

Regina Food For Learning

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SCHOOL'S OUT FOR SUMMER

As the 2015-16 school year comes to a close, and summer vacation is just around the corner, I would like to take this time to wish everyone a happy and safe summer. Regina Food for Learning has had a very successful year and we are so proud of the hard work by our staff and Board to ensure that snacks and lunches are provided to our schools and community. A special thank you to our Food Service Coordinator, Linda Brown, for her continued efforts in creating nutritious menus, purchasing and organizing food, baking the wonderful cookies and muffins and all the other behind the scenes jobs she does to keep our organization running smoothly. Thanks also to our cook Dorothy Payne at Glen Elm School for her commitment to the preparation of 275 snacks every day for their students. As General Manager of Regina Food For Learning, I look forward to continuing our efforts next year with the hard work we all do to keep this organization running efficiently.

Linda Gennutt

PULSES FOR THE SUMMER

The United Nations has declared 2016 the year of the pulses. What is a pulse? They are part of the legume family, but pulses refer to the dried seed of the legume. In simpler terms, they are dried beans, peas, chickpeas and lentils. Pulses are very high in protein and fiber, low in fat, and gluten free. They have high amounts of minerals such as iron, zinc, and phosphorus as well as folate and other B-vitamins. Pulses are extremely versatile and come in many shapes, sizes and colours. They are great in soups, stews, salads, as a side dish, ground into gluten free flour for baking and cooking and even made into dips. Because they are also a good and inexpensive source of protein, they make a great substitute or addition to meat. An economical way to stretch your protein budget. Check out Pulse Canada's website, www.pulsecanada.com which has lots of information about pulses and legumes with recipes and a free downloadable cookbook for the gluten free diet. Happy pulsing everyone.

Board of Directors:

Jean Coleman—President

Heather Stevenson— Vice President

Bonnie Baron-Williams—Treasurer

Morgan McKellar—Secretary

Dianne Digness—Member at Large

Staff:

Linda Gennutt—General Manager

Linda Brown—Food Service
Coordinator

Dorothy Payne—Cook

Try some baked beans for your next bbq.

1 cup dry beans

3 cups water

2/3 cup ketchup

1/2 cup brown sugar

1/2 tsp salt

1 tbsp. Worcestershire
sauce

1 tbsp. prepared mustard

Soak beans overnight in
4 cups of water.

Drain water and add 3
cups of fresh water.

Bring to boil. Cover and
simmer for 35 minutes or
until beans are tender.

Add remaining ingredi-
ents. Stir well.

Put in a casserole dish,
cover and bake 300°F for
about 2 1/2 to 3 hours.

FAMILY DINNERS



Children and adolescents who frequently eat together with at least one other family member present have better food and nutrient intake. Adolescents who more frequently eat together with their parents are at lower risk for substance abuse and have better social adjustment, fewer fights and decreased early sexual activity compared with adolescents who eat less often with parents.

From: The Dietitians of Canada

“The Fondest memories are made when gathered around the table”



7 Reasons to Include More Vegetable-Based Proteins in Your Diet

Substituting some of your animal-based proteins with vegetable-based proteins is a wise thing to do. By making this swap, you can enjoy your protein along with:

1. A much smaller carbon footprint
2. Phytochemicals
3. Zero cholesterol
4. Negligible to zero saturated fats
5. Beneficial fiber
6. A higher nutrient density
7. Less calories

The best plant-based sources of protein include: beans/legumes, nuts, seeds, quinoa, and whole soy foods.

See more at: <http://www.drannwellness.com>



The biggest THANK YOU to all of our many volunteers, who without you, our organization would be lost. Your generosity, kindness and community spirit are overwhelming. Thank you just doesn't seem to be enough.

We would also like to thank our many donors who gave so generously this year, either monetary, gifts in kind, food donations and Co-Operators for printing this newsletter. It is appreciated and every donation goes directly to the management of the organization and the purchase of food. We make every effort to stretch our dollars and keep our expenses as low as possible.

REACH is our biggest supporter and we cannot thank you enough for including us in the list of programs you support. As a partner you have not only given us financial support, but also office and storage space, use of the office equipment and a great place to hold our Board Meetings. Without you Regina Food For Learning would not survive. Thank you.

We were so fortunate this year to receive a Community Initiatives grant of \$20,000. Bayer Crop Science, South Saskatchewan Community Foundation and Conexus Community Outreach all donated \$1,000 each and Conexus supplies volunteers at the Core Ritchie Neighbourhood Centre weekly. A big thank you to the Soup Sistas of Regina for their most generous contribution of over \$6,000, and to everyone else that contributed in any way to Regina Food For Learning. Your benevolence is essential for us to continue our work fighting child hunger. Without your support we would not have supplied 17,545 lunches, 72,378 snacks and 510 breakfasts so far in 2016.

