

#### Nanaimo Senior's Food Guide

Nanaimo Foodshare would like to acknowledge the following individuals:

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We would also like to acknowledge the contributions of Elders from Snuneymuxw and Penelekut First Nations, we are grateful they chose to share their stories with us.

The information in this guide is the result of consultation with Elders and Older Adults in our community.

The book was written by Sean Enns, Heidi Braun-Sinclair, and Jen Cody, for Nanaimo Foodshare Society.

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#### HOW TO USE THIS GUIDE

This guide is intended to be a resource for older adults in Nanaimo with a focus on healthy eating. The information in the guide was collected during a number of meetings and cooking groups with older adults in our community.

The guide is interactive, meaning you can and should write in it. In some cases, we've linked to a resource in the back of the book. Where that occurs, you will see an icon in the upper right corner of the page with a reference to a complementary resource.

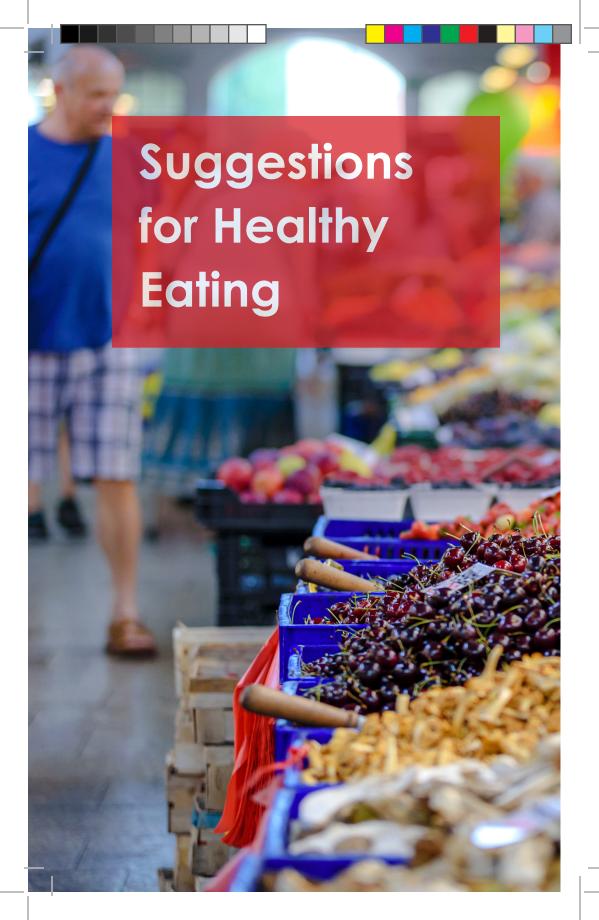


While we hope this guide is useful, we also recognize that it's not a replacement for advice from health professionals.

If you have questions, please seek advice from your doctor, or contact a dietician by calling 8-1-1.

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"Eat Food. Not too Much. Mostly Plants" - Michael Pollan

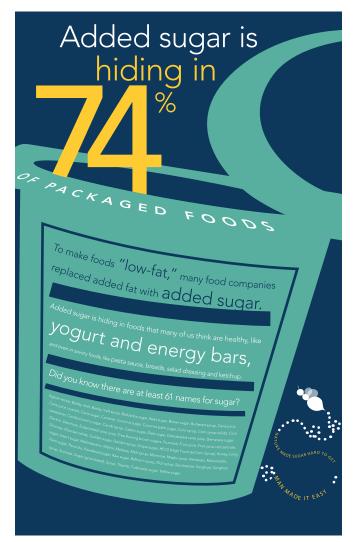


Whole foods like dairy, unprocessed meats, fruits, vegetables, whole grains and legumes are often located on the outside aisles of grocery stores. It's a good rule of thumb to stick to the outside of the store, and to fill your cart like you fill your plate



#### Hidden sugar

Just like this picture, added sugars are often hidden in the small print of the foods we eat.



#### 62 names for Sugar

- 1. Agave nectar
- 2. Barbados sugar
- 3. Barley malt
- Barley malt syrup
- 5. Beet sugar
- 6. Brown sugar
- 7. Buttered syrup
- Cane juice
- 9. Cane juice crystals
- 10. Cane sugar 11. Caramel
- 12. Carob syrup
- 13. Castor sugar
- Coconut
- palm sugar
- 15. Coconut sugar 16. Confectioner's
- 17. sugar
- 18. Corn
  - sweetener
- 19. Corn syrup 20. Corn syrup solids
- 21. Date sugar
- 22. Dehydrated cane juice
- Demerara
- 24. Dextrin
- 25. Dextrose
- 26. Evaporated cane juice
- 27. Free-flowing brown sugars
- 28. Fructose
- 29. Fruit juice
- Fruit juice concentrate
- Glucose

#### Did You Know?

Sugar is a healthy part of our diet, the challenge is to know how to consume some, but not too much.



Processed foods account for most of the sugar we consume every day.

62 names for Sugar

"My husband and I have cut out sugar in our diets. Now I read labels a lot to know what is in my food. You would be surprised how much sugar is in some foods."

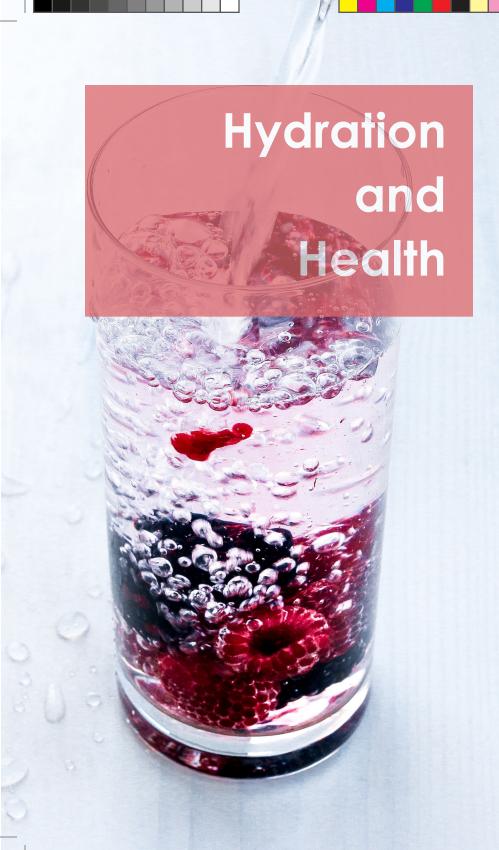
#### So, how much is enough?

The World Health Organization recommends that we consume 5% or less of our day's calories as sugars—most Canadian consume four times the daily recommendation.

Tips: Know your food triggers and have a low sugar alternative handy.

Read the nutrition label when you shop and Choose foods that have <5% Daily Value of sugar

- Glucose solids
- Golden sugar
- Golden syrup
- 35. Grape sugar
- HFCS (High-Fructose Corn Syrup)
- 37. Honey
- Icing sugar
- Invert sugar
- Malt syrup 41. Maltodextrin
- 42. Maltol
- 43. Maltose
- 44. Mannose
- Maple syrup
- Molasses
- 47. Muscovado
- 48. Palm sugar 49. Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup 52.
- 53. Rice syrup
- 54. Saccharose
- 55. Sorghum Syrup
- 56. Sucrose
- Sugar (granulated)
- 58. Sweet Sorghum
- 59. Syrup
- Treacle
- Turbinado sugar
- Yellow sugar



#### Stay Hydrated, Stay Healthy

As we age, our senses become less sharp and we may not notice when we're feeling thirsty. That's why it's important to get in the routine of drinking water throughout the day.

These older adults had some great advice to share when it came to staying hydrated!

"I start off the day with a glass of water or herbal tea"

"I bring my water bottle with me when I leave the house"

"I include probiotic drinks like kefir and kombucha in my daily routine—they're great for hydration and overall health."

> "I can tell when my husband has not had enough water, because he stops making sense."

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## Good Food can Hydrate Too.



Try adding cucumber, mint, or fresh fruit to water for a fun bit of extra flavour.

Beyond beverages, there are plenty of foods that can help with hydration.





