

March 2010

## Health Matters

### Celebrate Food ... From Field to Table!

March is National Nutrition Month, and Dietitians of Canada invite Canadians to **Celebrate Food** – from where it's grown and harvested all the way to delicious and healthy food on our tables. Here are some great tips to help you in your celebration (for more information about Nutrition Month, visit [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell)):

#### ... In your community

- **Start, support or get involved** with local community garden projects to grow fresh fruits, vegetables and herbs



Visit [www.ediblegardenproject.com](http://www.ediblegardenproject.com) to find out about community and school garden grant opportunities.

- **Ask your grocery store** to carry more local foods

#### ... At the farm or farmer's market learn from a farmer



- What foods grow well in your area
- How their food products are raised or grown; for example, ask how chickens, hogs and cows are fed, crops are harvested and how cheese is made

- What they do to keep their soil healthy and the land sustainable

**Thank a farmer for providing healthy, nutritious foods.**

#### Take your kids to the market

- Let them choose a new food item each month
- Talk to the farmer about ideas of how to prepare it



#### Enjoy seasonal foods year round in your community

- Strawberries grace the fields in June and raspberries are ready in July
- Peaches, beans and corn hit the shelves in August, and
- Apples, root vegetables and squashes are plentiful starting in October and November



Visit [www.bcfarmersmarket.org](http://www.bcfarmersmarket.org) to find out "what's in season" and where you can visit a farmer's market.

#### Quick & Easy Vegetable Pizza

- ¾ cup (175ml) pizza sauce
- 1 12" (30 cm) pizza shell
- ½ cup (125 ml) chopped broccoli
- ½ cup (125 ml) shredded carrots
- ½ cup (125 ml) sliced red or green bell pepper
- 1 sliced tomato
- 1 cup (250 ml) shredded part-skim mozzarella cheese

Place pizza shell on non-stick baking sheet or pizza pan. Spread pizza sauce over shell. Arrange vegetables over sauce. Sprinkle with cheese. Bake in 450°F (230°C) for 10 minutes.

#### Be sure to bring your own clean, reusable shopping bags!

If you're buying meat or other perishable foods, be sure to bring a cooler to keep it safe.

If you have any suggestions for future topics, please contact Kathy Romses, Community Dietitian at 604-904-6200 or [Kathy.Romses@vch.ca](mailto:Kathy.Romses@vch.ca). If you have general nutrition questions, call Health Link at 811 and ask to speak to a dietitian or visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca)