

HEALTHY FOOD SHOPPING DO'S AND DON'TS

DO read nutrition labels. Tip: Any food called "healthy" must contain at least 10% of the Daily Values per serving for several important nutrients (in addition to being low in trans fat, saturated fat, sodium and cholesterol).

DON'T forget fiber's finest. Load up on whole-grain breads, rolls and cereals, as well as brown rice and dried beans. When shopping, look for the word "whole" at the top of the package ingredients list.

DO pick the greenest. When buying salad greens, select those deepest in color – dark greens and reds. Why: The dark color means higher concentrations of antioxidant vitamins A, C and E, folic acid calcium and other nutrients.

DON'T dismiss frozen produce. Some frozen fruits and vegetables contain as many nutrients as fresh produce – sometimes more. One study found frozen green beans had about twice the vitamin C as fresh beans that sat on display and in a refrigerator for nearly a week.

DO select "TV" dinners carefully. Choose frozen meals that contain less than 10 grams of fat and the least amount of sodium and cholesterol.

DON'T pass up pasta. It's high in protein and contains B vitamins and iron.

More **DO's**: Avoid shopping on an empty stomach; choose fruit "juices" instead of "drinks"; buy skinless poultry; remember that a standard serving of meat or fish should be the size of a deck of cards.

Source: Top Health – The Health Promotion and Wellness Newsletter.



KING STREET COOKS

*Falafel Meatball Wraps
Courtesy of The Kircos'*

Ingredients for Meatballs

2/3 cup canned chickpeas, rinsed
1/4 cup chopped fresh parsley
1 egg
1 T. olive oil
1 T. dried oregano leaves
2 t. garlic, minced
1 t. kosher salt
1 t. ground black pepper
1 lb. Ground chuck
1/2 cup onion, minced
1/4 cup fresh breadcrumbs

Ingredients for Tzatziki

1 cup yogurt
1/2 cup cucumber, seeded, chopped
1/2 cup feta, crumbled
1 T. fresh lemon juice
1 T. olive oil
2 t. lemon zest, minced
1/2 t. honey
salt and pepper to taste

Ingredients for the wraps

4 Boston or bib lettuce leaves
1 cup tomatoes, diced

Directions:

Preheat oven to 400

Puree chickpeas, parsley, egg, oil, garlic and seasonings in a food processor. Combine with ground chuck, onion and breadcrumbs. Divide mixture into 12 portions and shape into golf ball size meatballs. Skewer meatballs and brown in a nonstick ovenproof skillet with 1 T. oil over medium-high. (if the meat is too moist to stay on the skewers, brown the meatballs first, then thread). Finish in the oven for 10 minutes.

Pulse all ingredients for the tzatziki in a food processor until cucumber is coarsely chopped; set aside. Prepare lettuce and tomatoes for the wraps. To assemble, place 3 meatballs in a lettuce leaf, drizzle with tzatziki, and garnish with tomatoes.



The Kid's Christmas Party will soon be here!

Saturday, Dec 15th from 10am 'til 2pm

KIDZONE

(Entrance is off Parkside Dr., Waterloo)

