

# Nourish

Columbia Valley

Supporting and connecting our communities through food



We are grateful for the bounty that comes from the land and waters of what has come to be known as the Columbia Valley. We respectfully acknowledge that we live on the unceded shared territories of the Shuswap Indian Band of the Secwépemc Nation, the Ktunaxa Nation, and the land chosen as home by the Métis Peoples of British Columbia. We give thanks that we are welcomed to share this beautiful place.





# Columbia Valley Food and Farm

A non-profit dedicated to building a thriving local food system, Columbia Valley Food and Farm (CVF+F) envisions a Columbia Valley that is resilient and food secure. We support and celebrate local food through education, collaboration, and advocacy. Through our work we:

- ✓ Promote the importance of a local food system through marketing initiatives and educational events.
- ✓ Connect local producers and processors with consumers through our Food Guide, Columbia Valley labeling, farmers' markets, and culinary events.
- ✓ Collaborate and partner with like-minded organizations to align awareness and increase outreach and engagement.



PHOTO CREDIT ELLEN WILKER

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# .....1.....Introduction



Alison Bell  
Chair, Columbia Valley Food and Farm

\* The Columbia Valley is defined as area stretching from Canal Flats, at the mouth of the Columbia River to Spillimacheen. This geographic delineation has been adopted by many of the organizations providing community food supports.

The Columbia Valley is nestled between the Rocky and Purcell Mountain Ranges and is the unceded shared territories of the Shuswap Indian Band of the Secwépemc Nation, the Ktunaxa Nation, and the land chosen as home by the Métis Peoples of British Columbia. The valley is home to numerous support organizations, Indigenous communities and schools that work diligently to meet the needs of the food insecure and to bolster those helping to build a sustainable local food system.

Whether it is a food drive, a community dinner fund-raiser, meal or snack programs, food boxes and hampers, farmers' market coupon programs, early-year healthy eating programs, the raising of livestock and the growing of crops, our community steps up so that no one is left behind. It would be impossible to calculate the number of volunteer hours provided by our caring residents to support their neighbours. The term, food citizen, describes those who take an active role in making their community food secure and food citizens are in abundance in our communities. Private citizens, local businesses and governmental organizations regionally, provincially and nationally provide financial support to the many organizations doing important work. All of this combined results in numerous initiatives and programs that help to raise the level of food security for our residents.

With the numerous entities providing food supports to our residents, it can be a daunting task to stay on top of what supports are out there, what programs are in place and who best to contact in times of need. This became clear when, in March of 2020, Covid-19 revealed the social and economic repercussions caused by a global pandemic and the impact this has had on community

food security. As a result, Columbia Valley Food and Farm, with funding from the PlanH and support from the District of Invermere, began development of the **Nourish Columbia Valley: Supporting and Connecting Communities Through Food**. This resource serves to connect those in need of food support with those who are able to provide that support. It is also a resource to help food support organizations connect with one another. An important component of this guide will be the establishment of **the Nourish Columbia Valley Taskforce** comprised of representatives of food security support organizations, community leaders, health-care professionals, educators, Indigenous leaders and community members working together to ensure a food secure community.

More than a directory, the Nourish Columbia Valley includes healthy eating tips, recipes, Indigenous foodways, and cultural food stories.

It is said that food is the great equalizer, and we couldn't agree more. It is our hope that this resource will help to bring us all around the same table and to help build a more food secure Columbia Valley.



# 2.....Food Security

## **What is food security?**

Our Valley is food secure when all people, at all times, have physical and economic access to safe nutritious and culturally acceptable food to meet their dietary needs for a healthy life. At Columbia Valley Food and Farm we believe that a food secure community also has a thriving local food system.

## **Who contributes to community food security?**

In its simplest form, food security means that we have enough to eat, but it is more than that. When we all come together to support the systems that feed us, we have the ability to go beyond meeting our basic needs and create food in abundance.

Individual community members, food producers and farmers, Indigenous food sources, grocery stores, food and beverage operations, food processors, food banks, school food programs, food recovery programs, community greenhouses and gardens, backyard gardens, the medical community, government leaders and municipal food policies all contribute to a sustainable community food system.



# Nourish Glossary

## Civic Agriculture

Civic agriculture is the belief that all citizens can have a role in the agriculture of an area. It is said that if you eat, you are involved in agriculture. As citizens, we can build community by supporting our local food system and those who grow our food.

## Food Citizen

Food citizens put the idea of civic agriculture into action by supporting local farmers and food outlets that sell locally-produced food, growing their own food in backyards or in community gardens, and supporting initiatives that help to build a local food system.

## Food Security

A community is food secure when all people, at all times, have physical and economic access to safe nutritious and culturally acceptable food to meet their dietary needs for a healthy life.

## Food System

A food system includes the production, processing, transportation, and consumption of food. All the steps taken to get food from farm to plate.

## Foodways

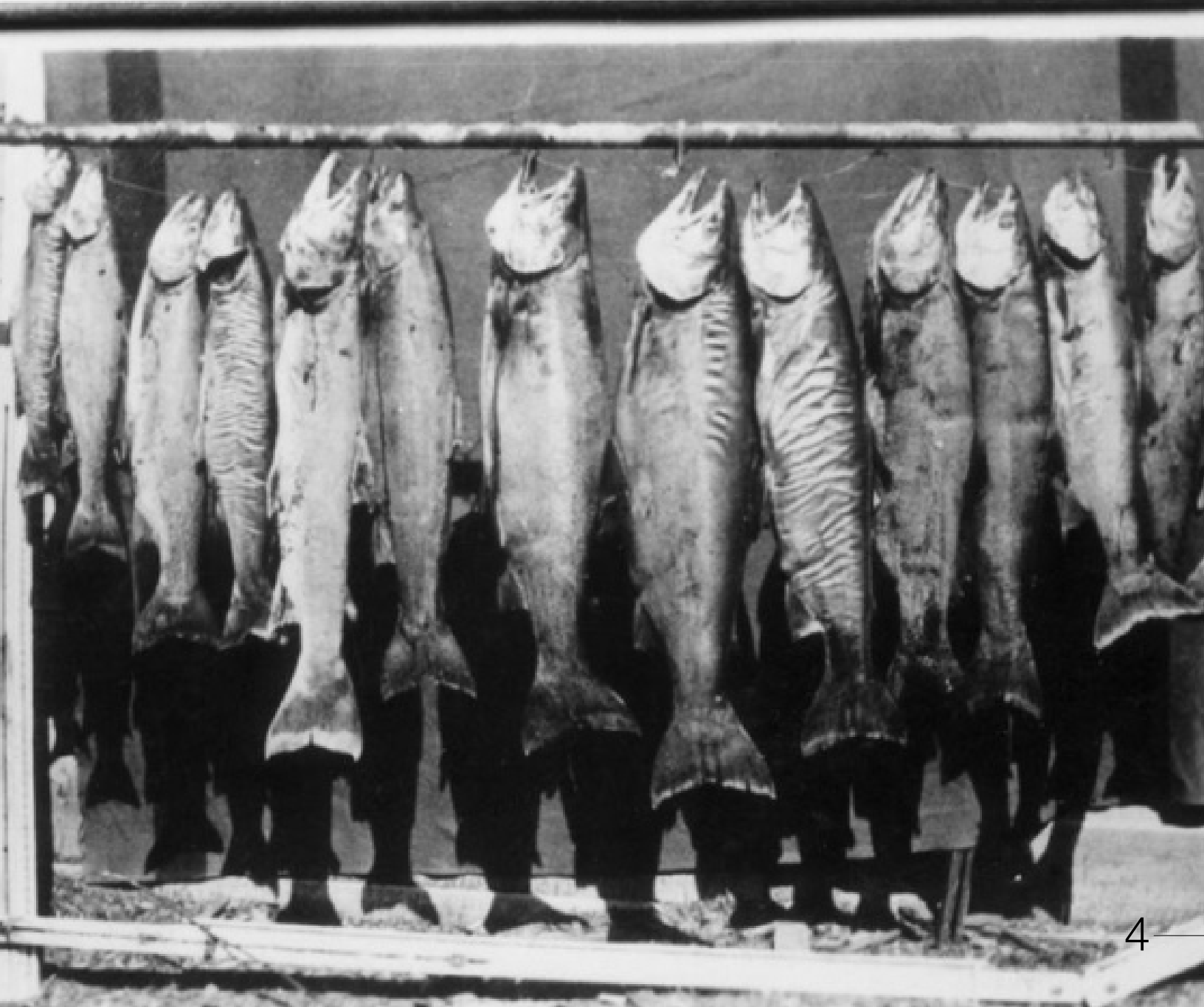
Foodways are described as the cultural, social, and economic practices relating to the production and consumption of food.

