition has on our health and well-being. Nutrition month 2015 is dedicated to eating well at work. The slogan for the campaign is *Eating 9 to 5!* For more info see attached link: <http://www.dietitians.ca/Your-Health/Nutrition-Month/Nutrition-Month-2015.aspx>

What a perfect Spring thing to do; cleanse our bodies of the winter wear and tear and take note of what we are putting in them. Try our easy and affordable cleansing soup recipe in Food Factor. Can you recognise the signs of poor nutrition in your life? Check out the sites below and have some fun while putting good food choices on you and your children's minds.

<http://www.nationalnutritionmonth.org/nnm/games/wordsearch/kids/index.html>

MARCH 8 SPRING FORWARD THEN CELEBRATE THE FIRST DAY OF SPRING ON MARCH 20th



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TNDF Program Highlights



Food Skills Development

On Wednesday February 25, 2015 our new food coordinator Carol hosted a very interesting and educational workshop all about the history of spices! Did you know that garlic is one of the most versatile spices and that it is often used for its health and medicinal properties? It's true! Some of its nutritional benefits include: combating sickness, reducing blood pressure, preventing cancer and it can improve cholesterol levels, which may lower the risk of heart disease.



How about the aromatic, pungent and spicy flavour of ginger? Not only does it taste and smell

delicious, it is deemed one of the healthiest spices because it can help to alleviate symptoms of gastrointestinal distress; it is a safe and effective remedy for nausea even during pregnancy, protects against certain cancers, helps to boost your immune system and can even bring relief for those suffering with joint pain and inflammation.

Our next little gem is Cayenne pepper. This little hottie can be used for a variety of ailments including heartburn, delirium, tremors, gout, paralysis, fever, flatulence, hemorrhoids, and menorrhagia in women, nausea and sore throat. (*Tanya Piercey*)



Candice Kumai of **Top Chef** fame began developing this recipe on her search for a healthier version of fat-laden coleslaw. What she ended up creating was a detox and diuretic salad that stands strong on its own. Apples marry with the dynamic duo of red and Savoy cabbage, combining for a fiber-filled meal that aids in digestion. Fennel and cayenne add fiber and a kick to metabolism.

Food Factors

Recipe of the Month



Apple and Cabbage Salad

Savoy Cabbage is chalk full of vitamins and minerals. As well as aiding in the detox process it improves oxygen flow in the blood. It is a good source of vitamin B3, which boosts energy and strength, and keeps the heart, muscles, skin, mucous membranes and nerves healthy.

Ingredients:

1/2 head Savoy cabbage
1/2 head red cabbage
1 Fuji apple
1/4 red onion

1/2 cup walnuts, roughly chopped
1/2 cup golden raisins
For the dressing:
2 tablespoons apple cider vinegar
1/8 teaspoon cayenne pepper
1/3 cup Greek yogurt
2 teaspoons honey or agave nectar
1 teaspoon fennel seeds
1/2 teaspoon sea salt



Super Soup Crew!

Directions: Using a mandolin or sharp knife, thinly slice the cabbage, apple, and red onion to resemble extremely fine confetti; transfer to a large bowl. Add the walnuts and raisins. Toss gently to combine. In a small bowl, whisk together all the ingredients for the dressing.

Top the salad with the dressing. Using salad tongs, mix until evenly dressed.

Read more about the ways Candice shapes health.

<http://www.shape.com/blogs/fit-foodies/detox-apple-and-cabbage-salad>

Time Bank Think about trading your skills for someone else's. Offer of the month Belly Fit Classes by Laurie in exchange for timebank credit.



Email Volunteer Ron to find out more
davies28202@hotmail.com

Table Talks



Last month John Nowakoski put us in the planting mood, talking to us about what seeds to get and when to plant them. This month we will feature a video "Dirt The Movie" March 17th 6:30 @TNDF and it's all FREE! Everyone Welcome!

Maple Tree Garden

Thanks to all who were able to make it to the monthly garden meeting. For those of you who couldn't make it the next one is scheduled for March 11th at 6 pm here at TNDF.

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 that will keep giving well throughout

the year. Many other food boxes, were sponsored by Ontario Works, benefiting low income families in Brock. **Order your FANS the 1st Thursday of each month and pick up the 3rd Thursday between 11-3**

Wonderful Weeds

Parsley is a pretty little Mediterranean herb that lends a sprinkling of color to your plate and health benefits to your diet. Parsley has been around for more than 2000 years, and boasts some time-tested benefits that you should know about. Parsley is rich in many vital vitamins, including Vitamin C (ounce for ounce more than an orange), B 12, K and A. This means parsley keeps your immune system strong, tones your bones and heals the nervous system, too. It helps flush out excess fluid from the body, thus supporting kidney function. However, the herb contains oxalates, which can cause problems for those with existing kidney and gall bladder problems. Regular use of parsley may help control your blood pressure. The folic acid in this herb is like a tonic for your heart. Parsley essential oil, when massaged into the scalp, may reduce hair loss. Regularly eating parsley may help you feel relief from joint pain due to its anti-inflammatory properties. Parsley tea may help relax stiff muscles, encourage digestion and add to fresh breath. Scientists have documented it a 'chemo-protective' food.



Read more:

<http://www.care2.com/greenliving/7-surprising-health-benefits-of-parsley.html#ixzz3Ssolc0Zu>

Kudos Corner

Kudos to the Cannington Lions for donating \$600.00; a portion of their Christmas Tree Sales. This very generous gift will go towards purchasing a walk in freezer for the Pantry in the Food Hub at the old Brandon Bakery.

A big thank you to Susan Hunt, Linda Connolly, Joan Hooper, Emily Morrison, Karin Munding, Kim and Al Bouwmeester, Ben and Carol Deith, Christine Dukelow, Kim Biggar, Heidi Leask, Paula Warder, Donna & Osmund Baydak, The

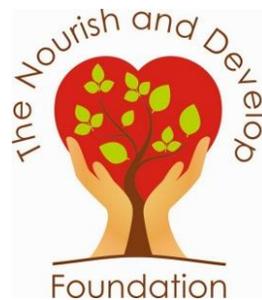


North Durham Social Development Council, many local individuals Krystle, Jabour, Elke, Cara and Eileen as well as businesses who put in or put out jars to collect change from the caring people of the community. Thanks to Holy Grounds Café, Your Computer and Signs, Papa Enrico's Pizza, Corner Wellness, Bonair Residence, Dr. Mary Ferguson's Dental Office, Thelma at All About Hair, Keeler Automotive, Ben's Pharmacy Cannington and Scotia Bank for helping raise awareness about the Hungry, Homeless and Hurting in The Coldest Night Fundraiser! ... So far as Team Just Cause we've raised over \$1300.00 towards the over \$24k that has been raised for North House so far. If you have a few bucks and feeling like raising the bar there is still time left to donate. ☺

<https://secure.e2rm.com/registant/TeamFundraisingPage.aspx?teamID=583183&langPref=en-CA>



IN ALLIANCE WITH
COMMUNITY FOOD CENTRES CANADA



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.

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