



Regina Food For Learning

August 2007

# Newsletter

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## Start Up Date

Welcome Back! I hope you had an enjoyable summer!

Our first serving date this school year will be on **Tuesday, Sept 4** in most locations. If you have any questions please call Heather @ 565-8632.

## Basic Food Safety

Foodborne illness is relatively simple to avoid. We automatically take many of the precautions that are required to prepare and serve healthy food to our friends and family without a second thought. However, there is always room for improvement and tips we could learn from.

General good handling techniques

- When buying check the best before date to guarantee freshness
- Check the cooler temperature at the store – anything above 4° C is too warm (bacteria can double every 20 minutes in warmer temperatures)
- Use a small cooler to transport meat and dairy products from the store to home.
- Wash your hands before and after handling any meat, eggs or produce – scrub in warm soapy water for 30 seconds. Then dry on a paper towel.
- Use instant read thermometer to test meat temperatures to be sure minimum cooked temperature is reached.

### Ground meat

- Is more susceptible to bacteria because it has a lot of surface area on which to grow.
- Freeze raw meat right away or cook within 24 hours.
- Make burgers no more than 1.5 cm (.6 inch) thick or the outside will burn before the internal temperature gets hot enough (71° C for beef;

80° C for poultry)

- If you don't have a thermometer (put it on your Christmas list) cut the burger in half; ensure there's no pink inside and juices run clear

### Chicken

- Salmonella and E. coli were found on 21% of carcasses of broiler chickens and 20 – 23% of young turkeys in a Canadian Food Inspection Agency survey.
- Chicken is also susceptible to campylobacter – a leading cause of food borne illness in Canada.
- Choose well-wrapped chicken from the bottom of the refrigerated case.
- Protect yourself by re-wrapping in a second bag to prevent any poultry juices from contacting other foods in your cart.
- Keep whole raw birds up to 3 days in your refrigerator, then cook to minimum internal temperature of 83° C or for chicken pieces 77° C.
- Frozen chicken nuggets have been linked to salmonellosis in B.C. Nuggets and strips aren't more contaminated than any other chicken but their pre-formed white insides are better at fooling us into believing they've been precooked, when often they're raw or only partially cooked.

**Basic Food Safety (continued)**Innocent looking foods with potential problems

3. Raw sprouts – have been linked to 375 Canadians with salmonella between 1995 and 2001
    - we eat them raw and because their seed coats have cracks and crevices they are difficult to wash thoroughly; their warm wet growing conditions are conducive to bacteria proliferation.
  4. Eggs – salmonella can be found inside an egg and not just on the shell (odds are 1 in million but it does happen)
    - Use only “graded” eggs and abide by the best before date
    - For maximum food safety cook eggs thoroughly to avoid runny yolks.
1. Cooked Rice - A bacterium in soil, known as bacillus cereus can ride on this grain and pepper it with bacteria-producing spores. Cooking does not destroy the spores and if you leave cooked rice out more than a couple of hours the bacteria flourish.
  2. Cantaloupe – never cut a cantaloupe without first thoroughly scrubbing it in hot water with a brush.
    - Cantaloupes grow on the ground and are often irrigated by contaminated water and fertilized by un-composted manure.
    - Cantaloupe skin is rough and holds dirt/bacteria well.
    - Wash hands and cutting board before and after handling cantaloupe
    - Once cantaloupe is cut, refrigerate within 2 hours.



## Comparison of RFFL Statistics From the past five school years

SCHOOL	SNACKS					LUNCHES				
	02\03	03\04	04\05	05\06	06\07	02\03	03\04	04\05	05\06	06\07
Arcola Com Sch	30677	35070	31860	27780	29177	-	-	-	-	-
Balfour Tutorial	-	-	-	-	-	5015	5400	5300	5150	5100
Judge Bryant Sch	190	720	1205	1656	2482	-	-	-	-	-
Campbell Sp. Ed.	-	-	-	-	-	950	2325	-	-	-
Campbell Alt Voc.	-	-	-	-	-	-	684	1086	1110	1098
Campbell Concord	-	-	-	-	-	-	-	351	720	834
Cochrane Support	-	-	-	-	-	-	-	-	-	792
Coronation Pk Com	-	-	-	-	-	2072	3473	3021	-	-
Davin School	-	-	-	-	-	-	-	562	377	531
Dr. G. Ferguson Sch	-	-	-	12000	17760	-	-	-	-	-
Haultain Com Sch	27678	32114	29550	26899	24452	-	-	-	-	-
Integrated Services	-	-	-	-	-	-	-	-	-	1249
K Jenkins Com Sch	-	-	-	-	-	7546	11527	8010	6349	7891
Martin Vocational	-	-	-	-	-	-	-	756	1110	1098
Rosemont Com Sch	-	-	-	-	-	141	-	-	-	-