## Local Food System

A local food system shortens the chain to include only food produced within close proximity to where the food is consumed. The local food system in the Columbia Valley includes food that is produced and processed between Golden and Canal Flats.



CHINOOK "JUNE HOGS" SHUSWAP BAND ARCHIVAL PHOTO





# 3 Indigenous Foodways in the Columbia Valley



The Columbia Valley is the unceded shared territories of the Shuswap Indian Band of the Secwépemc Nation, the Ktunaxa Nation, and the land chosen as home by the Métis Peoples of British Columbia. Nestled between the Purcell and Rocky Mountains, the Columbia Valley has provided sustenance to its First Peoples for over 10,000 years. At one time, large salmon runs were harvested from the Columbia River, deer and elk were hunted sustainably by both the Ktunaxa and Shuswap peoples, as well as the Stoney Nakoda Nation. In addition, the valley provided wild berries, edible plants, medicinal plants, and clear-running water within a vibrant food system that existed for centuries.

Before European contact, the food system of this area was managed by the First Peoples with respect for the land, for the flora and fauna, and for the water, ensuring that future generations would continue to reap its bounty. The connection between what we have come to call a healthy food system and its relation to a healthy life was clearly understood and sustainable hunting and harvesting were practised. Colonial practices impacted these lifeways, however, as they led to a change in landscape, both figuratively and literally, for the First Peoples of the Columbia Valley. The effects of colonial policies on Indigenous food systems can be clearly seen in the eventual breakdown of a long-standing resource-sharing agreement, signed in Windermere, and the building of the Grand Coulee Dam.

The sharing of hunting territories between the Ktunaxa, Secwépemc and Stoney Peoples was a long-respected arrangement, with the Stoneys travelling west to hunt and the Ktunaxa and Secwépemc travelling east, depending on the movement of the animals. With the arrival of European settlers and the establishment of Dominion of Canada boundaries in the late 1880s, land use and hunting rights came under control of the Canadian government. Initially, the office of the Commissioner of Indian Affairs worked in partnership with the Ktunaxa, Secwépemc and Stoney Peoples, respecting their long-standing hunting arrangements in each other's territories and created a written agreement in 1895 in a schoolhouse in Windermere with members of all parties present. Sadly, with the development of the railway, the increasing arrival of new settlers, over-hunting and the further colonization of First Peoples, the 1895 agreement unravelled, forever impacting the inherent hunting rights

of the Ktunaxa and Secwépemc negatively in the Columbia Valley.

Colonization also effected access to salmon. For thousands of years, salmon were culturally, spiritually, nutritionally, and economically central to the First Peoples of the Columbia Valley. Salmon, primarily Chinook, swam from the headwaters of the Columbia River at Columbia Lake to the ocean and back again to spawn each autumn. Chinook were also known as June Hogs because some were close to 100 pounds and swam amongst other salmon during the June run. The run happened in the waters of the Columbia River at what is now Athalmer. It is said that the run was so plentiful it was possible to cross the river on their backs. Salmon fisheries were numerous along the Columbia on both sides of the border and evidence of these fisheries is visible today in the Columbia Valley. All that changed in the 1940s with the building of the Grand Coulee Dam in the United States, bringing about the end to the salmon migration and to a way of life. Instead of fishing and providing fresh salmon for the community in ways that upheld their culture, the Shuswap were now expected to rely on government-sent Prem, a canned meat product, to sustain them through the year.

Though the effects of settlers on Indigenous food access and practices have been devastating, food remains integral to the culture of the local communities. From harvesting and gathering principles to culinary techniques, many maintain a unique connection to food and land that continues today.



# Métis Recipes

**MONICA FISHER** President, Columbia Valley Métis



## Pemmican

- Cut fat off the meat. You should only dry the meat, not any fat on it!
  - Salt the meat. This will help inhibit bacteria growth and make the pemmican taste better.
  - Dry the meat.
  - Turn the dry meat into a powder. A meat grinder is best, but you can also use a blender or food processor. It needs to be almost a powder with no big chunks in it.
  - Turn the berries into a powder. Same as with the meat.
  - Mix the powdered meat and powdered berries together.
  - Heat the fat so it liquefies.
  - Pour the fat over the powdered meat/berry mixture. The ratio of fat to dried mixture is about 1:6, but you can experiment.
  - Let cool and form into balls or bars.
  - Wrap in wax paper or plastic bags and store!
- ✓ **Red meat:** Traditionally game meat is used, but now beef is most common. 5 lbs of meat will make 1 lb of dried meat
  - ✓ **Fat (suet):** Lard or beef tallow may be used. Use about a 1:6 ratio of fat and dried meat, but you can experiment. The ratio doesn't have to be exact!
  - ✓ **Salt:** 1 tsp salt (3 g Kosher or 5 g fine sea salt) per pound of meat
  - ✓ **Optional:** dried berries, herbs, spices, honey





## Métis Boulettes

Mix together the beef, onion, pepper and half the salt and mix well. Divide the meat into 12-16 meatballs.

Combine 1 litre of the water and 1 litre of stock in a large pot and bring to a boil. Reduce to simmer. Roll the meatballs in flour and place them gently into the pot of water/stock. Simmer for about 30 minutes over medium-low heat, covered partially. Add potatoes, and the bay leaf (if using). Return the soup to the boil and simmer for about 20 minutes or until the potatoes are soft. If the liquid reduces too much, you may add a little more water or stock.

Season the soup with salt and pepper to taste. Remove the bay leaf before serving.

- ✓ 1 lb lean ground beef, moose, or deer
- ✓ ½ cup small-diced onion
- ✓ ½ tsp ground black pepper
- ✓ ¾ tsp salt
- ✓ 1 litre/ 4 cups water
- ✓ 1 litre/ 4 cups beef or game stock
- ✓ ¼ cup all-purpose flour
- ✓ 2 cups diced peeled potatoes
- ✓ 1 dried bay leaf (optional)
- ✓ Salt and pepper for seasoning at end





## Soapberry Ice Cream

**BARB COTE** Shuswap Indian Band Chief

*Soopolallie* or Soapberries are harvested by First Peoples across the Interior of British Columbia from May to August, depending on the elevation and latitude. Traditionally, the berries were an important trading item. The berries are juicy, have an orange-red colour and have a sour-bitter taste. A little soapy to the touch, the soapberries contain glucoside-saponin, a compound which reacts much like egg whites when the berries are whipped. Traditionally a special beater made of Rocky Mountain Maple bark was used, but it is fine to use a whisk or electric beater. Soapberries are also full of health-giving qualities and are used medicinally for everything from iron deficiency to indigestion and skin ailments.

### Chief Barb's Soapberry Ice Cream Tips

Using icing sugar works nicely and dissolves more quickly than granulated sugar.

Be careful to use a clean bowl. If there is any fat in the bowl, the soapberries won't whip.

- ✓ 1 cup soapberries
- ✓ 1/4 cup water
- ✓ 3-4 tbsp icing sugar, or more to taste.
- Using a clean bowl, crush the berries and add the water.
- Beat the mixture until it begins to froth.
- Add the sugar gradually, while beating.
- The Soapberry Ice Cream should have a soft pink colour and be the consistency of whipped egg whites or meringues.

### Reference

*Food Plants of the Interior*  
*First Peoples* Nancy J. Turner



# Bannock

**BARB COTE** Shuswap Indian Band Chief

Bannock is often referred to as the *Staff of Life* amongst Indigenous Peoples. Celebrations always feature bannock in one form or another and each community has members famous for their bannock-making skills.

A popular way to cook bannock is in oil in a cast iron frying pan until golden brown. This type of bannock is called *Fry Bread*. The recipe here is for a baked version. Whether fried or baked, there is nothing better than warm bannock with butter and huckleberry jam.



- ✓ 5 cups flour
  - ✓ 1/8 tsp salt
  - ✓ 1 1/2 tbsp baking powder
  - ✓ 3/4 cup oil
  - ✓ 2 1/2 cups water
- 
- Mix together the dry ingredients.
  - Make a well in the middle and pour oil and water.
  - Mix together well and turn out and knead for 2-3 minutes.
  - Spread out on an oiled cookie sheet, about 1/2 inch thick.
  - Bake at 375F for 30-40 minutes or till light brown on top.

Serve warm with butter and jam. It also goes really well buttered and served with stew.

PHOTO CREDIT: ALISON BELL





## Moose Stew

**PATSY NICHOLAS** Akisqnuq First Nation

Brown meat in oil in large frying pan.

Add onion, water, Worcestershire sauce, ketchup, salt and basil.

Cover and simmer for 2 hours.

Add potatoes and carrots then boil for 20 minutes.

Add peas and boil for 3 minutes.

Add more water if needed.

To thicken gravy, add flour to  $\frac{1}{4}$  cup of cold water then mix into stew.