#### Be Food Safe

As we age, food poisoning is more common and can lead to long-term health problems.

Staying food safe is something we should all be thinking about, and it's easy, so long as we:



That's *clean* our hands and surfaces, *separate* meat and vegetable prep, *cook* everything to the right temperature, and *chill* leftovers within two hours of serving.

#### **Best Before?**

Ever see a "best before" date on a food item and wonder if it's still ok to eat? The short answer is, "sometimes, yes!"



#### **Best-before date**

A "best-before" date means the amount of time that an unopened food product (when stored properly) will retain its freshness, taste, or nutritional value.

Fruit or vegetables don't necessarily need to be thrown out, even if they're past their best before dates. They're often available at reduced costs and make great options for soups, fermenting and smoothies.

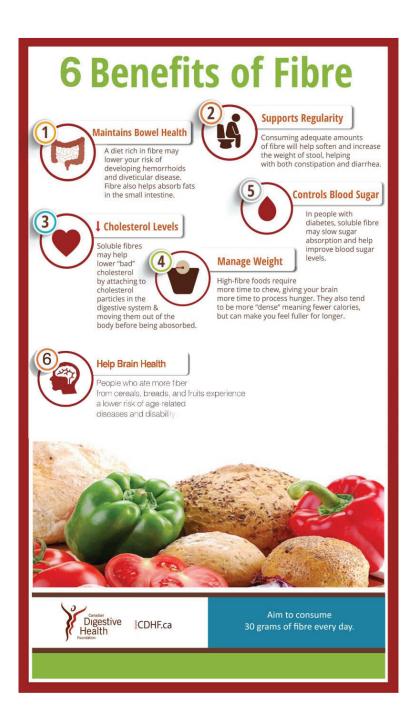
You can also check local grocery stores for marked-down food items, and the Loaves and Fishes food depots often have a great selection of older fruits and vegetables that make for great, no-cost options.

Tip: When in doubt, throw it out!

- If it's moldy, toss it!
- If it's a high-risk food like meat or dairy, don't eat it beyond the best before date.
- Opened products need to be stored properly to be food safe. Check the Health Canada website for how long foods can be stored on the shelf, fridge, or freezer.







# Foods for a happy, healthy gut



Your body is home to trillions of microorganisms. Living in and on you, these tiny visitors are collectively referred to as your microbiota. They can help you digest food, protect you from harmful organisms, and influence your mood and energy. How well your microbiota thrives is influenced by what you eat. The following foods foster a happy, healthy gut:

**High fibre foods** Microbes rely on complex carbohydrates found in plant materials, legumes, whole grains, fruits and vegetables which are all high in dietary fibre. Don't forget to eat the skin. That's where most of the food for the microbes is!





Fermented foods Naturally occuring probiotics such as pickles, kimchi, sauerkraut, yogurt, kefir, and fermented meats can help increase the diversity of healthy bacteria in your gut.

Whole natural foods Vegetables and low-sugar fruits feed your microbiota. Avoid foods that contain additives, colouring and emulsifiers.





Pre and probiotic suppplements Knowing how to keep your microbiota diverse and thriving with live, beneficial organisms requires knowledge and expertise. Be sure to consult with your health care advisor about which pre and probiotics will help support your health goals.





A healthy microbiota means a healthy you

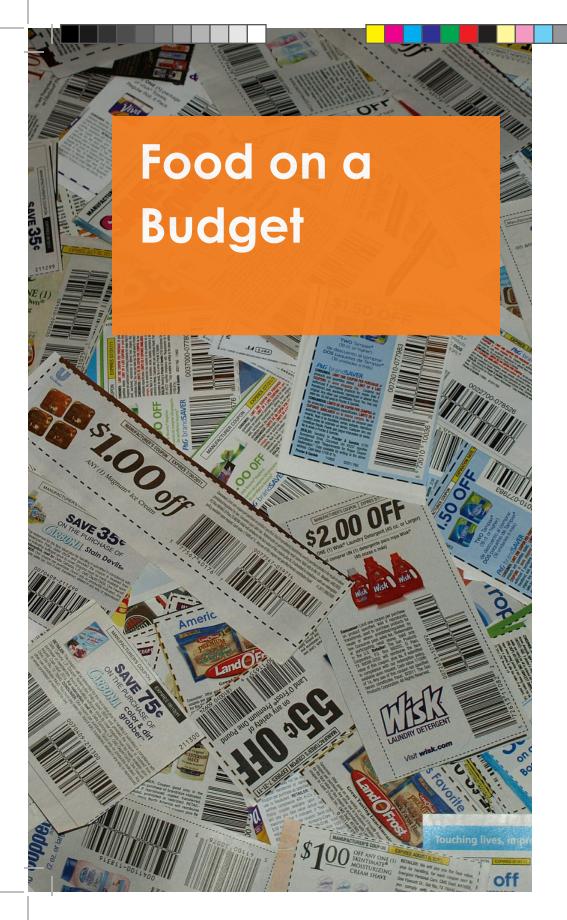
**§CDHF.ca** 

Fibre is found in lots of foods like fruits, vegetables, nuts and whole grains. Here's a list of my favourite fibre-rich foods.



Looking for suggestions? Check out page 94 for a link to a list of fibre-rich foods.

My favourite breakfast fibre	
My favourite lunch fiber	
My favourite dinner fiber	
My favourite snack fiber	



Most people know about the foods that lead to good health—like fresh fruits, vegetables, legumes and whole grains, but it's not always easy to access those foods—especially on a fixed income.



Check out
the calendar
of low- and
no-cost resources
starting on
page 86

Eating healthy on a budget doesn't have to be hard—a little bit of planning goes a long way.

One senior says, "I have some memories of the war years. It was during WWII. We used to make soup of whatever we could get our hands on. My mom used to let the soup simmer on the stovetop overnight. She added potatoes, rice and sometimes a little bit of flour."

Tip: Fermenting veggies is a great way to stretch out your dollar. Fermented carrots, cauliflower, and cabbage are just a few fermentable options that make for great side dishes, are rich in nutrients, and chock full of good gut buddies!

Nanaimo also has a number of food depots available through the Loaves and Fishes food 4 u recovery program. The food is of really good quality and there's often a good variety of fresh or frozen foods.

## Five strategies to stretch a food budget



#### 1. Access Low and No-Cost Foods

Nanaimo has a number of options for low or no-cost foods, ranging from food recovery to gleaning and garden share programs.

#### 2. Food past the best before still might be alright

Products past the best before date aren't necessarily spoiled, and are often available at a discount. Check out the chapter "be food safe" for more information on "best before" dates.

#### 3. Eat leftovers

Eating leftovers for lunch or dinner a few times each week is a great way to stretch food dollars, or as we like to say, "cook now, eat later."

#### 4. Shop the sales

Check the coupon section for your favourite grocery store, and shop the weekly flyers. Make lists based on on-sale items, and stick to your lists when you shop.

#### 5. Cook together with friends

One participant said, "We can overcome barriers to healthy eating on a budget by having more group cooking situations where everyone helps prepare the food that is needed in our community."

# Food is Medicine

"... It's not just the food that we eat, it's how we take it and how we bring it to our bodies.

There's a process of taking the medicine and taking it in, it's a lot more than just taking in food."

The stories shared below are shared in the words of Elders of Snuneymuxw and Penelekaut First Nations. We are thankful for their contributions.

"We talked about foods in our youth. The importance of connection to the land and sea, the value of the activities of harvesting, cleaning, preparing, sharing the food. And how important these experiences were to our families and our relationships with each other. How they form a foundation of the values we have carried forward in our lives. And the values we are sharing with each other and the next generations".

Tip We don't always eat well when we eat alone. Find someone to cook with or share a meal with, attend a community meal, or join a cooking group.

Friends	s I can cook with:	
•••••		

#### **Food Traditions**

"It's my job to keep the traditions alive and sharing what has been taught to me."

> "Our traditional foods are important for our grandchildren. The right foods are going to help us."

"Growing up we never had stores, we would dig clams and harvest fish."

