



## Highlights of 2017

- \* PSAFC screened “SEED The Untold Story”. Thanks to the support of sponsors and 53 attendees, this event raised over \$400 for local community kitchen programs.
- \* The Georgian Bay Biosphere Reserve received a Canada 150 grant and hosted 6 wonderful EATS workshops– great work GBBR!
- \* PSAFC launched *Sound Food Notes* and distributed 6 issues.
- \* PSAFC finalized an FAQ document with information on backyard hens.
- \* St James Centre for Community continued to host community kitchens onsite. They also worked with Community Living Parry Sound and community gardeners to start up two raised vegetable garden beds on Mary St.
- \* The Town of Parry Sound allocated parking metre funds to the community kitchens and gardens program.
- \* PSAFC planned and hosted a food insecurity forum with 4 guest speakers and 40 participants from the community.
- \* Updated the [Food Access Guide](#). It contains info on community gardens, meal programs, food banks, student nutrition programs and good food boxes in Parry Sound. It can be found on our website under projects and resources.



Speakers at the Hungry for Change: Food Insecurity Forum

## Soup's On

### Red lentil & mushroom soup

- 2tsp oil
- 1 pkg mushrooms, chopped (8oz)
- 1 onion, chopped
- 1 carrot, chopped
- 1/4 cup fresh parsley
- 1 tbsp dried oregano
- 2 tsp dried thyme
- 1/4 tsp hot pepper flakes
- 1 cup red lentils, rinsed
- 3 cups broth
- 2 cups water
- 1/2 tsp lemon rind
- 2 tbsp lemon juice
- 1/3 cup feta cheese, crumbled (optional)

1. In a large pot, heat oil on medium; cook mushrooms, onion, carrot until liquid evaporates from mushrooms. Stir in spices & cook 1 min.
2. Add lentils, broth, water & boil. Reduce heat, cover and stir occasionally for 20 min or until lentils are soft and falling apart.
3. Stir in lemon rind & juice. Ladle into bowls and sprinkle with feta, if using.

### Food Charter Toolkit Action of the Month

It's time to head back to school after the holidays! Parents, teachers, staff and students can look at [this toolkit](#) to find ideas for putting the principles of the food charter into practice.

For example, to promote education and skill building:

“Engage and empower students to improve the food culture of schools. Ask for their suggestions and ideas.”

*Check out our website for many more ideas!*

Send us your recipes:

ParrySoundAreaFood@gmail.com

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