- ✓ ~1 kg (2 pounds) moose meat (elk or deer can also be used)
- ✓ 45 g (3 tbsp) diced onion
- ✓ 1L (4 cups) water
- ✓ 15 ml (1 tbsp) Worcestershire sauce
- ✓ 15 ml (1 tbsp) ketchup
- ✓ 15 g (1 tbsp) dried basil
- ✓ 6 g (1 tsp) salt
- ✓ 600 g (2 cups) sliced potatoes
- ✓ 600 g (2 cups) sliced carrots
- ✓ 300 g (1 cup) peas
- ✓ 45 g (3 tbsp) flour
- ✓ 75 ml ( $\frac{1}{4}$  cup) cold water

The Shuswap Band of the Sepwépmec Nation and the Ktunaxa Nation are jointly undertaking a Wildlife Management Strategy to reintroduce ungulate populations to the Columbia Valley due to the decline of the population of deer and elk.

The Columbia Valley was home to the Columbia Salmon Festival from 2010- 2019. The festival celebrated the history and cultural importance of the salmon that once swam to the headwaters of the Columbia River. *Columbia Salmon Festival* was a project of the Sepwépmec and Ktunaxa Nations.

*Bringing the Salmon Home - The Columbia River Salmon Reintroduction Initiative* was launched in 2019. The Syilx Okanagan, Ktunaxa and Secwépemc Indigenous Nations, Canada and British Columbia signed a landmark agreement to explore salmon reintroduction into the Columbia River Basin. The first *Bringing the Salmon Home Festival* was held in May of 2021. This festival featured over one hundred presenters hosts and over three thousand registered participants.

## **Acknowledgements**

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**Dr. Ian Mosby** - Historian of Food, Indigenous Health and Settler Colonialism, Ryerson University.



# .....4 Agriculture in the Columbia Valley

A Storied Past and a Bright Future

WINDERMERE EXPERIMENTAL FARM CIRCA 1916



From providing fresh vegetables to the Banff Springs Hotel and boasting its own champion seed potato growers in the early 1920s, to present day farms, ranches, and community gardens, the Columbia Valley has a fascinating agricultural story to tell.

A heavily disputed local legend claims that British settlers were tricked into coming to the Valley with dubious promotional tactics. According to legend, Scottish engineer and land developer, Randolph Bruce, tied apples to branches of a willow tree and featured this photo in brochures designed to attract settlers from Great Britain. Whether this is true, we don't know for sure, but it certainly stuck and is still part of the collective consciousness of many Valley residents. What many don't know, however, is that Bruce was also responsible for championing agriculture in the Columbia Valley. He spearheaded the establishment of the Windermere District Farmers' Institute in 1914, one of the oldest in British Columbia. Additionally, he singlehandedly fought for the creation of one of the earliest Experimental Farms in Canada. The farm produced numerous edible plants, trees, and shrubs, which were studied to determine how well they would adapt to local growing conditions. The 1915 governmental publication, *Experimental Farms of the Dominion of Canada*, lists seventy-three apple varieties, eight pears, fourteen plums, twenty-four different varieties of white, red and black currants, forty varieties of potatoes, and numerous other fruits and vegetables that were planted at the farm in Invermere.

The First Peoples of the region also made significant contributions to the establishment of traditional agriculture in the Columbia Valley. In her memoir, *The Kinbasket Migration and Other Indian History*, Shelagh

Palmer Kinbasket Dehart, Dehart shares stories of the growing of wheat, barley and hay, community farm work bees, seed-saving practices and the supplying of vegetables, milk and butter to the CPR to feed workers building the railroad through the Columbia Valley in 1913.

Agriculture in the Columbia Valley has had ups and downs, but in recent years there has been a boom in food production. Numerous farms and ranches, some operated by descendants of the original British settlers to the valley, are now producing vegetables, grains, berries, meat, and eggs. These can be sourced directly from the farm, at our local shops, featured on restaurant menus, in artisan food products and distilled beverages and beer, and at the Valley's busy farmers' markets. Additionally, many community and home gardens can be found around the valley and we are becoming more food secure than ever. Civic agriculture, the belief that all citizens can have a role in the agriculture of an area, has taken hold in the Columbia Valley. Afterall, if you eat, you are involved in agriculture. We can all build community by supporting our local food system and those who grow our food.

We thank our local producers for all of their hard work in building our local food system, increasing community food security and feeding us so well.



## Beef á la Brisco

**HEDI TRESCHER**

**Brisco Enterprises - Grass-Fed Beef**

Dust beef cubes with half the flour.

Heat oil in a large skillet.

Brown meat, add chopped onion, continue browning.

Use cloves to pin bay leaves to the cut-side of small onion.

Add to meat.

Dust with remaining flour.

Add liquids, salt, and pepper.

Transfer to slow cooker and simmer for two hours. You may also simmer on the stove or place in a 300°F oven, covered.

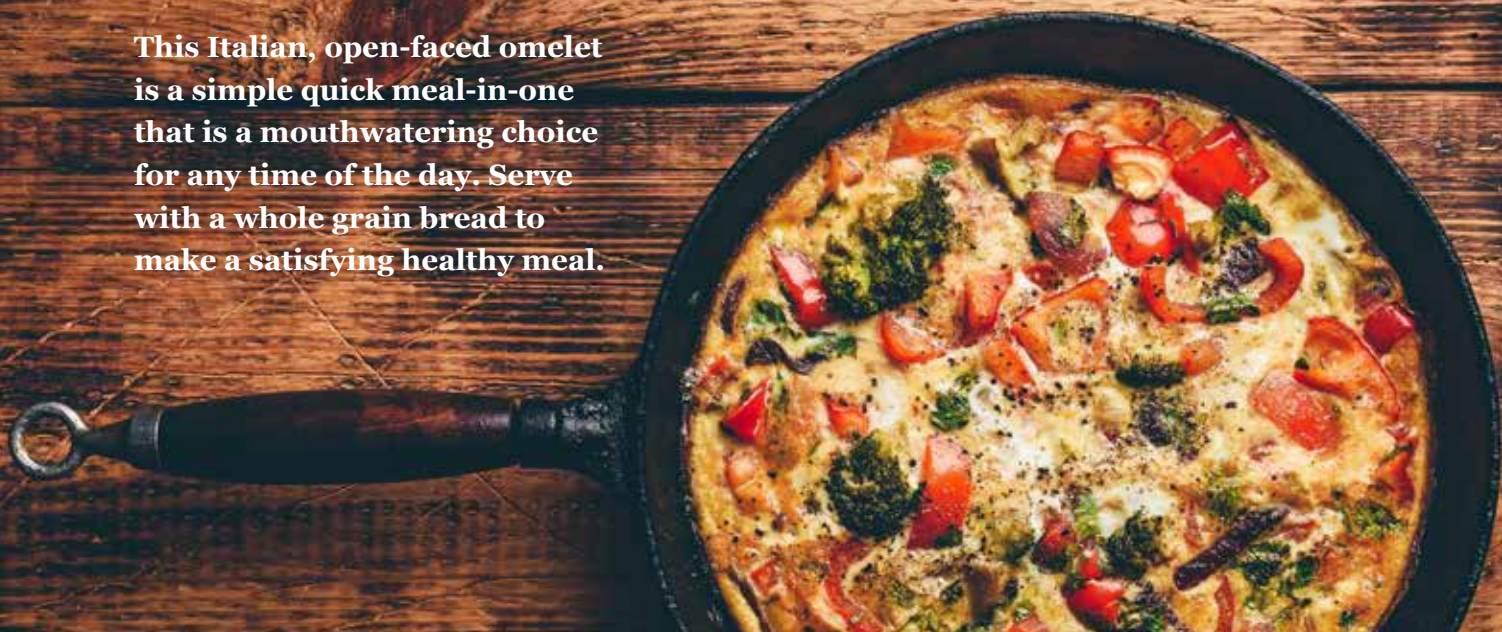
Remove bay leaves and cloves before serving.

Serve with noodles or potatoes.

- ✓ 1½ pound round steak - trimmed and cut into ¾ inch cubes
- ✓ 125 ml (½ cup) all-purpose flour
- ✓ 25 ml (5 tsp) canola oil
- ✓ 1 large onion - chopped
- ✓ ½ small onion
- ✓ 2 bay leaves
- ✓ 6 whole cloves
- ✓ 750 ml (3 cups) beef broth or water
- ✓ 125 ml (½ cup) red wine
- ✓ 5 ml (1 tsp) salt
- ✓ 1.5 ml (¼ tsp) ground pepper



This Italian, open-faced omelet is a simple quick meal-in-one that is a mouthwatering choice for any time of the day. Serve with a whole grain bread to make a satisfying healthy meal.