Play in the castle and arcade games upon arrival

Lunch at your convenience

Santa and Mrs. Claus 1 – 2 pm



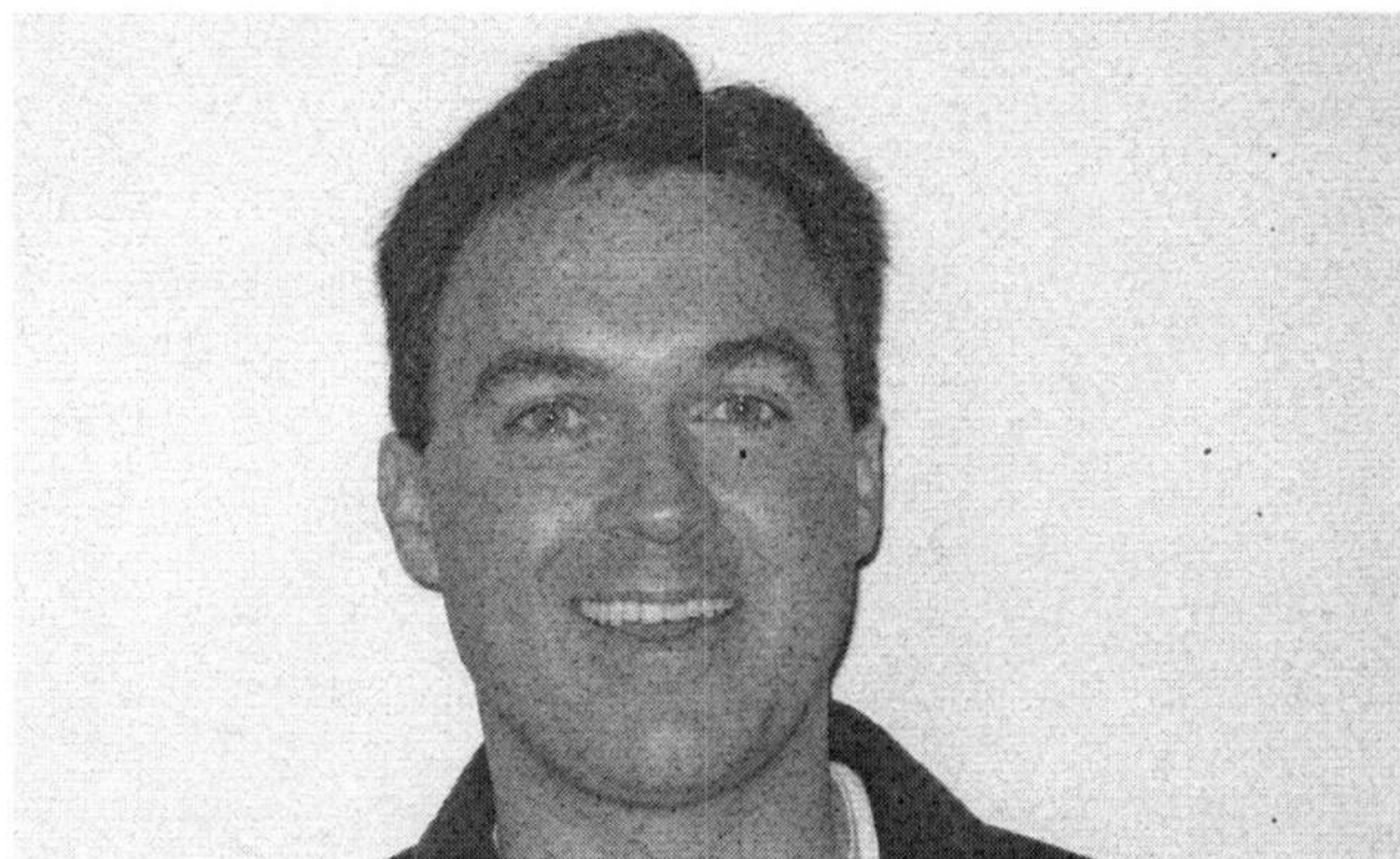
FLU SHOT CLINIC

Thursday, November 15th

1:30 – 3:30

Sign up in the cafeteria

New Face New Face



Terry Kelly - Tech Op

Happy Anniversary!

John Smith	Nov 27 - 35 yrs.
Dave Carswell	Nov 15 - 25 yrs.
Linda Fricker	Nov 11 - 22 yrs.
Janine Grespan	Nov 9 - 20 yrs.
Ric Bon	Nov 22 - 9 yrs.
Jenn Pagett	Nov 19 - 5 yrs.
Trina Maus	Nov 9 - 2 yrs.
Shane Hunt	Nov 19 - 1 yr.
Amanda Rowe	Nov 19 - 1 yr.
Derek Ens	Nov 19 - 1 yr.

Happy Birthday!

Dennis Watson	Nov 12th
Linda Fricker	Nov 14th
Jenn Pagett	Nov 20th
Mike Lockston	Nov 23rd
Kate Ingram	Nov 24th
Alex Spiridonov	Nov 26th
Trish Owens	Nov 26th