We can all enjoy traditional food, many of us already do. Freshcaught salmon, spring-harvested stinging nettles, a family recipe for hungarian goulash, are all great examples of traditional family recipes people shared with us. It's fun to explore those foods, and to share them with others.

A focus on traditional foods often means fresh, whole fruits, vegetables and grains—recipes developed before processing came into popularity. We can always look back to our ancestral foods to find healthy recipes.

Tip: Write down a family recipe in the back of this guide. Share it with a friend, or bring it to a cooking group.

Remembering our favourite food memories and stories can often motivate us to eat well, to get us excited about food. Try writing down your favourite food story.

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# Cooking for One

Some older adults shared that it's harder to be motivated when they're cooking for themselves.

Low energy, poor appetites, and feelings of isolation all play a part.

Some of the older adults we spoke to talked about trying new recipes or joining a cooking group to get inspired. Sometimes though, those options aren't available, or we might feel unmotivated at mealtimes,

# Advice from older adults: How to prepare for low-motivation mealtimes:

"Consider making a big batch of your favorite food and then creating portions to freeze for later use."

"Another idea is to make (a) meal that you can create into something else. If you make roasted chicken one night, save the bones and make soup the next night."

"Prepare snacks ahead of time, and keep them stored in the fridge or pantry. That way, we can avoid cravings that often lead to unhealthy snacking."

Tip: Country Grocer in Nanaimo sells both beef and chicken bones, useful for making home-made, low-sodium stock

The older adults we spoke to also shared their healthy snack ideas with us. Thanks to these suggestions, and advice from a registered dietitian here in Nanaimo, we were able to come up with some easy, healthy snacks to keep on hand.

## Ten, easy, healthy snack ideas for everyone

#### 1. Low-sodium crackers with canned fish:

Recommended by the Dietitians of Canada as items for an "emergency" healthy food pantry, try melba toast or other whole grain crackers with canned fish for awesome oils.

#### 2. Nut butter on celery sticks or whole-grain bread:

Easy to prepare and loaded with healthy proteins. Go for natural peanut butter to cut down on added salts or fats..

#### 3. Greek (or probiotic) yogurt or kefir with fruit:

Unsweetened yogurt has lots of good gut buddies. Add dried fruit to sweeten it up, or fresh fruit like bananas or on-sale items.

#### 4. Smoothies:

Smoothies are a great way to use up older fruits and vegetables. Just add yogurt or kefir, and you've got a readymade healthy snack. You can also add protein powder or lentils for protein, or turmeric for added health benefits.

#### 5. Trail mix with dried fruit and nuts:

Readily available in bulk aisles, trail mix is a great, healthy snack that you can carry with you everywhere. A little goes a long way with this delicious snack!

#### 6. Raw vegetables and dip:

What could be easier, healthier, or more delicious than a plateful of fresh, raw vegetables with a healthy dip like hummus, tzatziki, salsa, yogurt or nut butter?

#### 7. Easy bean salad:

Throw some canned beans with a bit of apple cider vinegar, garlic, olive oil, and seasonal vegetables into a bowl and keep in the fridge for up to four days. Bean salads have tons of great protein, and taste better as they age.

#### 8. Fruit salad:

A great way to use up any fruit in advance of your next shopping trip is to chop up some fruit and make a fruit salad. Don't forget to save end-of-life extras for smoothies.

#### 9. Hard-boiled egg with a handful of grapes:

Keeping a few hard-boiled eggs on hand makes for an easy, healthy snack when paired with a handful of fresh fruit.

#### 10. Popcorn:

Popcorn has fibre, making it an easy, healthy alternative to chips or other salty food. Add a dash of nutritional yeast to boost your B12.

# Confusing Messages About Healthy Eating

#### Information Overload

From fad diets to food blogs, it's useful to be able to cut through the confusing information to find health information that's accurate.

#### **Check Your Sources**

Anyone can call themselves a nutritionist in B.C.. Many take training programs, which can vary from a one-hour workshop, to a three-month or one-year course.

When you're seeking nutrition advice, a good rule of thumb is to look for the letters RD after someone's name, that means they're a Registered Dietitian. Registered Dietitians are regulated health professionals, just like doctors and other health care professionals.

#### Don't Trust the Internet

Not surprisingly, non-commercial sites often have better, more accurate information, but it's commercial sites that are most frequently found at the top of search results.

Government sites (.gov, .gc.ca, .bc.ca); <u>University</u> sites (.edu), and <u>non-profit</u> websites often have more reliable info than commercially-driven sites, or social media groups.

Tip: Keep a paper list of trustworthy websites next to your computer, tablet, or mobile device for handy reference.

#### Websites I can trust

dietitians.caCanadian Association of Dietitians
unlockfood.ca Advice from registered dietitians
canada.ca/en/services/health.html Healthy Canadians
My Favourite Websites

If you have questions, you can always talk to a registered dietitian by calling 8-1-1.

Nanaimo Foodshare also has a dietitian on the team, and the B.C. College of Dietetics has a list of registered dietitians in your area.

#### **Nutrition Labels**

There's a lot of information on a nutrition label—it's easy to get lost in the details, check out our label below for ideas to help you make healthier choices



There's a large nutrition label in English and French on page 92.

If you need help, talk to a dietitian by calling 8-1-1.

#### Five Steps to Read the Label

Nutrition Facts Per Serving	
Calories	% Daily Value*
Fat Saturated + Trans	0-5%
Carbohydrate	
Fibre	15%+
Sugars	0-5%
Protein	15%+
Cholesterol	0-5%
Sodium	0-5%
Potassium	15%+
Calcium	15%+
Iron	15%+
*5% or less is <b>a little</b> , 15% or mor	re is <b>a lot</b>

- Look at the serving size, and compare it to what you're eating.
- Look at the calories, that's how much is in one serving.
- Look at the %Daily Value (%DV).
- Choose foods that are high in Fibre, vitamins and minerals (15%+), choose foods that are low in sugar, salt, and fat (0-5%).
- Choose foods that are high in Fibre, Vitamin A, Vitamin C, Protein, Iron, and Calcium

Health Canada has an interactive nutrition label with comprehensive information on how to understand nutrition labels. If you're unsure about a product, you can always take a picture of the label, and call a dietitian to ask questions by dialing 8-1-1 on your phone.

## Healthy Body, Healthy Mind

A well-nourished body means a well-nourished brain.

Good nutrition is linked to reducing the risks and effects of age-related health concerns and disabilities

#### Healthy Eating: Important for your Mental Health

Healthy eating doesn't have to be hard, and can have a significant impact on your mental health.

#### How I Can Eat for Mental Health

- 1. I can start paying attention to how eating different foods makes me feel not just in the moment, but the next day.
- 2. I can choose fibre-rich foods that feed my gut bacteria.
- 3. I can add more vegetables, legumes and whole grain foods to my diet.
- 4. I can avoid processed foods and foods with more sugar, more saturated fat and more salt.
- 5. I can ddd fish and shellfish to my diet, starting with once a week.
- 6. I can take a multivitamin for people aged 50+
- 7. I can get Vitamin D during the summer, spring and fall by going outside, and during the winter with a supplement.
- 8. I can choose foods that are more nutrient dense, because I need more nutrient-dense foods now than I did when I was younger.
- 9. I can add fermented foods like kimchi, miso, sauerkraut, pickles, or kombucha to my daily meals.

#### Mindful Eating

Mindful Eating is a way to slow down and enjoy food more it can help us become more aware about our bodies' needs by engaging our senses, and helping us connect to hunger cues.

In addition to using our senses more, we can practice these ways to eat more mindfully.

#### Listen to Your Belly

Ever finish dinner and feel over full 15 minutes later? Our brains and our bellies are out of sync when it comes to sending fullness signals—it takes <u>time</u> to feel full.

#### Know our hunger triggers

Sometimes we're hungry because we're hungry, and sometimes we're hungry because we're stressed, sad, frustrated, lonely or bored. Being aware of the difference between hunger cues and emotional triggers is a great strategy for mindful eating.

#### **Environmental eating**

It's easier to know what and how much to eat when we eat with others, or remember to eat at pre-set times. Things like sitting at a table and eating from plates and bowls can help to create healthy eating environments.