## Vegetable Medley Frittata

### DIANNA TEGART

Tegart Farming, Edgewater

Prepare vegetables. In a 25 cm (9.5 inch)xs skillet, preferably nonstick, heat oil; add onion and garlic and cook over medium heat until tender. Stir in peppers and cook another two minutes. Add spinach to skillet and combine with other vegetables.

Beat together eggs, salt, nutmeg, and pepper; pour over vegetable mixture and sprinkle with cheese. Cover and cook over medium-low heat for five to ten minutes or until set. Place under broiler for two to three minutes until lightly browned top.

If the skillet handle isn't ovenproof, wrap it in foil to protect from broiler and allow the handle to extend out the open oven door.

Loosen edges of the frittata and cut into pie-shaped wedges. Makes four servings.

**Variation** Substitute fresh kale for spinach and 2 ml minced fresh rosemary for nutmeg. Top with goat cheese.

- ✓ 500 ml (2 cups) fresh spinach, finally sliced
- ✓ 100 ml (scant ½ cup) onion, sliced
- ✓ 2 cloves garlic, minced
- ✓ 250 ml (1 cup) red/orange peppers, diced
- ✓ 15 ml (1 tbsp) vegetable oil
- ✓ 6 eggs, lightly beaten
- ✓ 2 ml (scant ½ tsp) salt
- ✓ Pinch each of nutmeg and ground pepper
- ✓ 125 ml (½ cup) cheese, grated





PHOTO CREDIT: ALISON BELL



## Garlic Scape Pesto

**LIN EGAN & ANNA STEEDMAN**

**Edibles Farm Café and Catering, Windermere**

Chop garlic scapes and place in a food processor with the nuts or seeds, cheese or nutritional yeast, lemon zest and juice.

Whiz until finely chopped. Pulse the motor and scrape the bowl down periodically to get it chopped evenly.

With the motor running, drizzle in the olive oil to make a smooth paste. Add more oil if you prefer a thinner pesto. Season with salt, pepper and chili flakes.

PHOTO CREDIT: LIN EGAN



- ✓ About 10-12 pliable garlic scapes- avoid the woody-stemmed.
- ✓ 43 g (1/3 cup) nuts or seeds - almonds, pistachios, hazelnuts, walnuts, pecans, pumpkin seeds or a combination- your choice
- ✓ 43 g (1/3 cup) Parmesan cheese or 2 tbsp nutritional yeast flakes
- ✓ Zest and juice of half a lemon
- ✓ 80 -125 ml (1/3-1/2 cup) extra-virgin olive oil or non-GMO canola.
- ✓ Sea salt and freshly ground pepper, pinch of chili flakes, if you like

*Garlic scapes are the tender stem and flower bud of garlic. Garlic scapes first grow straight out of the garlic bulb, then form a beautiful curl, making them one of the prettiest plants in the vegetable garden. When harvested, they look like long, curly green beans.*





# 5 World Kitchen

Over the past hundred years, the Columbia Valley has welcomed settlers from all corners of the world. In the early part of the twentieth century those who chose to make this beautiful area home, arrived primarily from the United Kingdom. Descendants of some of these early settler families continue to farm and ranch in the valley today. After the Second World War, the area saw another wave of settlers from Europe, mainly Switzerland, Germany, and Austria. Many of these families cleared the land for farming operations. These scenic ranches and mixed farms contribute significantly to the natural beauty of our Valley.

According to the 2016 Canada Census, Columbia Valley residents hailed from over fifteen countries. In addition to Canada, residents identified their country of origin as the Philippines, the United Kingdom, Australia and New Zealand, the United States, South Africa, Germany, Switzerland, Austria, India, Japan, China, Italy, Israel, Egypt, Morocco, Hungary, Slovenia, and France.

A vibrant, multi-cultural community offers innumerable benefits, including the increased variety of delicious ingredients in our local food stores. As well, we all benefit by learning the foodways of another culture. Sharing our cultural heritage through food brings us all closer together. Knowledge of another's foodways is important when we look at food access, as well. Our Valley is food secure when all people, at all times, have physical and economic access to safe nutritious and culturally acceptable food to meet their dietary needs for a healthy life.





## Chicken Menudo

Hearty Filipino Chicken, Sausage and Vegetable Stew

### **JERLYN GARCIA**

**Chef Training Student, David Thompson Secondary School**

*Serves 8*

In a wide pan over medium heat, add sausages or bacon, and cook for about 5 minutes or until lightly browned. With a slotted spoon, remove from pan and drain on paper towels.

In the same pan, add and heat the oil, and add the onions and garlic, cooking until onions are translucent.

Add the bell peppers and cook for about 30 seconds or until tender yet crisp.

Add chicken to the vegetables and cook until lightly browned, then return the sausage or bacon to the pan as well.

Add soy sauce and pineapple juice (and pineapple tidbits if desired) and cook for about 1 to 2 minutes.

Add diced tomatoes, tomato paste, and water. Stir to combine and bring to a boil.

Season with salt and pepper to taste. Lower heat, cover, and cook for about 20 to 25 minutes or until chicken is tender and sauce is reduced and slightly thickened.

Add potatoes, carrots, and raisins and cook for about 10 minutes or until potatoes are fork tender.

Taste and season with additional salt and pepper, if needed.

Serve hot with steamed rice. Enjoy.

- ✓ 2 pork sausages or 4 strips of bacon, sliced thinly on a bias
- ✓ 1 onion, large dice
- ✓ 4 garlic cloves, minced
- ✓ 2 tbsp canola oil
- ✓ Half red bell pepper, large dice
- ✓ Half green bell pepper, large dice
- ✓ 3 lbs boneless, skinless chicken thighs, cut into 1-inch cubes
- ✓ 2 tbsp soy sauce
- ✓ ½ cup pineapple juice (optional - add pineapple tidbits as well!)
- ✓ 1 14.5 oz Can Diced Tomatoes
- ✓ ¼ cup tomato paste
- ✓ 1 cup water
- ✓ Salt and pepper to taste
- ✓ 2 large potatoes, peeled and cut into cubes
- ✓ 2 large carrots, peeled and cut into cubes
- ✓ 60 g (2 tbsp) raisins





## Mango Pico de Gallo

**LUZ HERNANDEZ** Su Casa Authentic Mexican Kitchen

Combine all the vegetables and the cilantro. Add the lime juice and add the salt, a little at a time to taste.

### Pro Tips

*Substitute pineapple or avocado for the mango and now you have two different types of Pico de Gallo with the same recipe.*

*If making in advance, don't add the lime juice or salt until ready to serve.*

- ✓ 5 Roma tomatoes, diced
- ✓ 1 white onion, diced
- ✓ 1 jalapeño, minced
- ✓ 1 ripe mango, diced
- ✓ 1 bunch cilantro, minced
- ✓ 2 limes, juiced
- ✓ 5 g (1 tbsp) salt





## Bobotie

**ANNA-MARIE RAUTENBACH** Program Coordinator  
Hospitality Management College of the Rockies

*Bobotie is a great traditional favourite among traditional South African dishes. The very 1<sup>st</sup> reference to bobotie dates back to 1609 when it appeared in an old Dutch cookbook. The origin of the recipe is unknown.*

*Serves 6*

1. Soak bread in 125 ml milk until soft, then mash with a fork.
2. Sauté onions in heated cooking oil in a heavy-based saucepan until translucent. Add curry powder & turmeric and fry for 1 minute. Add mince and fry until it turns colour.
3. Add bread, salt, pepper, lemon juice, raisins, and almonds to mince. Cover with lid, reduce heat and simmer for a few minutes.
4. Spoon mixtures into a greased pie dish.
5. Beat eggs and remaining milk together and pour over mince.
6. Arrange orange/lemon/bay leaves on top and bake at 160°C for 30 minutes.

**Suggested side dishes:** Yellow rice and stewed peaches

- ✓ 1 kg (2.2 lbs) minced beef or lamb
- ✓ 1 thick slice of white bread
- ✓ 375 ml (1.5 cups) milk
- ✓ 2 onions (chopped)
- ✓ 30 ml (2 tbsp) cooking oil
- ✓ 30 ml (2 tbsp) mild curry powder
- ✓ 10 ml (2 tsp) turmeric
- ✓ 7 ml (scant 1.5 tsp) salt
- ✓ Freshly ground black pepper to taste
- ✓ 30 ml (2 tbsp) lemon juice
- ✓ 75 ml (5 tbsp) seedless raisins
- ✓ 25 ml (scant 2 tbsp) chopped almonds
- ✓ 2 eggs
- ✓ 4 orange or lemon leaves or bay leaves





## Masoor Daal (Pink Lentil Soup)

**PURNIMA GOSAVI**

**Director of Program Management, Family Dynamix**

Place daal in a mesh strainer or colander and rinse a few times. Add 3 cups of water. Add salt to taste and turmeric powder and boil until soft, but not mushy. Stir the daal well and set aside.

