

THE GOOD FOOD DETECTIVE:

The Canadian food guide recommendations for healthy eating...are they out of reach for some?

That question was running through my mind as I looked at the new Canadian food-guide recommendations for a healthy diet. Are the guidelines out of reach for the 1/5 of Canadian households who earn an income of less than \$20,000? I wasn't sure so I decided to find out for myself.

It was early morning, real early, about 6 am. I put on my favorite Paul Simon CD, sipped a cup of java and searched for clues. I discovered that an average mid-income household spends \$17 a day on food but the average low-income household spends \$9. Troubling, I thought. I also discovered that the food guide recommends an adult eats the following for optimum health: 8-10 servings of fruits and vegetables, 8-10 servings of grains, 2 servings of milk or substitutes, and 2-3 servings of meat or substitutes.

I narrowed down the question further. If two busy adults in a low-income household have \$9 in their pocket and between them they need 4000-5000 calories of energy per day, can they afford to get all their required food guide servings? My mind was racing with numbers and figures. I decided that I needed to gather some more information. So I left my sunny perch and started walking...

With my winter toque standing in for my detective hat, I entered the No Frills store near Oakwood and St. Clair. Ave at approximately 8:03 am. The store was overflowing with shoppers. My first task was to see how much it would cost to get all of the Food Guide servings for a two-adult household for one day. I picked up the following lower cost items: 16 servings of fresh fruit and vegetables, a bag of No Name brown rice, half a bag of quick oats, half a loaf of whole grain bread, 1L of milk, half a dozen eggs and two cans of No Name tuna. I checked my notes and sure enough I had all the requirements for a healthy diet for two adults for one day. This set

me back \$14.12--or \$12.37 if my vegetables came from my weekly Good Food Box. This was more than my two average adults could afford. Bingo! The optimal diet was out of reach.

So with \$9 in my pocket, I put back the items in my cart and decided to find the cheapest way of getting the combined 4000-5000 calorie per day that two adults need. Energy first, low preparation time second and nutrition third. Taste was further down the list. I picked up the following on-sale items: No name Honey nut O's cereal and milk for breakfast, No Name white bread and bologna for lunch and No Name spaghetti, pasta sauce and ground meat for dinner. They would get 4400 calories for \$7.50. Certainly not health food but easy to prepare, and filling for two busy adults.

I arrived home and closed the case. My conclusion: that a healthy diet, as outlined by the Canadian Food Guide, is challenging for low-income households to manage, given the typical shopping opportunities in the Big Smoke. And that's for 2 adults. What about if they have kids? And what happens if there isn't good shopping within walking distance?

Here is the good news. FoodShare is helping. The Good Food Box program helps to reduce the cost of getting fresh healthy vegetables, we deliver within walking distance and we help to support local farmers and inform communities on important food issues like this.

We share the Food, you Share the health.

Report submitted by:
Detective Mark-Jan Daalderop

Eating Well with Canada's Food Guide:
http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html
or to order a free copy call 1 800 O-Canada

Food Share

Field to Table Centre



90 Croatia St. Toronto, ON M6H 1K9

t: 416.363.6441 xt 221

f: 416.363.0474

e: info@foodshare.net

www.foodshare.net



recipes

Italian Turnip/Rutabaga and Rice Soup

This elegant soup has a flavour that sharpens the appetite in unexpected ways; serve hot to 6 people as a first course, most especially before pork.

2 TBS butter
 1 TBS olive oil
 1 LB. Turnips/Rutabagas peeled and cut into a 1/2-inch dice
 3 pints chicken or vegetable stock
 1/2 cup rice, arborio if you have it
 salt and pepper to taste

Garnish: minced parsley and 3 to 4 ounces Parmesan cheese cup fresh grated Parmesan cheese.

