



June finds Cowichan Community Kitchens in it last month till September. A few of our kitchens will be running through the month of July and Healthiest Babies Possible will still have a kitchen throughout the summer.

May brought to us another kitchen opening in Youbou - Thank you Lynn for taking on the facilitation.

We are working to offer another youth kitchen at the neighborhood House in Chemainus. This should be established in June.

Food 4 Fun continues to be a great success at Chemainus Elementary Community School. This program is offered to children up to 6 years old and their caregivers at no cost.

Cowichan Centre's Youth Centre Friday kitchen is offered to all youth in the valley for \$1:00 per serving. Sign –up with one of the youth workers by Thursday's. This kitchen is run to enhance and build on our youths cooking and nutrition awareness. Youth participate in the meal ideas and the preparation, cooking and clean up.

All our other kitchens are continuing to prosper and give back to their communities. We are very grateful for all those who walk in and out through our doors. There is never a dull moment – just knives.

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## CHICKEN SALAD with MANGO CURRY DRESSING

Serves 30

1kg Container Spring Mix  
1kg Bag of Spinach  
6 Cooked Chicken Breasts  
2 Pears  
1 Large Red Onion  
1 ½ Cup (375ml) Pine Nuts

**Mango Curry Dressing:**  
1 Ripe Mango or 1 Can of  
Mangoes (with some juice)  
½ Can (398ml) Coconut Milk  
Juice from ½ lime  
½ Cup (125ml) Olive oil  
1Tbsp (15ml) Curry Powder

1. In a large bowl combine spring mix and spinach.
2. Cut chicken into thin strips. Add to salad mixture.
3. Slice red onion into thin rounds. Add to salad mixture.
4. Dice pears. Toss into salad mixture.
5. Sprinkle with pine nuts.

### **MANGO CURRY DRESSING**

1. Peel and cut mango or open can of mangoes. Save ½ the juice.
2. Put into blender or hand mixer container.
3. Add coconut milk, curry powder, juice from lime, and olive oil.
4. Blend and serve.

Options: Add fresh mango slices to your salad



JUNE 2008				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>FOOD 4 FUN Chemainus</p> <p>Planning Honeymoon Bay</p>	<p>3</p>	<p>4</p> <p>Healthiest Babies Possible</p> <p>Meal Bags</p>	<p>5</p> <p>Cook Honeymoon Bay</p>	<p>6</p> <p>Youth Cook 3-5 Cowichan Centre</p>
<p>9</p> <p>FOOD 4 FUN Chemainus</p> <p>Planning Cobble Hill</p>	<p>10</p>	<p>11</p> <p>Healthiest Babies Possible</p>	<p>12</p>	<p>13</p> <p>Youth Cook 3-5 Cowichan Centre</p>
<p>16</p> <p>FOOD 4 FUN Chemainus</p> <p>Planning Lake Cowichan</p> <p>Cook - Cobble Hill</p>	<p>17</p>	<p>18</p> <p>Healthiest Babies Possible</p> <p>Planning Youbou</p>	<p>19</p> <p>Planning Duncan</p>	<p>20</p> <p>Youth Cook 3-5 Cowichan Centre</p>
<p>23</p> <p>FOOD 4 FUN Chemainus</p>	<p>24</p> <p>Cook Lake Cowichan</p>	<p>25</p> <p>Cook Youbou</p>	<p>26</p> <p>Cook Duncan</p>	<p>27</p> <p>Youth Cook 3-5 Cowichan Centre</p>
<p>30</p>				

## SOMETHING TO THINK ABOUT

**1 - 600mL pop = ~ 250 calories**  
**3,500 calories = 1 lb of body weight**  
**1 pop a day = 91, 250 calories per year**  
**That totals 26 lbs of body weight a year!!!**

### **Beverage Sugar**

Gatorade 791 ml (24.5 oz) **10 tsp of sugar**

V8 Splash 473 ml (14 oz) **14 tsp of sugar**

Fruitopia 600 ml (18 oz) **16 tsp of sugar**

Sunny Delight, California Style 547 ml (16.5 oz) **16 tsp of sugar**

Pepsi 600 ml (18 oz) **17 tsp of sugar**

Slurpee 28 oz. **32 tsp of sugar**

Big Gulp 1.8 L (57 oz) **54 tsp of sugar**

One 600ml (2 1/3 cups) 18 oz bottle of pop takes 2 hours of brisk walking to burn off the calories.

Hmmmmmm....