Heat oil and add the kalonji, black nigella, or mustard and cumin seeds. Once it starts spluttering, add the asafoetida and whole slit chillies and fry for few seconds. Add the chopped onions and fry until they become translucent. Add ginger and garlic and fry for another two to three minutes.

Add the tomatoes and fry for four to five minutes. Add red chilli powder. Finally add the cooked daal, salt, sugar, and 2-3 cups of water. If using, crush the curry leaves gently, to release the warming flavour. Mix everything well, bring to boil.

Cook the daal for another three to four minutes on low heat. Review and add warm water to required consistency. Top with lemon or lime wedges and chopped coriander leaves for garnish.

Serve hot. This all time favourite daal can be had as a soup with bread or mixed with plain rice or mutter pulao.

- ✓ 375 ml (1 ½ cups) Masoor daal/ pink lentil
- ✓ 1 medium-large onion, sliced or julienned
- ✓ 1 medium-large tomato, sliced or julienned
- ✓ 2 to 3 g (½ tsp) kalonji or black nigella seeds or ¼ tsp each of mustard and cumin seeds
- ✓ ½ inch piece ginger, grated or crushed
- ✓ 2-3 cloves garlic, grated or crushed
- ✓ 2 whole-slit fresh green chillies
- ✓ 1 tsp turmeric powder
- ✓ ½ tsp red chilli powder
- ✓ 5 g (1 tsp) sugar
- ✓ Salt, to taste
- ✓ ½ spoon asafoetida
- ✓ 1-2 stems curry leaves from (optional)
- ✓ 15 ml (1 ½ tbsp) cooking oil
- ✓ Lime or lemon wedges and fresh chopped cilantro to garnish





# Green Peas Pulao

## PURNIMA GOSAVI

Green peas pulao is an immensely popular, easy to make quick-fix meal that is cooked throughout India. It combines well with any daal or vegetarian/non vegetarian curries. The recipe and taste may vary in different communities. This is a foundation recipe that could be easily modified for variation by adding selected vegetables for a scrumptious vegetable rice pulao or whole sprouted lentils for a wholesome nutritious pulao.

Heat oil in a pan. (You may use 2 tbsp oil + 1 tsp of ghee or 3 tbsp ghee). Fry the cashew nuts and keep aside.

Add the cinnamon, cardamom, pepper corn, bay leaves and cloves. Add onions, chillies. Sauté until onions turn translucence. Add ginger & garlic grate/paste and sauté till the raw smell disappears.

*{If using other vegetables, add 3 or 4 types of the chopped veggies and cook until they become tender from the following options: French beans, carrot, cauliflower, broccoli, potato, beetroot, sugar snap peas}.*

Add the soaked basmati rice and mix gently (to avoid breaking the rice grains). Add the green peas and saffron/turmeric. Gently stir to mix all the ingredients well.

Pour water. General ratio of rice to water is 1:1.5. Depending on the age of the rice, water quantity may change. Add salt, and stir once or twice gently. Cook on medium heat until the water evaporates, then reduce the heat and cook for another 5 minutes.

Shut the heat and let the pulao settle down.

Garnish with a dab of ghee, fried cashew nuts and a sprinkle of finely chopped cilantro leaves. Serve hot with any yogurt raita, spicy pickle and papadam.

*Serves 4*



- ✓ 2-3 cups washed & soaked (for about 20 minutes), fragrant basmati rice
- ✓ 1 large finely chopped onion
- ✓ 1 tsp ginger - grated or paste
- ✓ 5 g (1 tsp) garlic - grated or paste
- ✓ 30 ml (2 tbsl) cooking oil
- ✓ 5 ml (1 tsp) pepper corn
- ✓ 2 green cardamoms
- ✓ 2 bay leaves
- ✓ 4 cloves
- ✓ 2 medium sticks cinnamon
- ✓ 1 cup peas
- ✓ 2 whole, slit green chilli or dry red chilli (optional)
- ✓ Cilantro leaves (3 to 4 stems)
- ✓ Salt to taste
- ✓ 10 cashews (optional for garnish)
- ✓ A pinch of Saffron or turmeric (optional)
- ✓ 3 g ( $\frac{3}{8}$  tsp) ghee (clarified butter) or plain butter

# 6 Healthy Eating and Cooking with Teens

Andrea Salzbrenner

*Chef Instructor, David Thompson Secondary School and the DTSS Chef Training Program*



CREDIT: CHELSEA GIRIMONTE

Promoting healthy foods and ensuring that children and teenagers are exposed to, and eating a healthy diet is important in our fast-paced lives. Shaping healthy eating habits and behaviour starts early in life and while peers are an influence, parents and families play an integral role in guiding and supporting healthy choices. Encouraging youth to help with food preparations is a great way to instill healthy eating habits for better health.

What's better than coming together around the table to share delicious food?

## ..... Benefits of Teens Cooking

1. Cooking fresh meals at home is more affordable and can help build healthy eating. Reaching for prepacked and takeout meals regularly can be costly and, often, less nutritious.
2. Cooking is a life skill integral to good health and healthy lifestyles.
3. Young cooks can have more control over the foods they eat and make the foods that they enjoy. A great way to begin cooking is to start with favourite foods.
4. Cooking from scratch makes it easier to accommodate allergies and dietary restrictions.
5. Building cooking skills helps to encourage independence. Let us get our teens making their own lunches for school and making dinner for the family, confidently and with success!

## ..... Healthy Eating Tips for Teens

1. **Cook with variety!** Eating a variety of different foods is a great way to remain interested and inspired.
2. **Choose colour!** Consuming brightly coloured whole foods provides a “rainbow” of nutrition and makes it easy to meet Canada’s Food Guide recommendation to ensure half the plate is made up of fresh vegetables and fruit.
3. **Choose protein!** Select from lean animal proteins, or plant-based proteins and whole grains. Many lean proteins such as a chicken breast or extra lean ground beef are also very simple to prepare for new cooks in the kitchen. Plant-based proteins such as beans and tofu are highly nutritious and are readily available for our daily meals, even when eating out.
4. **Limit** the amount of sugar, salt, and saturated fat in the recipes you prepare.
5. **Watch out for beverages!** Popular energy drinks, sodas, and smoothies often contain high amounts of sugar and caffeine. Opt for water with fresh fruit slices instead, or try carbonated waters without sugar for a fizzy satisfaction!







## LETTUCE WRAPS

- Cut all vegetables, garlic, ginger, herbs and chicken or tofu.
- In a liquid measuring cup combine soy sauce, hoisin sauce, rice vinegar, brown sugar, Sriracha, sesame oil and sesame seeds. Whisk well to combine and set aside.
- In a cast iron skillet, add the canola oil and preheat on medium high heat.
- Add the chicken or tofu and sauté, using a heat resistant spatula, flipping often until golden brown and fully cooked.
- Add the onion, carrots, celery, garlic and ginger, and sweat for a few minutes until the vegetables are cooked and the onions are translucent.
- Add the sauce and remove from heat.
- The residual heat from the pan will heat the sauce through the filling ingredients.
- The sauce should become glossy and NOT over-reduced!
- Transfer to 4 small bowls for serving.
- Garnish with green onion, cilantro and cashews/peanuts.
- Set small bowls of filling on large plates, and spread leaves around the bowls.

### Assembly – To Eat

Place a few small spoonfuls of the filling onto a large leaf, sprinkle with Sriracha sauce and enjoy!

### Filling

- ✓ 2 chicken breasts or 350 g firm tofu, small dice
- ✓ 1 onion, small dice
- ✓ 2 large carrot, small dice
- ✓ 2 ribs of celery, small dice
- ✓ 4 garlic cloves, minced
- ✓ 40 g ginger, minced
- ✓ 4 tbsp soy sauce
- ✓ 4 tbsp hoisin sauce
- ✓ 2 tbsp rice vinegar
- ✓ 4 tsp brown sugar
- ✓ 2 tsp Sriracha or Sambal Olek
- ✓ 2 tsp sesame oil
- ✓ 2 tsp sesame seeds
- ✓ 2 green onion, sliced – for garnish
- ✓ 4 cilantro stems, minced –for garnish
- ✓ ¼ cup cashews or peanuts, roughly chopped –for garnish
- ✓ 4 lime wedges -for garnish

### Sriracha Mayo

*Add all ingredients into a small bowl and mix well to combine.*

- ✓ ½ cup greek yogurt
- ✓ 4 tsp Sriracha (or more to taste!)
- ✓ 2 tsp fresh lime juice

### Wraps

- ✓ 8+ large leaves of romaine, butter leaf or iceberg lettuce



## ..... Healthy Snack or Quick Breakfast Options

- ✓ Hardboiled egg and a handful of cherry tomatoes
- ✓ Lower fat cheese and whole grain crackers
- ✓ Sliced apples and a sprinkle of cinnamon on top of whole grain toast with peanut butter
- ✓ Sliced avocado on whole grain toast with a poached egg and chili flakes
- ✓ Scrambled eggs, a frittata, or breakfast sandwich with a lot of vegetables

## ..... Healthy Meal Ideas

- ✓ **Fresh** tomato sauce with spinach, ricotta whole grain pasta noodles
- ✓ **Spicy** vegetable curry with lentils and brown rice
- ✓ **Roasted** chicken breasts stuffed with spinach, onions and garlic and served with quinoa
- ✓ **Whole grain pizza** dough and tomato sauce, with your favourite toppings, but remember to choose lots of veggies and limit processed meats.