**PUBLIC, ELEMENTARY 2007– 2008 SCHOOL YEAR**

<b>2007</b>		<b>Recognized School Days</b>
<b>August</b>	Monday & Tuesday Aug 27 & 28 Teacher planning, Orientation & In-service	
	Wednesday, Aug 29	Students return to school .....5
<b>September</b>	Monday, Sept 3	Labour Day Holiday.....19
<b>October</b>	Friday, Oct 5	Staff Development Day, No school for students
	Monday, Oct 8	Thanksgiving – No School .....22
<b>November</b>	Thursday, Nov 8	Staff Development Day, No school for students
	Friday, Nov 9	No school for students or staff
	Monday, Nov 12	Day in lieu of Remembrance Day –no school.....20
<b>December</b>	Friday, Dec 7	Staff Development Day, No school for students
	Friday, Dec 21	Last teaching day before winter break
	Dec 24 to Jan 4 inclusive	Winter vacation.....15
<b>2008</b>		<b>Recognized School Days</b>
<b>January</b>	Monday, Jan 7	School reopens .....19
<b>February</b>	Friday, Feb 1	Staff Development Day, No school for students
	Monday Feb 18	Family Day Holiday, no school
	Wednesday Feb 27	Staff Development Day, No school for students
	Thursday, Feb 28	Teacher's Convention, no school
	Friday, Feb 29	Teacher's Convention, no school.....20
<b>March</b>	Fri Mar 21 – 28 inclusive	Spring vacation.....15
<b>April</b>	Friday, April 18	Staff Development Day, No school for students .....22
<b>May</b>	Thursday, May 15	Staff Development Day, No school for students
	Friday, May 16	No school for students and teachers
	Monday, May 19	Victoria Day Holiday.....20
<b>June</b>	Friday, June 6	Staff Development Day, No school for students
	Wednesday, June 25	Last day of school for students, elementary reports issued
	June 26 & 27	Student Records and Teacher Planning .....20
<b>Total School Days</b>		<b>197</b>

**PUBLIC, HIGH SCHOOL 2007 – 2008 SCHOOL YEAR**

August	Thursday, August 29	Students return to school
September	Monday, September 3	Labour Day Holiday
October	Monday, October 8	Thanksgiving Day Holiday
	Friday, October 26	School based inservice – no school for students
November	Friday, November 9	Holiday – no school for students or teachers
	Monday, November 12	Day in lieu of Remembrance Day
December	Friday, December 21	Last teaching day before winter break.
	December 24 to January 4 inclusive	Winter vacation.
January	Monday, January 7	School re-opens.
February	Friday, February 1	End of Semester 1
	Monday, Feb 18	Family Day Holiday
	Thursday & Friday February 28 & 29	Teacher's Convention
March	Friday, March 21 – 28 inclusive	Spring Vacation
May	Friday, May 16	No school for students or staff
	Monday, May 19	Victoria Day Holiday
June	Friday, June 27	Last day of school for students. High School Reports issued

***Please keep this schedule for future reference!!***

## 50 Ways to Love Your Children

1. Hug every morning.
2. Go to zoos, parades, and amusement parks.
3. Hang their art and awards on the refrigerator.
4. Create family traditions.
5. Be patient.
6. Apologize when grumpy.
7. Go camping.
8. Play tic-tac-toe and hide-and-seek.
9. Always carry Band-aids and gumdrops.
10. Know their strengths.
11. Compliment them.
12. Encourage them.
13. Appreciate them.
14. Eat meals together.
15. Slow down.
16. Respect their privacy.
17. Listen.
18. Don't discipline in anger.
19. Be consistent.
20. Say "I love you" frequently.
21. Let them be silly.
22. Accept imperfections.
23. Reward good behaviour.
24. Explain the rules clearly.
25. Laugh often.
26. Go to their favorite restaurant.
27. Invite their friends over.
28. Buy ice cream cones.
29. Go on vacations.
30. Know when to be gentle and when to be firm.
31. Make birthdays unforgettable.
32. Teach responsibility and respect.
33. Choose your battles.
34. Don't embarrass them.
35. Help with schoolwork.
36. Protect them.
37. Build memories.
38. Keep promises.
39. Say "no" when needed.
40. Don't yell.
41. Give gifts.
42. Model virtues.
43. Pray with them.
44. Pray for them.
45. Talk with their teachers.
46. Tell them you're proud of them.
47. Reach out.
48. Count stars together.
49. Talk every bedtime.
50. Let go with a blessing.



## Sloppy, Sloppy Joes

*Submitted by Ruby Zimmer*

Makes 6 servings

**You will need:** Frying pan, knife for chopping and chopping board, wooden spoon, measuring spoons, can opener

### Ingredients:

- 1 kg (2 pounds) ground beef
- ½ onion, chopped
- 1 celery stalk, chopped
- dash of salt and pepper
- ½ teaspoon garlic powder
- 1 package of sloppy joe mix
- 1 can baked beans in tomato sauce (398 ml)
- 6 hamburger buns (whole wheat is best) but any type of bun will work

### Instructions

- Brown beef, onion and celery in a frying pan
- Drain off excess fat.
- Add seasonings and cook slowly for about 5 minutes
- Add sloppy joe mix and beans
- Simmer for about 10 minutes
- Serve over buns.



