



March is Nutrition Month!



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CAFP SOCIETY NEWS “X” PRESS

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MARCH 2010

Celebrating food...from field to table!

What is Nutrition Month?

- Coverage of Nutrition Month at X!

March is Nutrition Month across Canada. In celebration of healthy eating, dietitians across Canada unite to organize events and communications to reinforce the importance of nutrition in achieving health and wellbeing.

http://www.dietitians.ca/public/content/eat_well_live_well/english/nutritionmonth/about.asp

- CAFP National Annual Conference



Demonstrating
the
Importance of
Eating Local
Foods!

Nutrition Week at X!

Monday, March 22:

Visitors to the booth learned about Nutrition Month & Dietitians of Canada. Nutrition students provided recipes, tips, and of course, copies of Canada's Food Guide!

Tuesday, March 23:

Food banks were Tuesday's topic! Short on cash this week, or no time to get groceries? That's what the STFX Student Food Bank is all about. Students learned about how the Food Bank could help them out, or how they could help out!

Wednesday, March 24:

Looking for something yummy? Wednesday was our spin on a bake sale. Running with this year's Nutrition Month theme we gave away foods made with local food products as well as demonstrating the importance of local foods & food security! Food included a beet salad, zucchini brownies, cranberry-apple muffins, carrot and zucchini coleslaw, and a beet green salad!

Thursday, March 25:

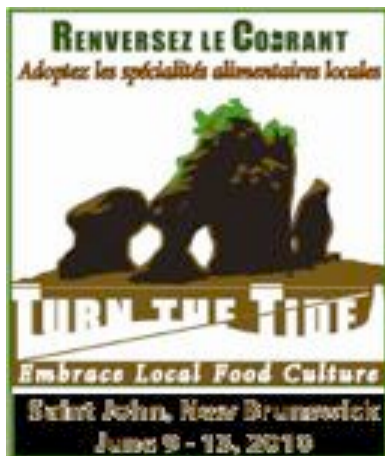
Thursday was "Meet the Producer Day" at the Nutrition Month booth!

Committee Members: Irena Forbes, Shawna Hynes, Laura Arsenault, Kelsey Russell-Murray, Carrie Terrio, and Cassandra Tovey

If you have any questions or comments about this newsletter or any ideas for the next one please e-mail
Cassandra Tovey at x2001q11@stfx.ca or Kelsey Russell-Murray at x2008mri@stfx.ca

CAFP National Annual Conference

The 36th Annual CAFP National Conference is taking Place in St. John's New Brunswick! The conference is taking place from June 9th to June 13th, 2010. The theme of the conference is **Turn the Tide : Embrace local Food Culture!** If you register before April 1st, 2010 you will be entered in the Early Bird Prize Draw for an Autographed copy of Chef Michael Smith's Cookbook! You will be inspired by the education and impressed by the networking opportunities. Our Student Branch is selling tickets to raise money to help send students from our branch to the conference! The tickets sold will be entered in a draw for a T-fal Professional 10-Piece Pot and Pan Set worth approximately \$200.00. Tickets are \$1 each or a booklet of 6 for \$5. The draw date is Wednesday, March 31st and tickets will be on sale starting on Friday, March 26th! Email Chelsea Gillis x2007sve@stfx.ca for more information!



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Select Nova Scotia Recipe

Apple and Carrot Coleslaw

A crunchy, sweet and savory way to celebrate apples. Use the crispiest ones at hand. Yield – 2 cups (500 ml)

Ingredients

- 1 / 2 head cabbage
- 2 carrots, peeled
- 1 crisp apple, peeled
- 2 tablespoons apple cider vinegar
- 4 tablespoons mayonnaise
- 4 tablespoons sugar
- 1 teaspoon salt
- 1 teaspoon cracked black pepper

Method

To serve:

2 tablespoons (25ml) mixed seeds (try pumpkin, sunflower, hemp or sesame)

2-3 tablespoons (50g) sprouts

Peel outer layer from cabbage and remove core. Shred both the cabbage and the carrot into fine slices. (This is easiest in a food processor using the grating blade. If that's not an option, use a knife or a sharp grater). Transfer to a bowl and set aside.

In a small bowl combine remaining ingredients. Pour over cabbage, carrots, apple and toss to coat. Cover and refrigerate for at least 1 hour before serving, or up to six hours. Coleslaw will keep in the refrigerator for up to 5 days. Top with seeds and sprouts before serving.

Local Food Facts - Did You Know?

- Did you know that the average meal travels 2400 km from field to table?
- Did you know that Canada exports more mustard seed than any other country in the world?
- Did you know that Canada's dairy industry produces more than 665 different varieties of cheese?
- Did you know that there are over 200,000 farms currently in operation in Canada?
- Did you know that each of these farms can produce food for about 120 people for a whole year?
- Did you know that apples are Canada's largest fruit crop?
- Did you know that while many products made in Canada contain ingredients from other countries, but foods labeled as Product of Canada contain almost entirely ingredients produced in Canada?
- Did you know that local foods are not necessarily organic, and vice versa?
- Did you know that local foods are typically fresher than imported products because they have less distance to travel?
- Did you know that Canada does not allow hormones to be given to cows to increase their milk supply?
- Did you know that Canadians eat more than twice as much meat as the global average?
- Did you know that food animals are the world's largest users of land?
- Did you know that local foods typically contain fewer chemicals because chemicals are used to protect foods while they travel?

The health of our environment and economy depend on supporting local farmers and purchasing local products! Our current practices are unsustainable and changes must be made! Increasing awareness is the first step to that change, so next time when you are in the grocery store check the label and find out where your food comes from.

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