# Our Body Changes As we Age



#### **Our Changing Bodies**

It's harder for our bodies to get enough nutrients as they age, and because we don't need as many calories, the calories we consume need to be nutritionally dense. And because our appetites fade as we age, we need to try and pack everything onto a smaller plate. That means being strategic about our food choices to ensure we get all of the nutrition that our bodies need.

#### **Real Risks for Aging Adults**

Malnutrition is a real risk for aging adults. A 2016 study released by the Vancouver Island Health Authority found that 56% of seniors admitted to Nanaimo Regional General Hospital were malnourished.

Many seniors have trouble getting enough enough Fibre, Vitamin B6, vitamin B12, vitamin D, and calcium.

#### Gaining weight

Over 65% of senior men and 40% of senior women are obese. As we age, our bodies burn fewer calories, so we can't eat as we did when we were younger without gaining weight.

	Sedentary		Low	Active	Active	
	Women	Men	Women	Men	Women	Men
51-70	1650	2150	1850	2350	2100	2650
71+	1550	2000	1750	2000	1750	2000

# What kinds of foods do I need to eat as I age?



Whole foods are the best choice for a well balanced diet. Older adults are advised to "eat from the rainbow" of foods rich in nutrients, like these: The recipes in this guide were provided by older adults during cooking classes. You can check them out starting on page 56

- Fruits and vegetables (choose a range of types with vibrant colours)
- Whole grains, like oatmeal, whole-wheat bread, and brown rice
- Fat-free or low-fat milk and cheese, or soy or rice milk that is fortified with vitamin D and calcium
- Seafood, lean meats, poultry, and eggs
- Beans, nuts, and seeds

#### Eat less of these foods

- Eat less sugar-sweetened drinks and desserts that have added sugars
- Eat less foods with butter, shortening, or other fats that are solid at room temperature
- Eat less white bread, rice, and pasta made from refined grains
- Eat less processed food

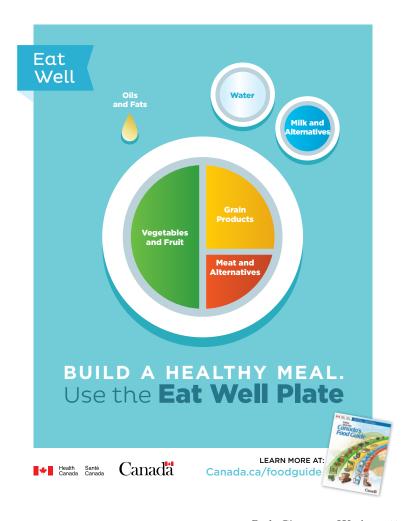
#### Trouble swallowing, biting, or chewing?

- Thicker liquids are sometimes easier to swallow.
- Chop, mash or puree foods into smaller, softer bites.
- Add gravy or sauce to help soften and moisten food.
- Try different food textures to see what suits you best.

#### **Healthy Plate for Older Adults**

As we age, our healthy plate starts to look a little bit different. Our appetites decrease and we don't need as many calories, at the same time, we need to take in more nutrients.

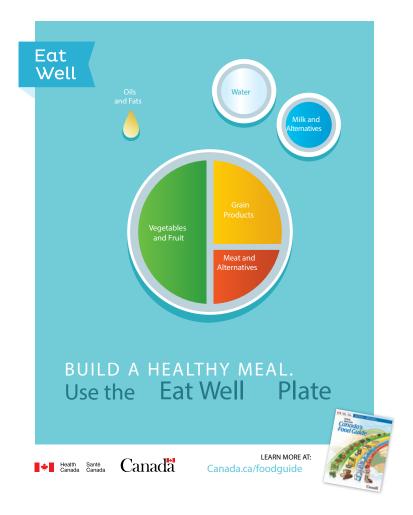
This is the Eat Well plate from the Government of Canada. For most adult Canadians, this represents a healthy, balanced meal.



#### **Our Healthy Plate Changes**

Seniors need between 1,500 and 2,000 calories per day, compared to 2,100 to 2,500 when we're younger. Nutrients are also harder to absorb as we age, so we need to pack our smaller plates with more nutrient dense food.

Our appetites decrease as we age, but we need the same nutrients we did when we were younger. More nutrients on a smaller plate.



# Eating with Others

# Eating With Others

people I like to cook and eat with below.	a numbers of		
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Most people enjoy eating food with others as opposed to eating a

Seniors shared thoughts on eating with others, like inviting family and friends over, hosting pot lucks, attending community meals, or cooking for others

One Elder shared this memory, "When I was a newly married person, we had events in the longhouse.

What we would do the day before is prepare the food for the next day. The women would peel potatoes together. You end up talking to each other when you are sitting and preparing food together."

Sharing a meal with others often leads to healthier food choices and more enjoyable meals.

Food memories are a central experience for all of us. There's a common phrase that says that "food made with love tastes better." Many of us have memories of family gatherings or celebrations around the table where food was enjoyed by everyone.

It's not just about eating healthy, it's about creating healthy eating habits. And just as much as eating the right foods—making meals together, sharing our food stories, and sharing food with others are all healthy eating habits we can get behind.

# Iow can I Change my Eating Habits?

# How can I Change my Eating Habits?

Three eating habits I'd like to change:

1.	 				 		
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2.							
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It's no secret, eating unhealthy foods can increase our chance of developing disease, and making changes to how we eat can be tough. When we spoke to older adults, they felt that it was best to make small goals and changes a little bit at a time.

#### Cooking out of the Box

Anita from Community Kitchens Society says, "You don't have to change your diet overnight, take small steps to make healthy changes in your diet. I've had seniors who have come to community kitchens and have had significant improvements in their health after they've learned how to cook for themselves. You can make changes at any age. It's never too late to make changes to your diet and make small changes that you can sustain."

Tip: You don't have to give up your favourite recipes, they can often be modified to include less saturated fat, sugars and salt. They also can be adapted to include more more fruit, vegetables and fibre.

# How can I make healthy changes to my diet?

Having a morning meal is an easy way to add nutrition to your day. Studies show that eating a healthy breakfast is linked to healthy weights and reduced weight gain over time and better intake of key nutrients including B6, B12, calcium, vitamin D, potassium and fibre.

For seniors who need more of the nutrients listed above, breakfast can really boost your nutrition, energy, and mental health.



"Make healthy eating a pleasure, not a chore."

Check out the section on mindful eating on page (XX)

"Drink infused water instead of high-sugar drinks."

## "Eat at regular times every day."

"Plan meals and snacks ahead of time."

"Replace a meal with two or three easy, healthy snacks."

"Aim for at least three food groups for meals."

"Pack healthy snacks to take bring with me wherever I go"



# Farmers' Market Potato Salad

Prep time Cook time Ready in Serves

- 1 cup fresh corn kernels (about 2 ears)
- 2 pounds fingerling potatoes, cut into 1-inch pieces
- 2 1/2 tablespoons olive oil, divided
- 2 tablespoons chopped fresh tarragon
- 2 tablespoons cider vinegar
- 2 tablespoons whole-grain Dijon mustard
- 1/2 teaspoon hot pepper sauce (such as Tabasco)
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- Cooking spray
- 3/4 cup vertically sliced red onion
- 3/4 cup diced zucchini
- 1 cup cherry tomatoes, halved

	notes	
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Step 1: Preheat oven to 425°.

Step 2: Place corn and potatoes on a jelly-roll pan. Drizzle vegetables with 1 tablespoon oil; toss to coat. Bake at 425° for 30 minutes or until potatoes are tender. Place mixture in a large bowl. Combine tarragon and next 5 ingredients (through pepper) in a small bowl, stirring with a whisk. Gradually add remaining 1 1/2 tablespoons oil, stirring constantly with a whisk. Drizzle potato mixture with dressing; toss gently to coat.

