



Regina Food For Learning

December 2010

Newsletter

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Christmas Message



As 2010 comes to a close we must savor our accomplishments and plan for the upcoming year.

We have had a very busy and successful year. In 2010 we have provided over 63,837 snacks in

six schools and 12,270 lunches in six schools between January and October 31st. We, of course don't have the final figures for November and December, but as of the end of 2010 we will have served over 1,135,416 snacks and 421,443 lunches since we began feeding children in our community in 1989. In the upcoming year we plan to continue to provide good, nutritious snacks and lunches as required by the schools that we serve. We also plan a special "REACH for Nutrition" event to celebrate Nutrition Month in March. Each of the elementary schools at which we serve were invited to apply for this event. We are pleased to announce that it will be held at Judge Bryant School and will bring students, parents and staff of that school together to celebrate and learn about nutritious food choices. This event is sponsored by REACH and will provide a tasting and learning opportunity for everyone involved.

The Board of Directors and staff of Regina Food for Learning extend a huge **"THANK YOU"** to all the dedicated volunteers, donors, teachers, and principals for your continued support. We couldn't have done it without you!! You make Regina Food for Learning possible.

Peace, Laughter, Gladness, Good Health, Prosperity and Happiness. May these be your gifts in this joyous season and throughout the New Year.

Sincerely,

The Board of Directors and Staff, Regina Food for Learning

Fundraising Updates



The Canadian Tire North BBQ held on September 18th and 19th went really well. We enjoyed good weather (NO RAIN!!!) at this event and had a good time. We also cleared \$1702.37. Thank you so much to all the volunteers who made this possible.

A great big thank you for your response to our request for your "Canadian Tire Money" to help offset the cost of holding the Hot Dog Sales at Canadian Tire. Please keep the "money" coming!

Fun & Fabulous Steak Night

GET YOUR TICKETS!! (great Christmas Gift!)

Where: The Last Straw Brew Pub (127 Albert St. N.)

When: 4 – 11 pm, Saturday, February 5th, 2011

Serving: AAA 8oz New York Strip loin on garlic toast topped with sautéed mushrooms, accompanied by a baked potato, a choice of starter salad (Caesar or tossed) and a 12 oz mug of Last Straw House Specialty beer or pop or coffee.

Cost: \$20 each

Contact: Heather at 565-8632 or Jean at 949-8270(H) or 766-6420 (W)

Deadline for sales is Tuesday, February 1st/2011.



We would like to recognize corporate donors who have contributed financially to our program between August 2nd and November 26th/2010. We also very much appreciate the contributions from individuals but feel it would be inappropriate to publicly recognize them. Thank you all very much!

Downtowners Optimist Club of Regina

St. Paul's Greek Orthodox Philoptochos Society

James Henderson Chapter IODE

Each year Regina Food for Learning makes up a little gift bag for each of the children that we serve. These bags typically contain toiletry items, pencils, stickers, crayons, an orange, some wrapped candy and perhaps a pair of mitts or other personal item. This year we would like to give a big *thank you* to some very special people and organizations for their generous contributions toward the over 1200 bags.

- This is the fourth year that Dr. Kevin Soltys from Victoria Square Dental has contributed a toothbrush, paste or flossers for every child.
- This is the second year that Bank of America has contributed a juice box and mandarin orange for each of the 1225 students.
- This is the third year that one of our volunteers, who helps with food preparation, also hand knit over 100 pairs of cozy mitts for the kids. Thanks so much Kay B.
- On November 26th we have 15 – 18 volunteers coming in from Mera Group to make, decorate and wrap individual sugar cookies for each of our students or as many as possible. Is 1225 cookies possible?

The last serving day before Christmas will be December 22nd.

1. Quadraped with crimson proboscis
2. 5 p.m. to 6 a.m. without noise
3. Miniscule hamlet in the far east
4. Ancient benevolent despot
5. Adorn the vestibule
6. Exuberance directed to the planet
7. Listen, aerial spirits harmonizing
8. Monarchial trio
9. Yonder in the haystack
10. Assemble, everyone who believes
11. Hallowed post meridian
12. Fantasies of a colorless December 25th
13. Tin tintinnabulums
14. A dozen 24-hour Yule periods
15. Befell during the transparent bewitching hour
16. Homo sapien of crystallized vapor
17. I merely desire a pair of incisors
18. I spied my maternal parent osculating a fat man in red
19. Perambulating through a December solstice fantasy
20. Aloft on the acme of the abode

Answers on back page

Recipe Adaptations

The holidays are fast approaching. The holiday season is famous for its baking, family meals, and holiday gatherings. This is not always an easy time to eat healthy. If you are trying to eat healthy this holiday season, there are ways to make new and favorite recipes healthier.

- cook with less fat or healthier fats such as canola oil, olive oil or non-hydrogenated margarine instead of butter or hard margarines
- minimize salt by using herbs for flavour
- increase fibre by adding whole grains such as oatmeal, oat bran or by using whole grain flour.

