

July 2014



Newsletter

Welcome Back

Regina Food for Learning welcomes back all our followers. Yes, the last newsletter was printed in August and after a ten month hiatus, due to staff changes, our newsletters are back on track.

Heather Stevenson, the general manager of Regina Food for Learning retired in December 2013. Heather's hard work and dedication developed the food program that has been followed for the past 23 plus years. Under Heather's guidance and mentorship, I spent November and December learning about the workings of the program. Even at this time, I am learning something new every day.

Mary George, our long time cook at CORE Ritchie, also decided to make some changes in her life by taking a position at the hospital. Nancy Morton was hired as Mary's replacement in February. After asking many questions and experimenting with the recipes, Nancy is prepared for the everyday challenges.

All in all, only the personnel façade has changed; deep down Nancy and I have the same

passion as Heather and Mary had in making a positive difference in children's lives.

Along with the changes in employees, there were also changes in board members and members positions.

AGM

The AGM was held on March 19, 2014 in meeting room #1 at CORE Ritchie. Fifteen people attended and the meeting was followed by snacks and coffee.



Fundraisers

Regina Food for Learning has participated in a number of fundraisers already. On January 25, we offered canteen services at the Prairie Games Expo that was held at the CORE Ritchie gymnasium.

On March 10, we ran a canteen service at the Flea Market held

Board Members

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As of April 1, 2014, the new board members are:

President: Debbie Deausy

Vice-President: Carol Pelletier

Secretary: Julie Emmons

Secretary: Bonnie Baron-Williams

Dianne Digness

Jean Coleman

Paula Katzberg

Rebecca Ganesathes

The board meetings are held the last Wednesday of each month, except for July and December.

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in the CORE Ritchie gymnasium.

Together, the two events gave us a profit of over \$1000. On Saturday, May 18, a number of RFFL supporters worked at a fundraiser garage sale organized by Kay Yee and over \$600 was added to our bank account. On June 7 and 8th, we served hotdogs at our annual fundraiser at Canadian Tire North Albert. It was a very good weekend for us and we profited over \$2300! Thank you Canadian Tire employees and shoppers, and RFL supporters for making this event successful.

Our calendar has a few more fundraisers slated for this year. Sask games will be hosting another Prairie Games Expo on June 28th at the CORE Ritchie gymnasium. Regina Food for Learning will be cooking up hamburgers and hotdogs for these hungry gamers. On July 12, we will be selling drink tickets and washing dishes at a wedding. Because the wedding party is offering a cash donation for our services, this event becomes another win win situation. On July 10, 11, and 12, we can work another garage sale, organized again by Kay Yee. On September 13 and 14, we will be back at Canadian Tire North Albert selling more hotdogs.



Fundraising Dinner

We have a fundraising dinner scheduled for Saturday, November 15 at Western Pizza on Broadway Avenue. The tickets will be \$20.00 and there will be two sittings - one at 5pm and another at 7pm. We will also be selling raffle tickets over the summer and until the draw for three large items. Please note these dates on your calendar. We hope you will join in our celebrations, either as a participant or as a volunteer. Yes, we will have a busy year.



Another very important date to add to your calendars is Saturday, September 27th. Regina Food for Learning is celebrating 25 years as a non-profit organization, providing food for children to increase their chances of a better education. We are giving back to the community by hosting a fun day from 12noon to 3pm. at the Core Ritchie Neighbourhood Center. There will be a bbq and cupcakes, face

painting, dino bouncers, music, just to mention some of the festivities of the day. Come out and celebrate with us.



Donations

Regina Food for Learning relies on grants, donations and fundraisers for our program to have continued over the past 25 years. We are pleased to have received grants from the Rotary and the Community Initiatives Fund. Donations from the community are also so important, whether they are monetary, grocery items, or Canadian Tire money. Every little amount helps.

Speaking of donations, we have many citizens who have donated their time to Regina Food for Learning. I wish to thank our devoted volunteers who help make sandwiches, assist in baking, or wash apples. I wish to thank the many volunteers who help our fundraising efforts; students who help at hotdog sales and, in turn, received credit for community service work, groups such as the Sasktel pioneers, our board members and their families and all who come out and support our cause. As the school comes to a close, our fundraiser efforts continue throughout the summer.

KALE, the New Superfood

According to Drew Ramsey, who was featured on the November 24 CBS Good Morning show, Kale is being hailed as the Queen of the cruciferous family. He has published a book called *The Fifty Shades of Kale* and says that eating Kale results in a sharp mind and a lean body. You would think Ramsey is a chef but, in fact, he is a psychiatrist. Google the word Kale and you will find information on the types of Kale available, the health benefits of eating kale, and many recipes to incorporate kale into your diet.

Kale is a leafy green vegetable that belong to the same Brassica family as do cabbage, collards and Brussels sprouts. This leafy green can be white, purple or a deep green in colour. It has an earthy flavour and can provide a higher nutritional value for fewer calories than any other food around. It is a good source of Vitamin A, C and K. When Kale is cooked by steaming, it can provide special cholesterol-lowering benefits. As well, the flavonoids in kale combine both antioxidant and anti-inflammatory benefits.

Kale is available all year around; however, it is most abundant mid-winter and early spring. When purchasing kale, look for firm, crisp leaves that do not

have brown or yellow edges or holes. The smaller leaves are tenderer and the flavour is milder too. When storing kale in the refrigerator, use a plastic bag with most of the air removed. The longer it is stored, the bitterer is the taste.

A healthier alternative to eating snack foods like potato chips is eating Kale chips. They are very easy to make and gaining in popularity. The internet has many recipe variations for kale chips. This is the basic method of making the chips.



Kale chips

Ingredients:

- 1 large bunch of fresh Kale
- Olive oil
- Lemon or Lime juice
- Sea Salt

Preparation:

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper. Wash the kale and remove the excess water. Cut the leaves or tear into bite-sized pieces while removing the stems. Place the leaves in a bowl and lightly drizzle with olive oil

and sprinkle with sea salt. Lay the leaves on the parchment as a single layer and not stacked. Bake in the oven for 12-15 minutes. The leaves should still be green with a hint of brown on the edges. When the leaves are removed from the oven, squeeze some lime juice on the leaves. You can also sprinkle with pepper flakes, onion powder, cayenne pepper, garlic powder, chili powder or other spices you may like. This recipe makes 3-4 servings. Enjoy! These can become addictive!

Have a Safe Summer

In closing, I would like to wish everyone, and especially our children, to have a safe and enjoyable summer. If you have time to help in any way, please phone 306 565 8632 or email me @ rffl@accesscomm.ca. The next newsletter will be in August and I will have more information on our events at that time.

Linda Galenzoski

General Manager,
Regina Food for Learning

Linda is a retired teacher, a former entrepreneur of a bakery in Regina, and a Red Seal Chef. Linda taught many subjects and grades but her specialty was in Home Economics and Commercial Cooking. She has three daughters and four grandchildren. Her interests include Candycrush, golfing, curling, mah-jong, and catering and cake decorating.



Saturday, Sept 27th



12:00 to 3:00 pm
Core Ritchie
Neighbourhood Center

- BBQ and cupcakes
- face painting
- dino bouncers
- music
- and more

Come out and celebrate with us.



Support Regina Food for Learning Inc.

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: 1 week (\$10) 1 month (\$40) \$1 year (\$400)

Yes, 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.
Tax receipts will be issued for donations of more than ten dollars.*