Step 3: Heat a large skillet over medium heat. Coat pan with cooking spray. Add onion and zucchini to pan; cook 4 minutes or until lightly browned, stirring occasionally. Add zucchini mixture and tomatoes to potato mixture; toss gently to combine. Summer Vegetable Grain Salad

### Banana– Oatmeal Hotcakes

Prep time

**Cook time** 

Ready in

**Serves** 

- 1 cup water
- 1/2 cup old fashioned oats
- 2 tablespoons firmly packed brown sugar
- 2 tablespoons canola oil
- 1/2 cup whole wheat flour
- 1/2 cup all purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 cup milk
- 1/4 cup plain yogurt
- 1 banana peeled and mashed
- 1 egg, slightly beaten

my	recip	e note	es	
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Bring oats and water to a boil in small saucepan. Reduce heat, cook on low until done. Set aside and cool.

In a bowl, combine flour, baking powder, baking soda, salt and cinnamon. In a separate bowl, mash banana, add the milk, yogurt, and egg and mix well.

Add wet ingredients to dry ingredients. Stir until just moistened.

Heat frying pan until water lightly sprayed on pan sizzles. Add butter or oil to pan. Spoon 1/4 cup pancake batter into the pan. Cook until bubbles come to the surface and the edges are slightly browned.

Flip pancake over and cook until cooked through, 1 or 2 minutes. Keep pancakes warm, on a plate, in a low oven. Serve on a warmed plate, drizzle with syrup or yogurt and applesauce.

# Carrot Ginger Soup with Bell Peppers

Prep time

Cook time

Ready in

**Serves** 

- 2 onions, diced
- 8-10 cloves of garlic, diced small or minced
- 3 tablespoons ginger, diced or shredded
- 8 bell peppers, roughly chopped
- 3 celery stalks, cut to bite sized pieces
- 16 medium sized carrots, peeled and cut
- Water to almost cover vegetables
- 3 potatoes, diced
- 1 tsp cumin powder
- 1 tsp cinnamon
- 1-2 tsp salt to taste
- 1 tsp pepper
- 1/2 1 c. cream or coconut milk
- 1 tbsp coconut oil

my recipe notes

In the bottom of a large pot on medium heat, fry onion in coconut oil until golden brown around the edges, add ginger and garlic and fry another for 2-3 minutes

Stir in one at a time chopped bell peppers and celery and continue to fry until everything is golden brown around the edges. Stir in carrots.

Pour in cold water, add potatoes and bring to a boil while adding cumin, cinnamon, salt and pepper

Lower heat and simmer until potatoes and carrots are fork-tender. Remove from heat, add cream/coconut milk

Carefully blend using a heat-proof blender or stick blender. Garnish with parsley.

# Cabbage Slaw with Vinaigrette Dressing

**Prep time** 

**Cook time** 

Ready in

**Serves** 

#### ingredients

#### Slaw

- 1 head green cabbage
- ½ head purple cabbage
- 1 bunch of radishes
- 4 medium sized carrots

#### Vinaigrette

- ¼ cup apple cider vinegar
- 2 tablespoons sugar
- 2 tablespoons vegetable oil
- salt and pepper to taste

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Chop green and purple cabbage finely, fluff, and place in a large bowl

Thinly slice radishes and add to cabbage. Grate carrots and add to cabbage, mix vegetables

In a separate bowl combine all of the dressing ingredients, whisk thoroughly

Pour dressing over vegetables, mix, and enjoy!

# Garden Salad with Balsamic Vinaigrette

Prep time

**Cook time** 

Ready in

Serves

#### ingredients

#### Vinaigrette

- 1-2 tsp lemon juice
- ½ tsp salt
- 1-2 tsp balsamic vinegar
- ½ tsp pepper
- 1 small clove of minced garlic
- ½ c. first cold-pressed olive oil

my recip	e notes	

Wash and cut to bite size any vegetables Mix together vinaigrette ingredients in a small bowl or jar Toss veggies and dressing together, serve and enjoy!

# Butternut Squash Soup

**Prep time** 

**Cook time** 

Ready in

Serves

- 1 tablespoon vegetable oil\*
- 2 celery ribs, chopped
- 1 large onion, diced
- 3 cloves garlic, minced (optional)
- 2 large carrots, peeled and diced
- 2 cups butternut squash, peeled, sliced and diced
- 5 new potatoes, quartered
- 2 apples, cut and cored
- 2 cups vegetable broth, apple or orange juice or water or combination
- 2 teaspoons grated fresh ginger
- 1 teaspoon curry powder or cinnamon or chili (optional depending on mood and taste)
- salt and pepper to taste

my recipe	

Heat oil in a soup pot over medium heat. Add onion, celery, and garlic, and cook stirring often until onion is translucent. Add squash, carrots, apples and potatoes, and cook for just a few minutes to allow the carrots to sweat out some of their juices.

Pour the vegetable broth into the pot, and season with ginger, optional spices, and salt and pepper. Bring to a boil, then reduce heat to low. Simmer for 15 to 20 minutes, until carrots are tender.

Puree soup in small batches using a food processor or blender, or if you have an immersion blender, it can be done in the soup pot. Reheat soup if necessary, and serve.

\*Note: This soup can be made without oil by just starting with stock and boiling the vegetables in the stock/water until tender.

## Simple Hummus Without Tahini

Prep time

**Cook time** 

Ready in

**Serves** 

- 2 (15 ounce) can chickpeas, drained
- 2 lemons, juiced
- 1/4 cup olive oil
- 2 garlic cloves, peeled and minced
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1/8 teaspoon red pepper flakes, crushed

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Put all ingredients into a food processor and blend until smooth.

Chill in a covered container.

Garnish with parsley

Optional ingredients: Basil, lemon thyme, roasted garlic, minced olives, roasted peppers or garlic scapes.

# No Mayo Broccoli Salad with Blueberries and Apple

Prep time

**Cook time** 

Ready in

**Serves** 

- 1½ pounds fresh broccoli, cut into bite-size pieces
- 1 cup fresh blueberries
- ¼ cup finely chopped red onion
- ½ cup dried cranberries
- ½ cup sunflower seeds
- 1 large apple, chopped into bite-size pieces
- 1 tablespoon lemon juice
- For the creamy yogurt poppy seed dressing:
- 1 cup plain Greek yogurt
- ¼ cup honey
- 1 tablespoon lemon juice
- 2 teaspoons apple cider vinegar
- 1 tablespoon poppy seeds

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Place broccoli, blueberries, red onion, cranberries, and sunflower seeds in a large bowl. In a small bowl, toss apple with 1 tablespoon lemon juice. Add to the big bowl with the salad. In a small bowl, whisk together all dressing ingredients. Pour dressing over the salad and toss gently to combine. Salad may be served immediately or refrigerated until serving. It will last for 2–3 days in the refrigerator.

# Slow Cooker Turkey Chili

Prep time

**Cook time** 

Ready in

**Serves** 

- 1 tablespoon vegetable oil
- 1 pound ground turkey
- 1 clove garlic, minced
- 1 medium onion, chopped
- 2 medium carrots, diced
- 1 celery stock, diced
- 1 medium bell pepper, diced
- 1 can diced tomatoes
- 2 cans kidney beans, drained
- 1 can black beans, drained
- 2 tablespoons chili powder
- 1 teaspoon red pepper flakes
- 1/2 tablespoon garlic powder
- 1/2 tablespoon ground cumin
- 1 pinch ground black pepper
- salt to taste

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Heat the oil in a skillet over medium heat. Place turkey in the skillet, and cook until evenly brown; drain.

Coat the inside of a slow cooker with cooking spray, and mix in turkey, garlic, onions, carrots, celery, bell pepper, diced tomatoes, kidney beans, black beans. Season with chili powder, red pepper flakes, garlic powder, cumin, black pepper, salt and pepper.

Cover, and cook 8 hours on Low or 4 hours on High.

### Sausage and Potato Stew

Prep time

**Cook time** 

Ready in

**Serves** 

- 2 to 3 medium potatoes, peeled, cubed
- 1 tablespoon cooking oil
- 1 to 1 1/2 pounds Italian sausages
- 1 large clove garlic, minced
- 1/2 cup chopped onion
- 2 cans (15 ounces each) stewed tomatoes
- 1 can chickpeas (optional)
- 1 1/2 teaspoons dried oregano
- 1 teaspoon thyme
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon pepper
- 2 medium carrots, peeled, chopped
- 2 stalks of celery, chopped
- 1 medium zucchini, peeled, chopped

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In a large skillet or sauté pan, heat oil over medium heat.