When recipe calls for:	Try this instead:
Butter, margarine, oil or shortening	<ul style="list-style-type: none"> • Decrease the overall fat by $\frac{1}{4}$ • When baking substitute $\frac{1}{2}$ the fat with mashed fruit or vegetables such as unsweetened applesauce or pureed pumpkin (Note: this will not work with delicate cakes such as Chiffon) • In yeast breads, substitute $\frac{3}{4}$ of the fat with ricotta cheese
1 egg	<ul style="list-style-type: none"> • 2 egg whites
Whole fat evaporated milk	<ul style="list-style-type: none"> • skim or 1% evaporated milk
Sour Cream	<ul style="list-style-type: none"> • fat-free or low fat sour cream, 2% cottage cheese, fat-free plain yogurt
White flour	<ul style="list-style-type: none"> • replace $\frac{1}{2}$ the flour with whole wheat flour or replace $\frac{1}{4}$ of the white flour with ground flaxseed or oat bran.

By making small changes, it can result in big changes to the quality of your food. For example:

- 1 cup evaporated skim milk instead of 1 cup of heavy cream saves 69 grams of fat (14 teaspoons)
- 1 cup lower fat plain yogurt instead of 1 cup sour cream saves 32 grams of fat (7 teaspoons)
- 1 cup of lower fat cheese instead of 1 cup regular cheese saves 13 grams of fat (3 teaspoons)
- $\frac{1}{2}$ cup applesauce instead of $\frac{1}{2}$ cup oil saves 100 grams (20 teaspoons fat)

For more cooking tips, visit www.dietitians.ca



References:

HealthLink BC and EatRight Ontario (2010)
 Accessed: October 2010 from www.dietitians.ca
 Menu Planning for Health (2007). Public Health
 Nutritionist of Saskatchewan Working Group.

Ranger Cookies

Submitted by Ruby Zimmer

Preheat oven to 375°F.

Mix together with an electric mixer or wooden spoon until light and fluffy the following ingredients:

- | | |
|-------------------------------|------------------------|
| $\frac{1}{2}$ cup margarine | 1 egg |
| $\frac{1}{2}$ cup white sugar | 1 tsp vanilla |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{4}$ cup milk |

Stir together:

- | | |
|-------------------------------|---------------------------------|
| 1 $\frac{1}{4}$ cups flour | $\frac{1}{4}$ tsp baking powder |
| $\frac{1}{2}$ tsp baking soda | $\frac{1}{2}$ tsp salt |

Add this second mixture to the first mixture using a wooden spoon. Combine thoroughly.

Stir in the following:

- | | |
|---------------------------|--|
| 1 cup Rice Krispie cereal | $\frac{1}{2}$ cup coconut |
| 1 cup rolled oats | $\frac{1}{2}$ cup raisins (washed in warm water) |

Drop by teaspoon on a lightly greased cookie sheet.

Bake for 8 – 10 minutes or until golden brown on the edges.



WOULD YOU LIKE AN E-NEWSLETTER?



If you would prefer to receive future newsletters via email we are compiling a list (and checking it twice) to see who has an email address and who prefers regular post services. You may find it more convenient to receive an electronic copy, If so let us know at rfll@accesscomm.ca If not, we'll save your spot on our mailing list.



Regina Food For Learning

We're on the Web!

See us at:

www.reginafoodforlearning.com

Carter's Favourite Banana Bread

Submitted by Ruby Zimmer

1/4 cup vegetable oil	3/4 cup white sugar	1/2 cup chocolate chips
2 eggs	1 1/2 cups flour	1/2 cup chopped nuts (optional)
3 ripe bananas	1 tsp baking soda	2 tbsp ground flax (optional)
1 tsp vanilla	1/4 tsp salt	

Beat the first 5 ingredients together. Mix remaining ingredients together in a separate bowl. Add dry ingredients to banana mixture. Mix gently together. Do not over mix.

Bake at 350° F for 60 minutes in a greased loaf pan. Test for doneness with a long wooden toothpick or skewer – it will come out clean when loaf is done. When done cool in loaf pan for 10 – 15 minutes before removing and cooling on a wire rack.

Answers: Christmas Carols & Songs – Name that song!

1. Rudolph, the Red-Nosed Reindeer
2. Silent Night
3. O Little Town of Bethlehem
4. Good King Wenceslas (or some believe in Jolly Old St. Nicholas)
5. Deck the Halls
6. Joy to the World
7. Hark the Herald Angels Sing
8. We Three Kings
9. Away in a Manger
10. Come All Ye Faithful
11. O Holy Night
12. I'm Dreaming of a White Christmas
13. Silver Bells
14. The Twelve Days of Christmas
15. It Came Upon a Midnight Clear
16. Frosty the Snowman
17. All I Want for Christmas is My Two Front Teeth
18. I Saw Mama Kissing Santa Claus
19. Walking Through a Winter Wonderland
20. Up on the Rooftop

Results:

- 15 – 20 Correct – You don't need any Yuletide spirit!
 10 – 14 Correct – You could use something in your stocking!
 5 – 9 Correct – Are you sure you have the right holiday?
 1 – 4 Correct – Surely you jest?!



Regina Food For Learning

☐ YES

I wish to support Regina Food for Learning Inc.

Enclosed is my tax creditable donation of \$ _____

☐ YES

I wish to support meals for one child,

☐ YES

1 week (\$10) _____, 1 month (\$40) _____, 1 year (\$400) _____

I wish to volunteer for Regina Food for Learning Inc.

Name: _____

Address: _____

Postal Code: _____ Telephone: _____

Please make cheques payable to Regina Food for Learning Inc.