## Cooking Tips for Teens

- 1. Go online!** Social media is full of easy recipe tutorials and recipes geared towards youth.
- 2. Get inspired.** Put healthy twists on your favourite dish.
- 3. Get cooking and cook with your friends!** Youth are often more inclined to try new food items when they see what goes into the food and when they make it themselves.
- 4. Enjoy the food that you are eating!** Find your cooking passion and build confidence by trying new foods, cooking new foods and cooking for others.
- 5. Cook in large batches.** Large batch cooking saves time and is economical. Plus, there will be delicious leftovers for lunch the next day.



# DAVID THOMPSON SECONDARY SCHOOL FRUIT MUFFINS

*Preheat the oven to 350 F.*

*Yield: 12 Muffins*

Combine all of the wet ingredients into a small bowl. Use a whisk to combine mixture thoroughly.

Combine all of the dry ingredients into a large size bowl. Use a wooden spoon to combine mixture thoroughly.

Using a rubber spatula, pour the wet ingredients into the dry ingredients, using the spatula to wipe the bowl clean.

Using your spatula, FOLD the wet ingredients into the dry ingredients. Be careful NOT TO OVERMIX!

When the mixture is about  $\frac{3}{4}$  of the way mixed (you should still see some dry flour spots), add the fruit, and finish folding until all of the ingredients are combined, but not over mixed.

Prepare your muffin tins, using a non-stick cooking spray to coat the tins well.

Divide your muffin mixture evenly amongst 12 tin cups. They should all be uniform! Uniform = the same size!

## **Optional**

Top your muffin batter with cinnamon sugar. Mix together 15 ml white sugar with 5 ml cinnamon. Sprinkle desired amount evenly on muffins.

Place in the oven, bake for 20-25 minutes for full sized muffins.

Check to see if your muffins are done by using a toothpick! Poke the toothpick into the muffin and if the muffin comes out “clean” then your muffins are done. If your toothpick still has batter on it, put your muffins back in for a few minutes.

Enjoy!

## **Wet Ingredients**

2 eggs  
¼ cup canola oil  
¼ cup apple sauce  
½ tsp vanilla extract  
1 cup buttermilk

## **Dry Ingredients**

1 cup whole wheat flour  
1 cup all purpose flour  
½ cup white sugar  
½ cup oats  
2 tsp baking soda  
1 tsp cinnamon  
1 tsp salt

## **Muffin Filling**

1 cup fruit or mixed fruit  
combination of your choice!  
Fresh or frozen – may add  
chocolate chips too if desired!

## **Muffin Variations**

**Mixed Berry:** Blueberries, raspberries, blackberries, strawberries, etc.

**Carrot, Nut Spice:** Grated carrots, apples, walnuts, cinnamon & nutmeg.

**Okanagan Fruit:** Chopped peaches, pears, cherries, nectarines, etc.

**Razzelberry:** Raspberry, cranberry, spice.

**Strawberry Banana:** Strawberries, bananas.





## POTATO, BACON & CORN CHOWDER

In a medium saucepan, add the bacon lardons strips and cook on medium low heat until the bacon is almost crispy. Remove most of the fat, but leave some. We need it to sauté the veggies next!

To the bacon, add the onions, carrots, celery and garlic. Continue to sauté, stirring occasionally, until tender and the onions have begun to turn translucent, about 2-3 minutes.

Next, stir in flour to the veggies and bacon. Stir well until fully coated.

Slowly stir in chicken broth and milk, stirring constantly to dissolve the flour. Be sure to scrape the bottom of the pot to pick up any bacon bits.

Add the thyme, potatoes, and corn and bring to a boil.

Reduce heat to a simmer and gently cook until the potatoes are fork tender, about 10-12 minutes.

Once the potatoes are cooked, stir in the whipping cream, salt and pepper.

Taste and adjust the seasoning if desired.

You may add more stock to adjust the consistency if the soup is too thick for your preference.

Garnish with green onion and serve.

*Serves 6*

- ✓ 6 rashers (slices) of bacon, cut into lardons (thin strips)—optional
- ✓ 1 onion, small dice
- ✓ 2 carrots, peeled and small dice
- ✓ 2 ribs of celery, small dice
- ✓ 4 garlic cloves, minced
- ✓ 3 tbsp all purpose flour
- ✓ 4 cups chicken or vegetable stock
- ✓ 2 cups milk or 1 cup Evaporated Milk
- ✓ 1 tsp dried thyme
- ✓ 2 russet potatoes, peeled and small dice
- ✓ ½ cup frozen or fresh corn kernels
- ✓ ½ cup whipping cream
- ✓ Salt and pepper to taste
- ✓ 4 green onions, thinly sliced—*for garnish*



# BIG BATCH SUMMER TOMATO SAUCE

*Some prefer to leave my tomato skins on and the seeds intact. However, if you prefer, squeeze out the seeds and discard. Press the cut side of tomato against the large holes of a box grater and grate tomato flesh into a bowl. Discard skins.*

*You can leave the herbs whole on the stems and remove the stems at the end of cooking. Alternately, pluck the herbs from the stems and blend with the rest of the sauce with an immersion blender to your taste.*

*To counter the taste of very acidic tomatoes, add a few spoonfuls of honey to taste.*



- In a large, 4 litre stock pot, heat olive oil on medium heat.
- Add the garlic and onions and sauté gently until the onions have browned lightly.
- Add the quartered tomatoes, pepper, chili flakes, thyme, basil and bay leaves.
- Bring to a boil and reduce heat to a simmer, gently crushing the tomatoes as they cook.
- Simmer on low heat for 30 – 60 minutes until sauce has reduced and thickened to your desired consistency.
- Remove the bay leaves and discard.
- If desired, blend sauce with an immersion blender for a smoother texture at this time.
- Taste and season the sauce with salt and pepper to your liking.
- Divide into portion containers and cool completely before storing.

*Yield: approximately 6-8 L*

- ✓ ¼ cup olive oil
- ✓ 1 bulb of garlic (approx. 12 cloves), minced
- ✓ 4 onions, diced
- ✓ 20 lbs fresh tomatoes, washed, cored and quartered
- ✓ 5 g (1 tsp) ground black pepper
- ✓ 5 g (1 tsp) dried red chili flakes
- ✓ 15 g (1 tbsp) dried thyme
- ✓ 15 g (1 tbsp) dried basil
- ✓ 4 bay leaves
- ✓ Salt to taste



# MACARONI AND CHEESE

*Serves 4-6*

*Preheat oven to 375 F.*

## Pasta

In a large saucepan, add 2 litres of water and bring to a boil. Add 5ml salt to water and cook pasta according to box directions. Drain and set aside.

## Sauce

In a medium saucepan, gently warm the milk to a scald. In a separate medium saucepan over medium-low heat, melt the butter. Add the garlic and sauté for 60 seconds until fragrant. Add the flour and mix together with a wooden spoon to form a roux.

To the roux, slowly add the warm milk, whisking vigorously, little by little, until the milk has been combined and is free of lumps. Bring sauce to a gentle simmer. DO NOT BOIL!

Remove sauce from heat. Whisk in Dijon mustard, thyme, nutmeg, salt, pepper and cayenne. Whisk in the grated cheese.

Add the sauce to the cooked pasta and gently fold together using a heat-resistant spatula. Fold in the cooked meat and/or veggies at this time.

Transfer mac'n cheese to a greased casserole dish or loaf pan.

## Optional

*In a small bowl, add the Panko breadcrumbs, melted butter, parmesan cheese and thyme, and stir together to make the topping.*

*Spread the topping evenly over the pasta.*

Place in the oven and bake for 15 minutes or until golden brown and bubbly.

Enjoy!

