

Snappy Acronym to front proactive agency.

This year YRFN adopted a new logo to represent the agency, as seen above. “We’re very excited about the fresh new look for our organization” said Executive Director Joan Stonehocker. The snap pea more accurately portrays our commitment to,

- healthy eating,
- creating connections through food,
- promoting a healthy food system.

The letters in SNAP also reflect our core programs:

- **S**kills in menu planning, cooking
- **N**utritious food,
- **A**ccess to food
- **P**olicies relating to food

This summer we have been running two programs, **Community Cooks** and **Culinary Traveler**, focusing on exactly these principles. Community Cooks, fronted by chef Maxine Knight, has been producing restaurant quality meals, feeding the participants and sending an equal number of meals out into the community, in this case CMHA in Aurora.

The Canadian Mental Health Association: Housing First, is an initiative bringing food and services to those in need, in their own homes.

The **Culinary Traveler** is a partnership between YRFN and **Aurora Public Library**, it reflects the growing cultural diversity in the town and region. Participants take it in turn to provide recipes from their home countries and

to lead the cooking team in making them. The results are eaten together in community.

YRFN's focus is to firmly position ourselves as a *solutions-based organization* not stop-gap, emergency food provision. We hope to create excitement for the community building and healthy outcomes of programs like these.

Our hope is that the new logo will be a brand image that creates a visual link between the organization and its focus on healthy, local food.

How much money can I save when I buy a Good Food Box?

We are charging a not-for-profit price, which will save you an average of 1/3 to 1/2 off the cost of purchasing similar produce at a regular grocery store.

We choose Ontario-grown products for the box whenever possible because we want to know where and how our food is produced, to support local farmers and reduce the fossil fuels burned when we import food. Customers pay the cost of the food itself, while distribution overheads are subsidized.

It is now thought that up to 70% of deaths result from diseases that have a diet-related dimension, and there is mounting evidence that *eating fruits and vegetables is key to preventing disease*. Not only is it a matter of justice that everyone should have access to the food they need to keep them healthy—it also makes sense because of the enormous costs to the health care system that result from treating these diseases.

The Good Food Box makes top quality fresh food available to everyone, fosters community connections, and promotes healthy eating

French Onion Soup Serves: 6

- 3 Tbsp. butter
- 3 onions, thinly sliced
- 2 tablespoons water
- 2 Tbsp. plain flour
- 6 C. chicken stock
- ½ C. white wine
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 6 slices baguette or crusty bread
- 1 C. grated cheese, such as Comte or Gruyere

**Prep: 20min Cook: 1hr Ready in:
1hr20min**

Melt the butter in a large saucepan over low heat and sauté the onions, uncovered, stirring constantly for 15 and 30 minutes, or until they start to colour. Add 2 tablespoons of cold water, cover and cook 15 minutes more.

Add the flour and stir to coat the onions. Cook for another 5 minutes uncovered, stirring constantly. Add the stock, wine, salt and pepper, and bring to the boil. Reduce heat and simmer gently for 20 minutes. Adjust seasoning if necessary.

Meanwhile, toast the bread till very crisp (so they don't break down once in the soup). Place one slice in each soup bowl, then ladle the soup over the toast. The bread will rise to the surface. Sprinkle each bowl with grated cheese.

Place under the broiler for 3 to 5 minutes, or until the cheese is melted and bubbly. Serve straight away.

Canning Resources. This is a great time of year to put up preserves. See the Safe Home Canning Video at www.yrfn.ca/resources

Canning equipment is available from our kitchen library

Potatoes Au Gratin Serves 6-8



- 2 tablespoons butter, softened
- 8 large russet potatoes, scrubbed clean
- 3 cups heavy cream
- 1 cup whole milk
- 1/4 cup all-purpose flour
- 2 teaspoons salt
- Freshly ground black pepper
- 2 cups freshly grated sharp Cheddar
- 2 green onions, sliced thin (white and light green parts only)

Preheat the oven to 400 degrees F. Butter a large baking dish.

Slice the potatoes into sticks, and then cut the sticks to create dice.

Combine the cream and milk in a bowl.

Add the flour, salt and some pepper. Whisk it together well so that the flour is incorporated into the milk/cream mixture.

Add the diced potatoes to the prepared baking dish and pour the creamy mixture all over the top.

Cover the dish with foil and bake for 20 to 30 minutes. Remove the foil and bake 15 to 20 minutes more. Just before serving, sprinkle on the grated cheese and return it to the oven until the cheese is melted and bubbly, 3 to 5 minutes. Sprinkle on the green onions and serve it hot.

Dates to Remember.

Please make sure to order and pay for next month's boxes by 5 October. Pick up 19 October

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