Recipes—Easy, Nutritious and Delicious

From: www.pulsecanada.ca

Chickpea and Cranberry Couscous Salad

Serving Size: 1/10 of recipe
Makes: 10 servings

Source of: Iron, Potassium, Vitamin C, Vitamin B6, Riboflavin
Good Source of: Fibre, Niacin
Excellent Source of: Folate, Vitamin A

- 1 1/4 cups reduced sodium chicken stock
- 1 cup dried couscous
- 1/4 tsp turmeric
- 1/4 tsp ground ginger
- 1 1/4 tsp cinnamon
- 1 cup dried cranberries
- 1 medium zucchini, diced
- 2 carrots, peeled and diced
- 3 green onions, chopped
- 2 cups cooked chickpeas (or) 1 - 19 fl oz canned chickpeas, rinsed and drained
- 1/2 cup chopped black olives (optional)
- 1/2 cup chopped cucumbers (optional)
- 1/2 cup halved cherry tomatoes (optional)
- 1/4 cup lemon juice
- 1/4 cup canola oil
- 1/2 tsp salt
- 1/4 tsp cayenne pepper
- 1/4 cup chopped fresh parsley as garnish

COMBINE stock, turmeric, ginger and cinnamon in a large saucepan and bring to a boil. Remove from heat.

STIR in couscous, cover and let stand for 5 minutes or until liquid has been completely absorbed. Transfer to large bowl and let cool to room temperature.

Break up any couscous lumps with fingers.

SAUTÉ zucchini, carrots and green onions in 1 tbsp of canola oil for about 3-4 minutes on high. Add sautéed vegetables to couscous. Stir in cranberries and chickpeas. Optional addition of chopped raw vegetables (such as black olives, cucumber, cherry tomatoes, etc.) makes this dish even more delicious!

WHISK together lemon juice, remaining canola oil, salt and cayenne pepper in a small bowl. Pour over couscous and toss together.

COVER and refrigerate for at least 1 hour or overnight. Garnish with parsley before serving.

Roasted Chickpea Snack

Serving Size: 1/2 cup

Source of: Potassium
Good Source of: Fibre
Excellent Source of: Folate

- 4 cups cooked chickpeas (or) 2 - 19 fl oz cans chickpeas, rinsed and drained
- 3 tbsp canola oil
- Preferred spices to taste (ie: cajun, taco seasoning, Curry, garlic, etc.)

PREHEAT oven to 400°F (200°C).

COMBINE all ingredients in medium bowl and spread onto parchment paper or greased cookie sheet.

BAKE for 30 minutes. Stir.

BAKE another 20 minutes, stirring every 5 minutes.

Let cool and enjoy!

Lentil Granola Bars

Serving Size: 1 bar
Makes: 35 bars
Source of: Fibre, Folate, Iron

- 2/3 cup shredded coconut
- 2 cups quick-cooking rolled oats
- 1 cup brown sugar
- 1/3 cup pellet-like bran cereal
- 1/2 tsp cinnamon
- 3/4 cup lentil puree*
- 1/2 cup canola oil
- 1 egg, beaten
- 1/2 tsp vanilla extract
- 1/4 cup melted semi-sweet chocolate chips

PREHEAT oven to 350F (180C). Make sure rack is in centre of oven.

IN medium bowl, mix coconut, oats, brown sugar, cereal and cinnamon.

ADD lentil purée, oil, egg, and vanilla. Mix until dry ingredients are just moistened.

SPREAD over a 10 1/2 x 16 (25 x 40 cm) nonstick cookie sheet. Bake 30 minutes, or until lightly browned. While bars are still warm, drizzle chocolate over top and cut into 35 bars.

*Lentil Puree: Rinse and drain a 19-ounce can of lentils. Place in food processor, add 1/4 cup hot water, and puree until the mixture is very smooth, adding more water in small amounts to reach desired consistency, similar to baby food, about 5 minutes. Scrape down sides of the bowl as needed. Refrigerate or freeze unused lentil puree for your next batch!

REGINA FOOD FOR LEARNING

Our mandate is:

- To provide children in low income communities with nutritious food.
- To provide children with examples of healthy lunches and snacks, and good eating and nutritional habits.
- To encourage children to attend school with a positive outlook for the day.
- To develop a sense of community.
- To raise awareness of the issue of child hunger within the larger community.
- To generate financial support and volunteers for Regina Food for Learning.

REGINA FOOD FOR LEARNING STATISTICS

Location	Type of Program	Number Students	Number Served In 2015	Total Number Served to Dec 31/15
Core Ritchie After School Program	Universal Snack 5 days/week	40	5,996	8,832
Balfour (Shirley Schneider Support Ctr)	Lunch 3 days per week	100	8,425	136,100
Judge Bryant School	Snack 5 days per week	30	4,615	30,958
Centennial Community School	Snack 1 day per week	500	26,415	159,840
Dr. George Ferguson School	Snack 2 days per week	300	19,395	185,200
Glen Elm Community School	Snack 5 days per week	275	42,883	203,683
H.E.R.E. (High School Education Re-Engagement)	Lunch 3 days per week	30	410	410
Martin Grandma Bear's Bead and Feed	Lunch 1 day per month	20	40	40
CRP: (Campus Regina Public)	Lunch 5 days per week	50	8,600	57,114

We are very proud of the hard work we have done this year. Considerable effort by our staff, volunteers, Board of Directors and Partners go into providing snacks, lunches and breakfasts to Regina's youth. This chart shows our statistics for 2015, and the total number of snacks, lunches and breakfasts to date as of Dec 31/15



Support Regina Food for Learning Assoc. Together we can ensure that no child go to school hungry

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 (\$25) 1 month (\$100) \$1 year (\$1000)

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.

Donations via credit card and PayPal can be made by clicking the "Donate" button located on the home page of our website, reginafoodforlearning.com