



# What's Cooking?

## Community Kitchens Newsletter

### UPCOMING EVENTS

#### Carols By The Bay

When: 2nd December,  
7:00pm-9:30pm  
Where: Eastern Beach  
Reserve, Geelong Water-  
front

#### Pako Farmers Market

When: 2nd and 4th Satur-  
day of every month  
Where: Ashby Primary  
School, Geelong West

#### Floating Christmas Tree

8:30pm, 10th Nov till the  
8th January 2018  
Where: Steampacket  
Quay, 1 Eastern Beach  
Road, Geelong

#### Pako Festa

When: 24th February,  
Where: Pakington Street,  
Geelong West

#### CK Facilitator training

When: Late February  
2018

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## Summer 2017

Welcome to our Community Kitchens' (CK) Summer newsletter for 2017. Another year with the Community Kitchens team has almost come and gone! On behalf of the Community Kitchens team we would like to wish each and everyone of you a very Merry Christmas and a Happy New Year! Now that the sun is out and it's warming up there is an abundance of events happening in the Geelong region over summer. Check out the upcoming events section for more information!

This edition of What's Cooking? Introduces budgeting and tips on how you can save money over the festive season. We look at 'fats' in food, which ones are good and which ones are bad! Our special feature this month is Budgeting tips from our Community Kitchen team. We introduce some unusual foods that taste great raw! We also explain how the Healthy Choices traffic light system works - making healthy choices easier!

## Q & A

### What types of fats should I avoid and what types are ok?

Fats are an important part of a healthy diet. All fats are high in energy (kilojoules), and different types of fats have different effects on our bodies, so we also need to watch the type of fats we eat as well as how much we eat.



**Saturated fats-** For health, we should limit saturated fats in our diets as these raise cholesterol. E.g. beef, pork, butter, cheese and cream

**Trans fats-** are found both naturally and in manufactured foods. These fats behave the same as saturated fats and can increase cholesterol levels. E.g. baked foods, biscuits and margarine

**Unsaturated fats-** Unsaturated fats lower your cholesterol and provide essential fatty acids which are important for good health.

E.g. Fish, olive oil, avocado and some nuts such as cashews and almonds

## Seasonal Produce for Summer

Vegetables	Fruits
 Avocado Basil Beetroot Capsicum Celery Chillies Corn Cucumber Eggplant	 Passion- fruit Peaches Plums Rhubarb Apples Kiwi Fruit Nectarines

# Community Kitchen Budgeting Tips

**Do you have any tips you can share with us to help save a penny?**

Use what you already have, what's in season and what's on special.

Buy in bulk but check it is cheaper and stick to your shopping list.

**What is your favourite budget friendly recipe?**

Shepherd's Pie, Fried/Savoury Rice, Stirfry using seasonal vegetables

**How do your CK's try to stick to a budget?**

Choose your recipe around items on special. Bring produce from home such as lemons, herbs, rhubarb.

**What is your number one staple ingredient?**

Suggestions included potatoes, carrots and brown rice/pasta



## Summer Salad Recipe

[www.allrecipes.com/recipe/222728/refreshing-cucumber-watermelon-salad](http://www.allrecipes.com/recipe/222728/refreshing-cucumber-watermelon-salad)

Serves 4

15 mins prep

25 mins cook

Easy

**Ingredients**

- 1 small red onion, halved and sliced into thin half-moons
- 2 tablespoons lime juice, or more to taste
- 2 tablespoons extra-virgin olive oil
- 1 seedless watermelon, cut into cubes
- 3 baby cucumbers, seeded and cut into cubes
- 1 cup crumbled feta cheese

**Method**

1. Mix red onion with lime juice in a bowl; set side to marinate at least 10 minutes. Stir olive oil into mixture.
2. Toss watermelon, baby cucumbers, and feta cheese together in a large bowl. Pour the red onion mixture over the watermelon mixture; toss to coat. Sprinkle mint over the salad; toss.



# Budgeting for healthy meals



When considering healthy eating on a budget, this not only includes the cost of foods we buy, but also our shopping and planning behaviours. Planning is the secret to healthy eating based on the Australian Dietary Guidelines while sticking to a budget

- Plan your meals and snacks for the week.
- Make a list and stick to it.
- Drink water instead of juice or sweetened drinks, it's free and has no kilojoules.
- Freeze leftovers for other meals or for lunches.
- Use leftovers in different ways.
- Substitute ingredients.
- Know how you will use what you buy, how much and when.
- Only buy what you need.
- Make your own custards and milk based desserts using low fat milk and limit added sugar.



## Hot Tips

### Summer produce that tastes great raw

**Asparagus:** Thinly slice or, if slender, use whole.

**Beets:** Shred on a box grater.

**Broccoli:** Cut into florets or finely chop.

**Corn:** Cut the kernels off the cob.

**Green beans and sugar snap peas:** Thinly slice or use whole.

**Kale:** Discard the stems and thinly slice the leaves.

**Turnips:** Thinly slice or cut into matchsticks.

**Zucchini and summer squash:** Thinly slice or use a vegetable peeler to cut into ribbons

For more info visit:

[www.realsimple.com/food-recipes/cooking-tips-techniques/kitchen-tips-techniques/raw-summer-produce](http://www.realsimple.com/food-recipes/cooking-tips-techniques/kitchen-tips-techniques/raw-summer-produce)





# Hot Topic:

## Healthy Choices Guidelines



The Healthy Choices Guidelines classifies food and drinks according to their nutritional value. The categories work like a traffic light

**Green is the best choice!** This is foods that are in the five food groups that we need everyday such as fruit, vegetables, cereals/grains, lean meats and dairy.

**Amber should be chosen carefully** They can contribute to excess energy intake and contain moderate amounts of saturated fat, added sugar and/or salt. This can be some breads/cereals, dried fruit and some hot food items.

**Red items should be limited** they include all confectionary, fried foods, drinks, hot food items, sweet spreads and jams and sugar-sweetened drinks such as soft drinks. These foods have little nutritional value and are mostly high in saturated fats, salt and/or sugar

**For more information visit:**

**[www.heas.health.vic.gov.au/healthy-choices/guidelines](http://www.heas.health.vic.gov.au/healthy-choices/guidelines)**



[Want to find out more about Community Kitchens or topics from the newsletter?](#)

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Like our new facebook page:

'Community Kitchens Geelong Region'

[Further information about Community Kitchens also available at:](#) [www.communitykitchens.org.au](http://www.communitykitchens.org.au)

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