

Meals Matter

FEBRUARY 2010



CANADIAN MENTAL
HEALTH ASSOCIATION

ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



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

The cold Winter months tend to provide a variety of options for delicious hot hearty meals, however, these options do not always cooperate with your wallet. To avoid breaking your budget while still exploring new foods try a homemade pasta, or soup. Whole-wheat pasta is healthy and easy to make while still inexpensive. Homemade soups can not only save you money but they can also help to avoid high sodium levels found in many store bought products.

If you find these types of dishes leave you with too many leftovers try eating one serving of the meal and freeze the rest for next week.

Frugal Foodie Recipe of the Month



Carrot and Leek Soup

1 Tbsp Oil
1 onion, finely chopped
450g carrots peeled and chopped
2 Leeks trimmed and sliced
1.2 liters hot vegetable stock

Heat the oil in a large frying pan and fry onions for 5 min. Add carrots and cover for 5 min. Stir in leeks and vegetable stock and bring to a boil, reduce heat and simmer for 30 min or until vegetables are tender. Allow to slightly cool, puree soup, then return to pan and heat thoroughly.



FEBRUARY MEAL OPTIONS:

- **Meatloaf With Mushroom Sauce**
- **Tuna Casserole**
- **Chicken Bean Cheese Burrito**
- **Lasagna**

*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, VIY 5x1

Contact

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



**504 Sutherland Ave
Kelowna, V1Y 5x1**

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:

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

Welcome to Suggestions

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



Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favorite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.



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