Add chopped onions and garlic.

Slice sausage into 1-inch pieces and transfer to skilled.

Brown onions, garlic and sausage.

Add stewed tomatoes, oregano, salt, and pepper to mixer and stir.

Add potatoes, carrots, celery and zucchini stir on medium heat.

Cook until the vegetables are tender.

Serve as is, with crusty bread, or with rice. Enjoy!

### My Recipe:

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### My Recipe:

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**Prep time** 

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**Prep time** 

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Ready in

**Serves** 

**Prep time** 

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Calendar for Free and Low Cost Food in Nanaimo - 1st Week of the Month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B r e	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714-0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Cub. 285 Prideaux Street, Tel: (250) 714-0917, www.nanaimo? 10club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714-0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaim 7-10 Cub, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714-0917, www.nanaimo7 10club.com	Free breakfast, soup, coffee and brownbag lunch to go between 9 am - 12 pm, Nanaimo 7-10 club, 285 Prideaux Street, Tel: (250) 714-9917, www.nanaimo71.0club.com	
f a t	Loaves and Fishes Food Bank between 10.30 am - 12 pm, St. Paul's Lutheran Church, 394 Expelerd Avenue (Harewood; near Bruce & Fourth St), Tel: (550)754- 8347, ID required		Loaves and Fishes Food Bank between 10 am - 2 pm, Loaves and Fishes Food Bank Location, 1009 Earland Street (Downtown; off Haliburton Street), Tel: (250) 754- 8347, 1D required			Loaves and Fishes Food Bank between 11 am - 12 pm, Generations Church, 1300 Princess stand Avenue (Beside Terminal Park Mail), Tei: (250) 754-8347, ID required	
	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
מ	Loaves and Fishes Food Banik between 2 pm -3 pm, St. Andrew's Presbyterian Church, 4235 ppgarture Bay Road (Behind Country Club Centre), Tei: (250) 754 8347, ID required	Loaves and Fishes Food Bank between 2 pm -3 pm, St. Andrews Loaves and Fishes Food Bank Presbyterian Church, 4235 Departure Bay Road (Behind United Church, 1986 Estewn Road United Church, 1986 Estewn Road Walter (1986 -1987) 754 (Corner of Brechin & Estewn Road) Tel: (250) 754-8347, ID required	Loaves and Fishes Food Bank between 2 pm - 3 pm, St. Philip's Anglianc flurth, 1797 Ceebr Road (Close to Cedar General Store), Tel: (250) 754-8347, ID required	Loaves and Fishes Food Bank between 1 pm - 3 pm, Loaves and Fishes Food Bank Location, 1009 Bandina Street (Downtown; off Haliburton Street), Tel: (250) 754-	Loaves and Fishes Food Bank between 1 pm - 2 pm, Salvation Awy Church, 505-8th St (corner of 8th and Bruce in Harewood). Fel: (250) 754-8347, ID required		
4	Loaves and Fishes Food Bank between 2 pm - 3 pm, Christ Community Church, 2221 Bowen Road (Lose to Northfield & Bowen Road intersection), Tel: (250) 754- 8347, ID required			Free soup and sandwith lunch between 11 am - 12.30 pm (from September to June, excluding Christmas week), St. Andrew's Presbytenia Outuch, 423.6 Departure Bay Road, Fet. 250-738- 2676, www.standrewsmanimo.ca			
D i	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm, 5.30 pm, 5.34 pm, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
n e	Loaves and Fishes Food Bank between 5 pm - 7 pm, Loaves and Ferbles Food Bank Location, 1009 Farguna Street (Downtown; off Haliburton Street), Teli (250) 754- 8347, ID required		Free supper at 5 pm, Canadian Mental Health Association Mid- Island Branch, 437 Wesley Street, Tel: (250) 244-4042	Loaves and Fishes Food Bank between 7 pm - 8 pm, The Neighbourhood Church, 4951 Rutherford Road (Off Uplands Drive), Tel: (250) 754-8347, ID			

Compiled by Lydia Powers, Registered Dietitian. Updated September 2017

Calendar for Free and Low Cost Food in Nanaimo - 2nd Week of the Month

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
В г е	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo71 Oclub.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 ann - 10 am, Nanalmo 7-10 Club, 285 Prideaux Street, Tel: (2SO) 714- 0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Naniamo 7-10 Cub, 285 Prideaux Street, Tel: (250) 714-9917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Naniamo 7-10 Cub, 285 Prideaux Street, Tel: (250) 714-9917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 9 am - 12 pm, Nansimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714-6917, www.nanaimo71 Oclub.com	
t s a t	toaves and Fishes Food Bank between 10.30 am - 12 pm, St. Paul's Lutheran Church, 394 Prabherd Avenue (Harewood; near Bruce & Fourth St), Tei: (550) 754- 8347, ID required		Loaves and Fishes Food Bank between 10 am 2 pm, Loaves and Fishes Food Bank Location, 1009 Faciliar Street (Downtown; off Haliburton Street), Tel: (250) 754- 8347, 1D required			Loaves and Fishes Food Bank between 11 am - 12 pm, Bernstinos Church, 1300 Princess Royal Avenue (Beside Terminal Park Mall), ID required	
	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
n n	Loaves and Fishes Food Bank between 2 pm - 3 pm, 5t. Andrew's Presbyterian Church, 4235 poparture Bay Road (Behind Country Club Centre), Tei: (250) 754-8347, ID required	Loaves and Fishes Food Bank Detween 2 pm -3 pm, St. Andrew's Loaves and Fishes Food Bank Preshperian Church, 4235 Departure By Road (Behind United Outur), 1998 Estean Road By Road (Behind Tell (250) 754 (Conner of Brechin & Estean Road) Tell (250) 754 (Sone Food Brechin & Estean Road) Tell (250) 754 8347, ID required	Loaves and Fishes Food Bank between 2 pm - 3 pm, St. Philip's Staglican Church, 1797 Ceebr Road (Close to Cedar General Stoel) Tel: (250) 754-8347, Drequired	Loaves and Fishes Food Bank between 1 pm - 3 pm, Loaves and Fishes Food Bank Location, 1009 Fardma Treet (Downtown; off Haliburton Street), Tel: (250) 754- 8347, 1D required	to aves and Fishes Food Bank between 1 pm - 2 pm, Salvation Awy Church, 505-8th St (corner of 8th and Bruce in Harewood) 7El: (250) 754-8347, ID required		
ų	Loaves and Fishes Food Bank between 2 pm - 3 pm, Christ Community Church, 2221 Bowen Road (Gose to Northfield & Bowen Road intersection), Tel: (250) 754-			Free soup and sandwich lunch between 11 am - 12.30 nm (from September to June, excluding Christmas weekl, 5s. Andrew's Presbyteria Outuch, 42.35 Departure Bay Road, Fet. 250-728- 2676, www.standrewsmanimo.ca			
D i	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm, 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
u u u	Loaves and Fishes Food Bank between 5 pm - 7 pm, Loaves and Fishes Food Bank Location, 1009 Fadapha Street (Downtown, off Haliburnon Street), Tel: (250) 754- 8347, JD required		Free supper at 5 pm, Canadian Mental Heath Association Mid- Island Branch, 437 Wesley Street, Tel: (250) 244-4042	Loaves and Fishes Food Bank between 7 pm - 8 pm, The Neighbourhood Church, 4951 Rutherford Road (Off Uplands Drive), Tel: (250) 754-8347, ID			