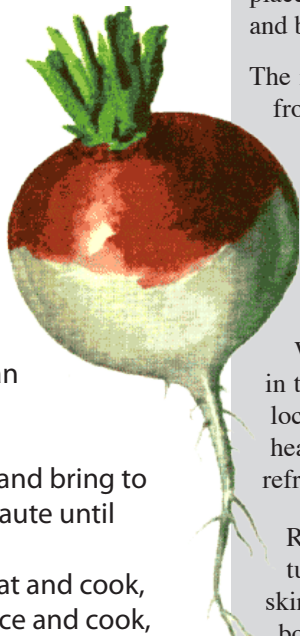
Melt the butter and oil in a large saucepan and bring to a froth. Toss in the turnips/rutabagas and saute until brown, about 5 or so minutes.
 Pour in the stock, bring to a boil, reduce heat and cook, covered, for about 10 minutes. Stir in the rice and cook, covered, over medium heat for about 15 minutes.
 When ready to serve, stir in salt and pepper to taste, then parsley and 1 to 2 ounces of Parmesan.
 Ladle into bowls and pass the extra Parmesan separately.
 Serves 6

Turnip/Rutabaga Puff

Mashed turnips/rutabagas are combined with egg white and other ingredients to make this turnip casserole.

2 cups cooked, mashed turnips/rutabagas, cooled
 1 cup bread crumbs
 1/2 cup melted butter or margarine
 1 tsp sugar
 1/2 tsp salt
 1/4 tsp pepper
 2 eggs separated

Combine turnips, bread crumbs, margarine, sugar, salt, pepper, and beaten egg yolks.
 Beat egg whites until stiff peaks form; fold into turnip mixture. Spoon turnip mixture into a buttered 1-litre casserole.
 Bake turnip puff at 350° for 40 minutes.
 Serves 4 to 6.



featured this week: TURNIP/RUTABAGA

Rutabagas and Turnips, which are a cruciferous vegetable, are high in vitamins A and C. They are also a good source of the minerals calcium, potassium and magnesium.

There is quite a bit of confusion over their names and whether they are the same vegetable. It's no wonder because and in some places turnips are called rutabagas, rutabagas are yellow turnips and both are also called "swedes", "neeps", and "snadgies".

The most common type of turnip is mostly white-skinned apart from the upper 1-6 centimeters, which protrude above the ground and are purple, red, or greenish wherever sunlight has fallen. The interior flesh is entirely white. Rutabagas looks like a large turnip and, in fact, is thought to be a cross between cabbage and turnip. Rutabagas in contrast have a thin, pale yellow skin and a slightly sweet, firm flesh of the same color.

We put Rutabagas or Turnips in the box twice a year, usually in the fall and winter, because it is a root crop that we can buy locally at that time. Look for ones that are smooth, firm and heavy for their size. Store at room temperature for up to week, refrigerate in plastic bag for one month.

Rutabagas may be prepared in any way you would prepare turnips. Scrub to remove dirt. For maximum nutrition, leave skin intact. Grate or slice raw into salads. They can be steamed, boiled, baked, sauted, stir-fried, deep fried, mashed. Prepare alone or mixed with potatoes like a mashed potato (with butter and a bit of milk). Rutabagas can also be cut into chunks and roasted in combinations with other root vegetables, like potatoes, parsnips, squash, etc. (coat with canola or olive oil and bake for about an hour in a 350F oven, turning once at the 30-40 minute mark, when bottom of veggies is crisp. - add any spices you like, such as thyme, rosemary, etc.).

Rutabagas are having a moment in the spotlight right now. Chefs across North America are beginning to discover it. At the Inn at Little Washington in Washington, Va., a demitasse cup of creamy rutabaga soup laced with maple syrup and seasoned with cayenne pepper is one of the first courses that comes to the table.

Fresh roots of rutabaga, was immortalized, for some, in the 1970's Frank Zappa cult classic "Call Any Vegetable."

DELIVERIES

for the week of: March 27
orders are due 5 pm Tues. March 20

for the week of April 3
orders are due 5pm Tues. March 27



e. gfb@foodshare.net - tel 416 392-1629 - fax. 416 392-6650
(at temporary location)