

# Meals Matter

MARCH 2010



CANADIAN MENTAL  
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE



Meals Matter is an exciting new Wellness Initiative by CMHA, Kelowna

In March when the days begin to get longer and the weather gets milder the first fruits and vegetables of the season appear. Rhubarb, leeks, parsley and radishes are among some of the fresh fruits and vegetables that will be making their way to grocery stores and our kitchens.

Rhubarb is actually a vegetable that most people prepare like a fruit, it is delicious in pies, sorbet or ice cream. Leeks and parsley are ideal candidates to use with strong flavors and to enhance dishes such as soups, casseroles, sauces and salads. When choosing radishes keep an eye open for bright green leaves which indicate a fresh crisp radish that will go great in a salad.

## Frugal Foodie Recipe of the Month

### Parsley Pesto

2 Tbsp flat-leaf parsley leaves (no stalks)  
1-2 garlic cloves, crushed  
3 Tbsp freshly grated parmesan  
2 Tbsp pine nuts (or skinless walnuts)  
3/4C extra virgin olive oil  
add salt to taste

Put all the ingredients except the oil and salt into the food processor or blender. Whiz for a second or two, add the oil and a little salt. Taste and correct seasoning.

Use as a spread on bread, as a marinade, or on pasta!



## MARCH MEAL OPTIONS:

- **Chicken Breast with Mushroom Sauce & Mixed Veggies**
- **Shrimp Pasta in Rosé Sauce**
- **Beef Stew**
- **Homemade Mac & Cheese with Bacon and Peas**

\*Price per meal: \$5.00

**PUNCH CARDS  
AVAILABLE: BUY 10  
MEALS, GET 1 FREE!**

## MEALS MATTER

**Nutritious, Affordable and  
Convenient**

### When

**Monday-Thursday** meal pick-up can be arranged by calling head to CMHA at (250)-861-3644 ext 109 or drop by **Friday** between **1:30pm-3pm.**

### Where

Canadian Mental Health  
Association  
**504 Sutherland Ave  
Kelowna, V1Y 5x1**

### Contact

For more information contact Alex at (250)-861-3644 ext 109



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### How to heat your meal!

#### **Microwave:**

1. Take off lid
2. Only heat one meal at a time
3. Heat on high for 8 minutes
4. Keep meal at least 1 inch from the microwave walls

\*Do not use meal container in a microwave that was manufactured prior to 1980

#### **Toaster Oven / Oven:**

1. Defrost meal in fridge overnight
2. Take off lid
3. Heat in toaster oven at 350 °C for 15-20 minute

### Suggestions Welcome

Suggestions regarding meals are appreciated! Feel free to drop off suggestions anonymously in the suggestion box at CMHA when you are picking up meals.

#### **Please be sure to include:**

What meals you had?

What meals you liked?

What meals you did not like?

What you would like to see more of?

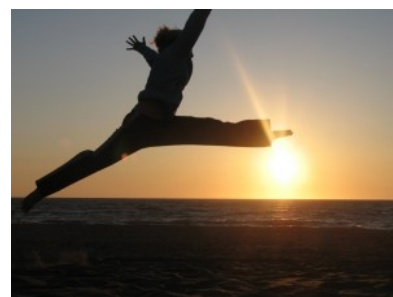
\* Suggestion forms available at CMHA



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### Monthly Mental Health Tip



Collect positive emotional moments. Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.



MealsMatter



Please remember to wash and recycle your meal containers and this used newsletter paper to the nearest recycling facility or blue recycle bin!