Compiled by Lydia Powers, Registered Dietitian. Updated September 2017

Calendar for Free and Low Cost Food in Nanaimo - 3rd Week of the Month

			Calendar for Free and LOW	Calendar for rice and LOW COST FOOD III Nahalimo - 510 Week of the Month	a week of the Month		
1	Monday	Luesday	Wednesday	Inursday	Friday	saturday	sunday
B ~ e	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Manaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo710club.com	Free breakfast, stoup, coffee and brownings lunch to go between 7 brownings lunch to go between 7 am - 10 am -	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo 710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714-9917, www.nanaimo710club.com	free breakfast, soup, coffee and brownbag lunch to go between 9 am - 12 pm, Nanaimo 7-10 Club, 285 Prideaux Street, Tel: (250) 714- 0917, www.nanaimo710 club.com	
t 8 0 7 7 0	Lowes and Fisher Food Bank between 10.30 am - 12 pm, 51. Paul's Lutherin Church; 394 Shepherd Avenue (Harswood; near Bruce & Fourth SII, 1ret (250) 754- 8347, Ib required	Free Thirthy's \$10 food cards (no tobacco purchase) or free Superette Foods supermetter cards (for fruit and veg only). St. Paul's Anglican Church, 29 Church Street, Tel: (1240)   Lowes and Fishes Food Bank Tag-3423, arrive 7.30 arth, 2010 copes per between 10 am - 2 pm, Lowes and 19 and One card per person and only Fishes Food Bank Costion, 1009 one card every two months, 20 food   Farquina's Street (Downtown; off cards in rotal available for distribution Hallburton Street), Tel: (250) 754   Required   Street of Stribution Street), Tel: (250) 754   Required   Strip In Street, Inc. (250) 754   Required   Strip In Str	Loaves and Fishes Food Bank between 10 am - 2 pm, Loaves and Fishes food Bank Location, 1009 Famquhas Tereet (Downtown; off Hailburton Street, Tel: (520) 754- 8347, ID required			Loaves and Fishes Food Bank between 11 am - 12 pm, Generations Church, 1300 Princess Royal Avenue (Beside Terminal Park Mail), ID required	
	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between \$1 soup and sandwich lunch 12 pm - 1 pm, slivation Army, 19 herween 12 pm - 1 pm, slivation Army, 19 formy, 19 more 12 pm, slivation (12 pm, 12 pm, 1	tion (50)	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
7 2 0	Loaves and Fishes Food Bank between 2 pm - 3 pm, St. Andrew's Presbyterian Church, 4235 Departure Bay Road (Behind Country Club Centre), Tei: (250) 754- 8347, ID required	Loaves and Fishes Food Bank  The State of Bank  Presbyterian Church, 4235  Berchin  Disparture Say Road (Behind  Country Cub Center), Tel. (250) Tyle (Country Cub Center), Tel. (250) Tyle (Sayt.), Drequired  Tel. (250) Tyle Sayt.), Drequired	Loaves and Fishes Food Bank between 2 pm - 3 pm , St. Philip's Anglican Church, 1797 Cedar Road (Close to Cedar General Store), Tel: (250) 754-8347, ID required	Loaves and Fishes Food Bank between 1 pm - 3 pm, Loaves and Fishes Food Bank (Location, 1009 Farquins Street (Downtown; off Haliburton Street), Tei: (250) 754- 8347, ID required	Free soup, sandwich and dessert lurch between 12 pm·1 pm, St. Paul's Anglican Church, 29 Church Street, Tei: (250)753-2523		
4	Loaves and Fishes Food Bank between 2 pm - 3 pm, Christ Community Church, 222 I Bowen Road (lose to Northfield & Bowen Road intersection), Tei: (250) 754- 8347, ID required			Free soup and sandwich lunch between 11 am - 12.30 pm (from September to June, excluding Christmas week), 3t. Andrew s Persyletian Christ, 4235 Departure Bay Road, Tai: 25.0-758. 2676, www.standrewsnamo.ca	Loaves and Fishes Food Bank between 1 pm - 2 pm, Salvation Arry Church, 505-88th St (corner of Bith and Bruce in Harewood), Tel: (250) 754-8347, ID required		
D i	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, saled and hot entrée dimer deinner between 430 pm - 530 pm, Salvation Salvation Army, 19 Mchol Street, Army, 19 Mchol Street, Army, 19 Mchol Street, Tel; (250) 754- Fel; (20) 754-2621, http://sanaraimo.org		\$2 soup, salad and hotentrée dinner between 4.30 pm 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm, -5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananalmo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananalmo.org
u u u u	Loaves and Fishes Food Bank between 5 pm - 7 pm, Loaves and Fishes Food Bank Lozation, 1009 Farquiar Street (Downtown; off Haliburnon Street), Tei; (250) 754- 8347, ID required	Free vape tarian spaghetti dinner between 5 pm-6.30 pm, Canadian between 5 pm-6.30 pm, Seventh Day Mental Health Association Mid- Adventist Church, 2400 Highand Bidd, Island Branch, 437 Wesley Street, www.nanaimoadventist.ca	Free supper at 5 pm, Canadian Mental Heath Association Mid- Island Banch, 437 Wesley Street, Tel: (250) 244-4042	Loaves and Fishes Food Bank between 7 pm - 8 pm, The Weighbourhood Church, 4951 Rutherford Road (Off Uplands Drive), Tel: (250) 754-8347, ID			

Compiled by Lydia Powers, Registered Dietitian. Updated September 2017

Calendar for Free and Low Cost Food in Nanaimo - 4th Week of the Month

		P		F			
ĺ	Monday	l uesaay	wednesday	Inursaay	Friday	saturday	sunday
8 - 9 0	Free breakfast, soup, coffee and brownbag lunch to go between 7 brownbag lunch to go between 7 am 1.0 am, Nanaimo 7.10 (Lib. 285 am - 1.0 am, Nanaimo 7.10 (Lib. 285 am - 1.0 am, Nanaimo 7.10 (Lib. 285 am - 1.0 am, Nanaimo 7.10 (Lib. 2017) 1385 Pridoaum Street, Tei (126) 71 www.nanaimo 7.10 club.com 7.10 (Lib. 2017) www.nanaimo 7.10 (Li	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tei; (250) 714-0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 28.9 Frideaux Street, Tei; (25.0) 714- 0917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Tei (250) 714- 9917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 7 am - 10 am, Nanaimo 7-10 Club, 285 Prideaux Street, Teit (250) 714- 9917, www.nanaimo710club.com	Free breakfast, soup, coffee and brownbag lunch to go between 9 am - 12 pm, Nanaimo 7-10 Club, 285 Prideaux Street, Tei (250) 714- 9917, www.nanaimo 710club, com	
k f a s	Loaves and Fishes Food Bank between 1.0.30 am - 12 pm, St. Paul's Lutheran Church, 394 Emberd Avenue (Harewood; near Bruce & Fourth St), Tel. (250) 754- 8347, ID required		Loaves and Fishes Food Bank between 10 am - 2 pm, Loaves and Fishes Food Bank Location, 1009 exquala Street (Downtown; of Haliburton Street), Tel: (250) 754- 8347; ID required			Loaves and Fishes Food Bank between 11 am - 12 pm, between 11 am - 12 pm, Royal Avenue (Beside Terminal Park Mall), ID required	
	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$1 soup and sandwich lunch between 12 pm - 1 pm, Salvation Army, 19 Nichol Street, Tei: (250) 754-2621, http://sananaimo.org
n n	Loaves and Fishes Food Bank between 2 pm - 3 pm, 5t. Andrew's Presbyterian Church, 4235 Paparture Bay Road (Behind Country Club Centre), Tel; (250) 754- 8347, ID required	Loaves and Fishes Food Bank between 1 pm - 2.30 pm, Brechin Under Church, 1928 Estevan Road (Corner of Brechin & Estevan Road). Tel: (250) 754-9347, ID required	Loaves and Fishes Food Bank between 2 pm - 3 pm, 5t. Philip's Anglian Church, 1297 Ceelar Road (Close to Cedar General Store), Tel. (250) 754-8347, ID required	Loaves and Fishes Food Bank between 1 pm - 3 pm, Loaves and Fishes Food Bank Location, 1009 Faciliar Street (Downtown; off Haliburton Street), Tel: (250) 754- 8347, 1D required	Loaves and Fishes Food Bank between 1 pm - 2 pm, Salvation Awy Church, SoS-8th St (corner of 8th and Bruce in Harewood), Tel: (250) 754-8347, ID required		
4	Loaves and Fishes Food Bank between 2 pm - 3 pm, Christ Community Church, 2221 Bowen Road (Gose to Northfield & Bowen Road intersection), Tel: (250) 754- 8347, ID required			Free soup and sandwich lunch between 11 am - 12.30 pm (from September to June, excluding Christmas week), St. Andrew's Presbyterian Church, 43.5 Departure Bay food, fez. 250,758- 2676 www.standrewsnanalmo.ca			
D i	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (2.50) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org	\$2 soup, salad and hot entrée dinner between 4.30 pm - 5.30 pm, Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org
n e r	Loaves and Fishes Food Bank between 5 pm7 pm, Loaves and Fether Food Bank Location, 1009 Farquhar Street (Downtown: off Haliburno Street), Tel: (250) 754- 8347, ID required		Free supper at 5 pm, Canadian Mental Health Association Mid- Island Branch, 437 Wesley Street, Tel: (250) 244-4042	Loaves and Fishes Food Bank between 7 pm - 8 pm, The Weighbourhood Church, 4951 Rutherford Road (Off Uplands Drive), Tel: (250) 754-8347, ID			