**Serve with raw veggies and a glass of milk to complete the meal.**

## Donor Recognition

We would like to recognize corporate donors who have contributed financially to our program between June 15 and August 8, 2007. We also very much appreciate the contributions from individuals but feel it would be inappropriate to publicly recognize them. **Thank you all very much!**



Brennan Office Plus  
Majestic Air Inc.  
Regina Pioneer Village Resident Council

The Co-op Refinery-Upgrader Complex  
The Co-operators

## Special Thanks

It takes a village to raise a child. Regina Food For Learning relies very heavily on its volunteers. We are able to provide nutritious lunches and snacks to approximately 800 children because of those volunteers. Our volunteer opportunities are not all on the front line – providing and preparing the food. We have numerous people working behind the scenes, contributing their knowledge and expertise. I would like to single out one such person as an example of quiet dedication to our organization. That

person is Nancy Blake. She has been setting up and organizing the printing of our Newsletter for several years now. She is provided the content, but contributes the know how and the artistic touch that makes it look professional. I am sure you will agree it does look good! Nancy has updated our format and is using the new logo since the spring issue. She truly creates a communication tool that informs, and entertains our volunteers, donors and schools. Thank you so much Nancy!

## Nutritional Comparison of Different Size Eggs



Per Egg	Jumbo (65g)		Extra Large (60g)		Large (50g)		Medium (46g)		Small (40g)	
	Amt	% DV	Amt	%DV	Amt	%DV	Amount	%DV	Amt	%DV
Calories	90		90		70		70		60	
Fat	7 g	10%	6g	9%	5g	8%	5g	8%	3.5g	5%
Saturated + Trans	2+g 0g	10%	2+g 0g	10%	1.5g 0g	8%	1.5g 0g	8%	1.0g 0g	5%
Cholesterol	245 mg		225 mg		190 mg		175 mg		150 mg	
Sodium	75 mg	3%	75 mg	2%	55 mg	2%	55 mg	2%	50mg	2%
Carbohydrates	0 g		0 g		0 g		0 g		0 g	
Protein	8 g		7 g		6 g		6 g		5 g	
Vitamin A		10%		10%		8%		8%		6%
Vitamin C		0 %		0 %		0 %		0 %		0 %
Calcium		3 %		2 %		2 %		2 %		2 %
Iron		3 %		2 %		2 %		2 %		2 %

\* DV = Daily Value

## WOULD YOU LIKE AN E-NEWSLETTER?



If you would prefer to receive future newsletters via email we are compiling a list (and checking it twice) to see who has an email address and who prefers regular post services. You may find it more convenient to receive an electronic copy, If so let us know at [rffl@accesscomm.ca](mailto:rffl@accesscomm.ca) If not, we'll save your spot on our mailing list.



Regina Food For Learning

We're on the Web!

See us at:

[www.reginafoodforlearning.com](http://www.reginafoodforlearning.com)

## First graders were given the beginning of these clichés, and asked to provide their own endings.

The results are often better than the original!

1. If at first you don't succeed... go play.
2. Eat, drink, and.....go to the bathroom.
3. All's fair in .....hockey.
4. He who laughs last.....didn't understand the joke.
5. People in glass houses.....better not take off their clothes.
6. All work and no play.....is disgusting.
7. Don't put all your eggs.....in the microwave.
8. Better to be safe than.....punch a 5<sup>th</sup> grader.
9. Strike while the.....bug is close.
10. You can lead a horse to water but.....how?
11. Don't bite the had that.....looks dirty.
12. No news is.....impossible.
13. A miss is as good as a.....Mr.
14. You can't tech and old dog new.....math.
15. If you lie down with dogs, you'll.....stink in the morning.
16. Love all, trust.....me.
17. The pen is mightier than the.....pigs.
18. An idle mind is.....the best way to relax.
19. Where there's smoke there's.....pollution.
20. Happy the bride who.....gets all the presents.
21. A penny saved is.....not much.
22. Two's company, three's.....the Musketeers.
23. Laugh and the whole world laughs with you, cry and.....you have to blow your nose.
24. Children should be seen and not.....spanked or grounded.
25. When the blind leadeth the blind.....get out of the way.



Regina Food For Learning

YES

I wish to support Regina Food for Learning Inc.  
Enclosed is my tax creditable donation of \$ \_\_\_\_\_

YES

I wish to support meals for one child,  
1 week (\$10) \_\_\_\_\_, 1 month (\$40) \_\_\_\_\_, 1 year (\$400) \_\_\_\_\_

YES

I wish to volunteer for Regina Food for Learning Inc.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

*Please make cheques payable to Regina Food for Learning Inc.  
Tax receipts will be issued for donations of more than ten dollars.*

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