



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!

Did You Know?

In Canada, there is no official measure of poverty. Studies show that cardiovascular disease death is highest for those in the poorest income groups. The same can be found for conditions such as cancer, diabetes and mental illness.

Poverty in childhood is associated with a number of health conditions in adulthood. Canada ranks 15 out of 17 for the highest amount of children living in poverty. That's 1 in 7 children who grow up poor. Children who live in poverty are more likely to have low birth weights, asthma, type 2 diabetes, poorer oral health and suffer from malnutrition. But also children who grow up in poverty are, as adults, more likely to experience addictions, mental health difficulties, physical disabilities and premature death. Children who experience poverty are also less likely to graduate from high school and more likely to live in poverty as adults.

People living in poverty face more barriers to access and care. It has been found that Individuals in low income are also twice as likely as those in the highest income group to visit the emergency department for treatment.

There is a profound two-way relationship between poverty and health. People living in poverty experiencing poor health occurs more frequently than poor health causing poverty.

<http://umanitoba.ca/outreach/evidencenetwor/carolyn-shimmin>

Credit to above for full story details.

In This Issue

Did You Know

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Hot Dates

May 1st, 8th, 15th, 22nd, 29th

Food Pantry Fridays 10 am – 1 pm

Wed. May 13th & 28th Healthy Harvest

Lunch every other week. 11:30-1:30 pm

Wed. May 13th Maple Tree Community

Garden Meeting 6 pm at the Garden

Thurs. May 15th – Bountiful Baskets p/u 11-3

Tues. May 19th – Table Talks 6:30pm

Fri. May 22nd Rural Collaborative Summit

Sat. May 23rd Spring Opening at the Community Garden. Calling all Scouts and Brownies to come out and help plant some more trees.



Program Highlights

Food Skills Development

Thanks to Faye, Helen and Matt from the skills development team for holding down the fort while Carol was away. Great job team!



Wonderful Weeds

Lambs Quarters also known as Goosefoot, Fat hen, and Pigweed are a wild edible that has an earthy, mineral rich taste; some say is close to chard. It's difficult to describe, but if you enjoy leafy greens such as kale, collards, and spinach then chances are you will like lambs

quarters. Steaming helps to remove oxalates.

<http://www.ediblewildfood.com/lambs-quarters.aspx>

Radishes are very good for the liver and stomach, and act as a powerful detoxifier too. That means that it purifies the blood and works at eliminating toxins and waste. You can eat the entire radish, leaves too. Put the leaves in a smoothie, in a salad or steam them.

Table Talks



Last month Cesar hosted a talk about their trip to Saigon and how food is celebrated and distributed. They also made Spring rolls. Look for the recipe on our Facebook page.

This month Table Talks is on May 19th @ 6:30 pm. Presented by certified perma-culturalist Jay Cuthbertson

"Why have one fruit tree when you could have fruit, berries, vines and flowers all in the same space. Come enjoy a discussion on how to get more from the same space while increasing fertility and flavour". Everyone welcome!

Food Factor Recipe

Sautéed Radishes with Spinach

Total Time: 15 min,
Prep 5 min, Cook: 10 min, Yield: 4 servings

Directions

Cook 2 bunches trimmed and halved radishes and 1 sliced red onion in a skillet with olive oil over medium-high heat, stirring, until tender, about 8 minutes; season with salt and pepper. Stir in 5 ounces of baby spinach, the juice of 1/2 lemon, a pinch each of salt and pepper; cook until wilted, about 1 minute. Photograph by Justin Walker

Recipe Courtesy of Food Network Magazine
Read more at:

<http://www.foodnetwork.com/recipes/food-network-kitchens/sauteed-radishes-with-spinach.html?oc=linkback>



Thinking outside the box to strengthen the economy, provide equal opportunity and make a dent in poverty reduction? Think Social Enterprise.

The social enterprise field is gaining momentum and recognition from private and public sectors all across the world as a way of addressing important social and environmental issues. However, these issues that have traditionally been funded through government ministries and social services organizations. Today, as they are moving towards a market-driven economic model, a number of topics need to be addressed.

SERA (Social Enterprise Rural Alliance) will host an in person and online Summit giving us posed 3 questions to people who are interested and/or working directly in the social enterprise field to garner the wisdom of some who are actively and successfully operating a Social Enterprise. Book your spot or find out more at <http://www.seracommunityventures.ca/events/ruralcollaborativesummit/>



Just Cause is an example of a Social Enterprise. A business that can make a profit while giving back to the community with an environmental consciousness.

Together with Georgina Trades (GTTI), SERA and Just Cause 6 youth completed the Introduction to Construction Program where they earned

certificates, learned hands on practical construction training skills, and came away with a sense of accomplishment, a \$500.00 honourarium as well as a positive reference. Here they are pictured with Rev. Janet Petrie from Trinity United Church as they donate a picnic table they made. Congratulations!

Kudos Corner

Kudos to Scotia Bank Cannington



Monica and John serve up an amazing pulled pork sandwich with delicious sweet potato soup. Team Scotia Bank Cannington worked together to build the community lunch for us. They generously matched donations that help us keep the lunch going, provide programming, certificates and give back to the church.



Kudos to Christine Halbot for speaking at our Seedy Sunday event. Learn more about Christine and how her farm is sustainable at www.canadianorganicseedcompany.ca



Kudos to Lisa Schummer for receiving a Community Excellence Award. Pictured here Donna Schirle appreciates Lisa for all of her years of enthusiasm, work and dedication to Cannington 1st Scouts.



Above are the finalists in the Business Idea Competition presented by the Brock Youth Centre. **Kudos** to from left to right is Paige Smith, Kayla Smith, Jasmine Rutschmann, Marie Boddington, Simon Southwell, Madison Holder and Jeff Baker. Congratulations to Jeff who won \$1000.00 and Simon who was chosen 2nd and received \$500.00. Congratulations to everyone for all of their excellent efforts and enthusiasm.

*Big **Kudos** and thanks to Tanya Piercey who finished her Social Service Worker Placement with us and will now celebrate her graduation. Tanya made an impact on many people at TNDF so we are not going to say good bye...just hope to see you soon ☺*



Kudos to the Brock Community Health Centres Diabetes team for coming in and offering diabetes and nutritional education for our group. **Kudos** to Helen Martin who continues to support our food pantry milk program with donations monthly. Helen is also knitting away so that there will be no cold hands or feet next winter.



IN ALLIANCE WITH
COMMUNITY FOOD CENTRES CANADA

Proud to be part of the Good Food Organization!



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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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<https://www.facebook.com/nourishanddevelopfoundation>