Compiled by Lydia Powers, Registered Dietitian. Updated September 2017

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RDN Transit Information Line:
Nanaimo: (250) 390-4531
Toll-free: 1-877-607-4111 Local 6200
www.rdn.bc.ca

Location	Closest Bus Route
Salvation Army, 19 Nichol Street	5, 6, 7, 25
7-10 Club. 285 Prideaux Street	1.2.3.4.5.6.7.8.9.25
St Andrew's Presbyterian Church, 4235 Departure Bay Road	1, 2, 3, 4, 8, 25
St. Paul's Anglican Church, 29 Church Street	1, 2, 3, 9, 25
Loaves and Fishes Food Bank Location, 1009 Farquhar Street	7
Christ Community Church, 2221 Bowen Road	4,6
St. Paul's Lutheran Church, 394 Shepherd Avenue	3, 4
Brechin United Church, 1998 Estevan Road	1, 2, 8, 9, 25
St. Philip's Anglican Church, 1797 Cedar Road	7
The Neighbourhood Church, 4951 Rutherford Road	1, 12
Generations Church, 1300 Princess	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
Koval Avenue	( ) T

Bus Routes in Nanaimo for Free and Low Cost Food

ree Year Round Food Hampers:

appointment only therefore phone the Salvation Army to book your appointment ahead of time. Hampers are provided through the Salvation Army Community Services Office located A free food hamper is available once a month from the Salvation Army, 19 Nichol Street, Tel: (250) 754-2621, http://sananaimo.org. Hampers are provided to people with an upstairs at 19 Nichol Street. ID required.

Hamper delivery service for clients with mobility issues who cannot leave their homes to go to the foodbank. In order to receive this service the application form must be signed by a nealthcare professional and is available online. Contact Loaves and Fishes for further details, 1009 Farquhar St, Tel: (250) 754-8347, www.nanaimoloavesandfishes.org Loaves and Fishes - Hamper 2 Your Home

Free Christmas Food Hampers:

Contact Tillicum Lelum Aboriginal Friendship Centre for further details, 602 Haliburton Street, Tel: (250)753-8291, www.tillicumlelum.ca Contact St. Vincent de Paul Society for further details, Tel: (250) 753-8500

Contact Hamperville Nanaimo for further details by e-Mailing: info@hampervillenanaimo.org, http://hampervillenanaimo.org Nomen's Drop-In and Free Meal

Drop-in at the Nanaimo Women's Centre provides supportive services to women who are either homeless or are at risk of homelessness. During this time an outreach worker provides irst point of contact services to women who are without housing. Women are invited for a hot meal and an opportunity to connect with support workers. Contact the Nanaimo Women's Centre for further details, 150 Wallace Street, Tel: (250) 753-0633, www.nanaimowomen.com, open Tuesday to Friday 10 am to 3 pm.

Nanaimo Foodshare Good Food Box - \$10 cost:

The Good Food Box costs \$10 and is available once a month from Nanaimo Foodshare. This box contains approximately \$17 worth of fresh fruits and vegetables. It is required to pay and order the box ahead of time by visiting Nanaimo Foodshare Society office at 271 Pine Street on either the first Wednesday of the month between 11 am - 1 pm or the last Wednesday of The month between 11 am - 1 pm or by ordering online anytime. Collection of the box is on the second Wednesday of the month at either the Salvation Army Community Church, on the corner of Bruce Avenue and 8th Street, between 11 am - 2 pm or Nanaimo Foodshare Society at 271 Pine St, between 2.30 - 5 pm. Once you get started, you can save a step by ordering next month's Good Food Box at pick-up time. Nanaimo Foodshare Society Tel: (250)753-9393, e-Mail: foodshareinfo@shaw.ca, www.nanaimofoodshare.ca

Nanaimo Community Kitchens Cooking out of the Box Free Cooking Session - Uses a Good Food Box as Ingredients:

and the extra food needed to prepare the recipes. The session ends with a shared meal, group discussion and clean up. Participants receive copies of the recipes and extra food is divided ecipes are prepared using the contents of the Good Food Box, which varies from month to month. The Community Kitchens facilitator chooses the recipes, purchases a Good Food Box among the participants to take home. This program is availble at three different locations in Nanaimo. Contact Anita Smith at Nanaimo Community Kitchens for details, Tel: (250) 753-This free program uses a monthly Good Food Box of fruits and vegetables as the foundation of a nutritious cooking session for low income individuals. At the 2 hour session, 3 to 4 7470, e-Mail: anita.nck@shaw.ca, www.nanaimocommunitykitchens.org

Nanaimo Seniors Connect Free Cooking Program:

Dook and sit down to eat nutritious meals with seniors (age 55 plus) in your community. Contact Seniors Connect for details, Tel: (250) 591-2924, www.nanaimoseniorsconnect.ca Nanaimo Community Gardens:

details for further information: http://nanaimocommunitygardens.ca/community-gardens Nanaimo Meals on Wheels - \$5.50 cost:

Opportunity to volunteer in numerous community gardens across Nanaimo for a share in the produce. Tel: (250) 816-4769. Refer to website for a list of garden locations and contact

A hot meal with a dessert is delivered to your home on Monday to Saturday. Each meal costs \$5.50. Contact Meals on Wheels for further details, Tel: (250) 753-1300, e-Mail:

mownanaimo@shaw.ca, www.nanaimomealsonwheels.ca

<b>Nutrition Fac</b>	ets
Per HM (MM)	% Daily Value*
Calories	
Fat	<u>%</u>
Saturated	0-5%
+ Trans	0-5%
Carbohydrate	
Fibre	15%
Sugars	0-5%
Protein	15%
Cholesterol	0-5%
Sodium	0-5%
Potassium	15%
Calcium	15%
Iron	15%
*5% or less is a little, 15% or more is a lot	

Valeur nutritiv	/e
pour MD (MM)	% valeur quotidienne*
Calories	
Lipides	0-5%
saturés	0-5%
+ trans	0-5%
Glucides	
Fibre	15%
Sucres	0-5%
<b>Protéines</b>	15%
Cholestérol	0-5%
Sodium	0-5%
Potassium	15%
Calcium	15%
Fer	15%
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

#### Links and Resources

The resources and links below might be useful if you're trying to locate information about healthy eating.

healthycanadians.gc.ca — food recalls, Canada's food guide, diseases, immunization, and health risks while travelling.

dietitians.ca — official website for the Canadian Association of Dietitians. Helps you find a dietitian in your area, and access online resources.

sugarscience.ucsf.edu — learn the facts about sugar. Contains videos, large posters, and lots of resources.

befoodsafe.gov — all about food safety. Contains images for print or download, posters and other useful educational information.

unlockfood.ca — healthy eating tips from the Canadian Association of Dietitians.

foodatlas.ca — contains a map with information on food-security resources near you.

islandhealth.ca/learn-about-health/seniors — specialized programs, services and resources designed to meet the needs of seniors.

healthlinkbc.ca — provides access to non-emergency health information and advice in British Columbia

#### **Notes**

I can use this space to write down notes, like healthy eating tips, or the names and numbers of people I cook with.

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