- ✓ 1 lb short pasta of your choice (macaroni, penne, fusilli, rotini, bowtie)
- ✓ 30 g (2 tbsp) butter
- ✓ 2 garlic cloves, minced
- ✓ 45 g (3 tbsp) all-purpose flour
- ✓ 3 cups milk
- ✓ 10 g (2 tsp) Dijon mustard
- ✓ 5 g (1 tsp) dried thyme
- ✓ 1.25 g (¼ tsp) ground nutmeg
- ✓ 2.5 g (½ tsp) salt
- ✓ 1.25 g (¼ tsp) black pepper
- ✓ Pinch cayenne pepper
- ✓ 200 - 300 g (2-3 cups) extra old cheddar, grated
- ✓ 3 cups cooked vegetables and/ or cooked meat of your choice! (peas, broccoli florets, red pepper diced, diced tomatoes, carrots, cauliflower, butternut squash, ham)

## TOPPING (optional)

- ✓ ¼ cup Panko bread crumbs
- ✓ ¼ cup parmesan cheese
- ✓ 1 tsp dried thyme
- ✓ 1 tbsp butter, melted



## BATCH COOKING

Cooking in large quantities can be daunting, but with a few tips and tricks it can be very beneficial to add to the home cook repertoire. Batch cooking is particularly useful when taking advantage of our seasonal produce in the Columbia Valley.



## Benefits of Batch Cooking

1. Utilizing seasonal produce and food items when they are abundant. This is a great way to use up a garden full of summer tomatoes!
2. Purchasing bulk is often more economical, especially when purchasing seasonal produce.
3. Freezing food that is prepared at its peak is healthier and often tastier than pre-packaged and highly processed foods, which are often high in sodium and preservatives.
4. Knowing your ingredients! It is much easier to control ingredients especially when cooking for those with food allergies, sensitivities, and restrictions.
5. Making your own homemade convenience foods that are quick meals to be proud of.

## Tips for Batch Cooking

1. **Keep it simple!** Complete meals are great; but do not forget about versatile sauces that can act as ingredients for other dishes as well, i.e. a simple tomato sauce that can be used for pastas, soups, pizza, a base for cabbage rolls and more.
2. **Be prepared!** If you know you need to dice eight onions, borrow or invest in convenience tools to help you out, i.e. food processors and quick chop tools allow you to make short work of large jobs.
3. **Know what freezes well.** Some food items freeze better than others do, as it influences their quality. Avoid freezing high fat dairy (cheese, cream, etc.) or precooked pasta or rice. Better to add the dairy and pasta later at the time of cooking.
4. **Remember to label and rotate.** Label each item with the name of the product and date it was made. When storing, rotate food items with older products up front to avoid waste and promote freshness.
5. **Store in portions.** It is difficult to freeze, store and thaw a gallon of soup. Portion and store in smaller containers.
6. **Be careful when freezing in glass.** Account for expansion when freezing in glass jars.
7. **Consider your storage container.** Plastic portion containers are great for fast chilling and reheating, but consider food grade bags. Bags can freeze flat for quick thawing and optimizing small storage spaces.

## Do not forget about food safety!

**Freezing** does not kill bacteria—many common food borne illnesses remain dormant during freezing and are active again once thawed.

**Defrost** frozen foods in the refrigerator.

**Divide** recipes into smaller portions for freezing. Smaller portions defrost quicker, too.

**Turn your sink into an ice bath!** Foods need to be chilled quickly before they are placed into the freezer. Add ice water to your sink and place your containers inside to chill them quickly. Do not place hot foods directly into your freezer. The hot food will take too long to cool and the contents of your freezer may be put at risk.

# Healthy Eating Tips for Seniors and Elders

Michelle Walsh, RD CDE  
*Invermere Health Centre*  
*Clinical Dietitian*

Marion Stotts  
*BN, RN*

Healthy eating is a key part of aging well. It is a way to stay healthy and strong, which is important to maintain independence and quality of life.

Eat a variety of foods to get all the nutrients required. A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables a rainbow of bright, coloured foods is always the best choice! (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)





CREDIT: CHELSEA GIRIMONTE

## .....Food for Thought

- ✓ Read labels to choose foods that are high in fiber and low in sodium, sugar, fat or salt.
- ✓ Adults age 60+ require smaller or less frequent servings.
- ✓ Check out resources in your community. Grocery stores offer prepared foods like soups, salads, and casseroles. Some stores have food delivery services. Senior's centres may have group meal events.
- ✓ Stay hydrated. Drink small amounts of fluids throughout the day. Water is your best choice. Keep fluids with sugar and salt at a minimum. Consider decaffeinated coffee and tea or herbal tea.
- ✓ Whole-grain bread has more healthy fibre than white bread.
- ✓ Fruit juice contains some antioxidants and vitamin C, but it also has high amounts of naturally occurring sugar.
- ✓ Choose breakfast cereals that are high in fiber and low in added sugar. Make your own oat porridge from scratch or try overnight oats. **See recipe on p 44.**
- ✓ Use artificial sweeteners in moderation. Some sugar alcohols may cause bloating and diarrhea in some individuals.
- ✓ Choose yogurt that contains live or active cultures (probiotics).
- ✓ Use bacon, sausages, or pepperoni in moderation.
- ✓ Cheese is healthy in moderation. Include a variety of fresh, aged, and firm cheeses. Use high salt cheeses in moderation such as parmesan, feta, and blue cheese.
- ✓ Choose foods that you enjoy. Frozen and canned options can be healthy and easier to prepare.
- ✓ Prepare meals when you have the most energy. Make meals that are great as leftovers and freeze the extras.
- ✓ Make sure to follow safe food handling and cooking practices. Date prepared foods before storing in the refrigerator or freezer.
- ✓ Seniors may need 1.0-1.3 grams of protein for every kilogram of body weight. One ounce of a food high in protein will usually have 7 grams of actual protein.

### Practical Tips when Preparing Food for Seniors or Elders

Make meals and snacks nutrient dense.

Use herbs and add spices sparingly.

Make meals colourful and appealing.

Serve several small meals and snacks, rather than large meals.

Make mealtime enjoyable and social.

Use nutrition supplements when necessary.

Offer culturally sensitive food choices.

## High Protein Ideas

- ✓ **Add nuts and seeds** to cereal or try Greek yogurt with a handful of nuts and seeds.
- ✓ **Start with an egg.** Each egg holds 6 grams of protein.
- ✓ **Try nut butters.** Try a spoonful of peanut, almond, or cashew butter. Avoid nut butters with added sugars.
- ✓ **Make protein shakes.** Protein shakes make a quick and easy protein breakfast. Use a protein powder that does not contain sugar or salt.
- ✓ **Add protein to salads** such as lean meat, hard-boiled egg, or canned tuna or salmon.



PHOTO CREDIT: ALISON BELL

- ✓ **Substitute meat for bread.** Try a meat roll-up. To make a quick lunch-to-go, use a couple slices of thin turkey breast wrapped around vegetables.
- ✓ **Add beans.** Plant-based protein is a quick easy meal. Try a can of rinsed chickpeas added to a salad. Serve vegetables with hummus or nut butters.
- ✓ **High protein soup.** Soup or pureed food is great for seniors who struggle with tough textures. You can slow cook stews and soups to make meat or beans softer and easier to digest.
- ✓ **Beef** is a high protein food. Choose a lean cut. Grill or poach a **chicken breast**. Add to a plate of vegetables or high fibre grains.
- ✓ **Add some cheese** for flavor and a good source of calcium.
- ✓ **Try fish and seafood** or **Consider tofu** as a protein alternate with its added bonus of calcium.
- ✓ **Use dry skim milk powder** as a protein addition to smoothies, soups, stews, and baking. Two tablespoons provides three grams of protein.

# ..... Recipes from the Canada's Food Guide for Seniors

## **Classic Overnight Oats**

<https://food-guide.canada.ca/en/recipes/classic-overnight-oats/>

A fantastic grab-and-go breakfast that is easy and incredibly versatile.

## **Quinoa and Veggie Casserole**

<https://food-guide.canada.ca/en/recipes/quinoa-veggie-casserole/>

Get a plateful of colour from this comforting casserole made with quinoa and vegetables. The melted cheese topping with its crispy edges makes it simply irresistible.

## **Shepherd's Pie**

<https://food-guide.canada.ca/en/recipes/shepherd-s-pie/>

This shepherd's pie is made with ground turkey and lentils. Packed with tasty veggies and flavour, this recipe is one the whole family will enjoy.

## **Corn, Bean and Squash Soup (Three Sisters soup)**

<https://food-guide.canada.ca/en/recipes/corn-bean-squash-soup-three-sister-s-soup/>

Corn, beans and squash make this a hearty soup to keep you warm on those cold nights.

## **Mac and Cheese with a Veggie Twist**

<https://food-guide.canada.ca/en/recipes/mac-cheese-veggie-twist/>

Give mac and cheese a makeover by adding bite-sized vegetables into the creamy sauce. This ooey gooey recipe is sure to be a favourite. Don't have time to cut the vegetables into small pieces? No worries. Cook larger pieces a bit longer until they are tender.

## **Changes that might affect nutrition.**

Normal age-related changes. Changes in taste, smell, and appetite.

Illness or caring for a loved one.

Impaired ability to eat or swallow.

Dementia.

Medications with side effects that alter appetite and taste.

Restricted diets.

Limited income.

Reduced social contact. Eating alone, more difficult to shop, to prepare food, or do tasks like open jars.



# 8 Buying and Donating Food

Kelsey Prichard

*Columbia Valley Food Bank Coordinator*

## Food Bank and Farmers' Market Coupon Program

As a member of the British Columbia Association of Farmers' Markets, Invermere's Agri-Park Market is a part of the Farmers Market Nutrition Coupon Program (FMNCP). The FMNCP is a healthy eating initiative designed to strengthen food security and support local farmers across British Columbia. The Columbia Valley Food Bank is the Valley's community partner, and they provide coupons to eligible clients who register with and receive coupons from the Columbia Valley Food Bank. The coupons are accepted by food vendors at the Wednesday night Agri-Park Farmers Market, and can be used to purchase vegetables, fruits, nuts, eggs, dairy, cut herbs, meat, and fish. This program runs throughout the summer months from May to September when local food is the most abundant in our area.

### **Hours of Operation Columbia Valley Food Bank**

Tuesdays & Thursdays 1-2 pm

*\*\*After hours available for emergencies*

### *Guidelines for donations:*

Please check expiry dates on items prior to donating. Please do not donate badly damaged, or dented cans or items with ripped or torn packaging. Items that have previously been opened or used cannot be accepted. Please consider donating children's snacks for school lunches that are low in sugar and peanut free (i.e. granola bars, apple sauce cups, fruit cups, dried fruit). Clients always appreciate personal hygiene products ie. tampons/pads, toothpaste, deodorant, razors, shampoo, conditioner. These items are in high demand.

# 9 Directory

Includes contact information of all organizations and Indigenous communities providing support for people experiencing food insecurity, including staff contacts, contact information, website, food programs, resources.

## **School District #6**

**sd6.bc.ca**

Each school has:

*Breakfast, Lunch and Snack Programs*

*Emergency Food Supports*

Points of contact:

*Principal, Community Link*

*Worker, Aboriginal Education*

*Support Worker at each school*

### **David Thompson Secondary School**

250-341-9213

1535-14th Street Unit 1

Invermere, BC V0A 1K4

### **J. Alfred Laird Elementary School**

250-342-6232

*Email: laird@sd6.bc.ca*

1202-13th Avenue

Invermere, BC V0A 1K4

### **Edgewater Elementary School**

250 347-9543

5813 Sinclair Street

Edgewater, BC V0A 1E0

### **Martin Morigeau Elementary School**

250-349-5656

4891 Beatty Avenue

P.O. Box 69

Canal Flats, BC V0B 1B0

**Please let us know of any errors, omissions or questions!**

**Contact [foodandfarm@cvchamber.ca](mailto:foodandfarm@cvchamber.ca)**

**Akisqnuq First Nation***Good Food Box Program*

Health Centre  
 250-342-6379  
 3050 Hwy 93/95  
 Windermere, BC V0B 2L2  
**akisqnuq.org**

**Columbia Valley Food Bank**

*Food Hampers*  
*Farmers' Market Coupon Program*  
*Local Food Initiative*  
*Food Rescue*  
*Summer Snack Program*

Board President/Chair  
 Coordinator  
 250-342-0850

201-B 7th Avenue  
 Invermere, BC V0A1K0  
 Invermerecvfb@hotmail.com  
 @cvfoodbank (Facebook)  
**columbiavalleyfoodbank.ca**

**Columbia Valley  
Métis Association***Food Security Support*

Métis Association President  
 250- 688-1721  
 Cultural Food Events  
 Box 2548  
 Invermere BC, V0A1K0  
**www.columbiavalleymetis.ca**

**College of the Rockies  
Invermere***Emergency Food Supports*

Campus Manager  
 250-342-3210  
 RR #4, #2 – 1535 – 14th Street  
 Invermere, BC, V0A 1K4  
**cotr.bc.ca**

**Family Dynamix**

*Healthy Eating Program*  
*Good Food Box Program*

Director of Program  
 Management or  
 Executive Director

250-342-5566  
 1317 7th Avenue  
 Invermere, BC V0A 1K0  
**familydynamix.ca**

**Groundswell Network Society**

*Community Gardens*  
*Community Greenhouse*

Director  
 250-342-3337

PO Box 415  
 Invermere BC V0A 1K0

info@groundswellnetwork.ca  
**groundswellnetwork.ca**

**Invermere Health Centre***Dinners at Home*

Program Office Administrator  
 250-342-2360  
 850 10 Avenue  
 Invermere, BC V0A 1K0

**Shuswap Indian Band**

*Healthy Food Box Program*  
*Dietician Support*  
*Elder Freezer Meals*

Health Director  
 250-341-3678 Ext. #1015  
 3A- 492 Arrow Road  
 Invermere, BC, V0A 1K2  
**shuswapband.net**

**Summit Youth Centre Hub**

*Emergency Food Supports*  
*Snack Pack for Kids*

Centre Director  
 250-342-3033  
 summit.centre@gmail.com  
 201 7th Avenue  
 Invermere, BC  
**invermeresummiityouthcentre.org**



## Additional Resources

### **First Nations Canada Food Guide**

<https://www.canada.ca/en/health-canada/services/food-nutrition/reports-publications/eating-well-canada-food-guide-first-nations-inuit-metis.html>

### **Salmon reintroduction**

<https://www.revelstokereview.com/news/first-nations-governments-agree-to-bring-salmon-back-to-upper-columbia-river/>

### **Food Security in the Land of Plenty - The Windermere Valley Paradox**

Paper Presented at Sir Wilfred Laurier University Imagining Sustainable Food Systems

Alison Bell May, 7-9 2008

### **Ranches in the Windermere Valley**

Windermere Valley Museum and Archives

### **Striving for Agricultural Development and Food Security in the Columbia Valley**

Windermere District Farmers' Institute Compiled by Hedi Trescher 2020



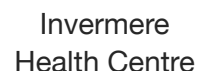
# Acknowledgements

Columbia Valley Food and Farm would like to acknowledge that we are a non-profit organization and our work supports the communities within the Columbia Valley. The leader of this project is a settler residing on the unceded shared territories of the Shuswap Indian Band of the Secwépemc Nation, the Ktunaxa Nation, and the land chosen as home by the Métis Peoples of British Columbia.

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And our Partners:



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## Lead Writer and Project Manager

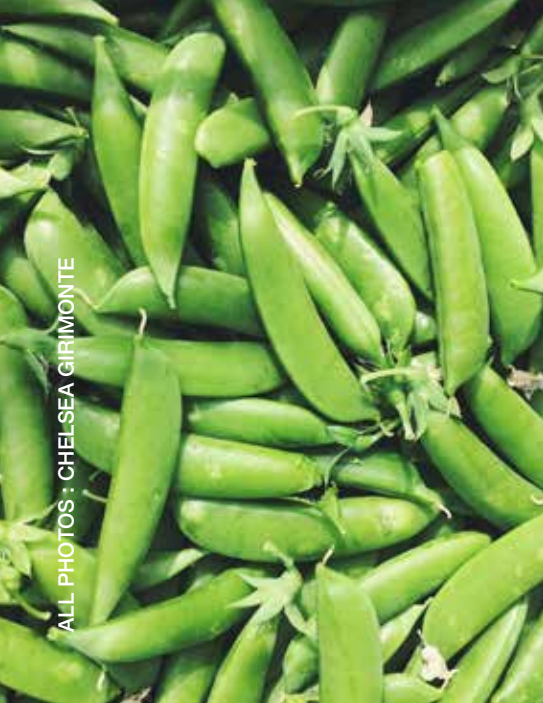
Alison Bell

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ALL PHOTOS: CHELSEA GIRIMONTE

## Columbia Valley Food Stats 2020/2021



2500

**# OF MEALS SERVED**

During the Community Meal Program



3300

**# OF MEALS TO VULNERABLE STUDENTS**

Served in 28 weeks at DTSS



42

**# OF PEOPLE SERVED WEEKLY**

Columbia Valley Food Bank



2171

**# OF PEOPLE SERVED THIS YEAR**

Columbia Valley Food Bank



8800

**# OF POUNDS SOURCED BY THE COLUMBIA VALLEY FOOD BANK**

Sourced From local producers

2500 pounds of ground beef 2500 pounds of potatoes  
2000 pounds of onions 1800 pounds of carrots