

**eat local caledon**  
**SCHOOL NEWSLETTER**

**WISHING YOU A CLIMATE-FRIENDLY  
HOLIDAY SEASON**

As you and your family go about your holiday activities, keep in mind that there are lots of opportunities to make your holiday season more climate-friendly!

A "**Climate Friendly Diet**" means eating foods that are low in their contribution to greenhouse gas emissions. There are a number of actions that you can take to make your diet more "climate friendly".

Here are 8 of them:

**1. Eat with the Seasons** - Look for what foods are available locally in each season. In Ontario that means root vegetables in the winter, asparagus in spring, strawberries in the summer, pumpkins in the fall, etc. Tip—Season availability chart for Peel Region can be found at [www.GrownInPeel.ca](http://www.GrownInPeel.ca) .

**2. Shop Local** - Shop at Farmers' Markets, Pick-Your-Own, On-Farm Markets, Farm Stands and local food shops (bakeries, butchers and specialty)—they all have freshly grown or produced local foods. At grocery stores, look for Foodland Ontario, Homegrown Ontario and other indicators of local food.

**3. Cook Fresh** - Prepared foods are contributors to greenhouse gases as they create a lot of emission through preparation, transport, packaging, and waste. Decreasing consumption of prepared foods, will decrease personal emissions. Learning to cook fresh will also ensure healthier food choices for all by decreasing preservatives and other additives necessary.

**4. Eat More Plants** - Increasing consumption of fruits, vegetables, beans, nuts, legumes, breads and cereals is healthy for you and for the climate. Look to balance meals using the Canada Food Guide to ensure the right mix of food groups.

## Holiday Season 2009

**5. *Grow Your Own*** - The most climate friendly food is the food that you grow yourself—call it the “100 yard diet”. Gardens can be grown in containers, existing beds or even inside. The key is to start small and build confidence. Start with a herb pot, lettuce box or tomato planter and add from there.

**6. *Savour the Harvest*** - Preserve the fresh harvest of the summer months by canning, preserving, pickling, freezing, drying, dehydrating and more. The effort is worth it in the winter when you can eat some homemade strawberry jam or tomato sauce.

**7. *Choose Local Alternatives*** - Many of the foods we commonly use have a local natural alternative. For example, you can find recipes that call for honey and maple syrup, which are produced locally, instead of sugar, which is often transported long distances (Canada imports 90% of its sugar).

**8. *Avoid Food Waste*** - In 2007, 38% of all food available for retail sale in Canada went to waste—that is 183 kg per person. This contributes to climate change as decomposing food emits carbon dioxide and methane and producing, transporting and cooking food that does not get eaten unnecessarily burns fossil fuels. A decrease in food waste throughout the system would result in an equal decrease in emissions. Individuals can work to use all the food bought and eliminate “*refrigerator rot*”. Tip—Freeze leftover vegetables to make soups. Re-use leftovers into casseroles, stews and one-pot or dish meals.

***Over the holiday season***, think about what you and your family can do to be more climate-friendly. It may include serving Ontario cheese at your family Christmas party; giving gifts that you’ve made yourself (e.g. jam, cookies, salsa); using local honey instead of sugar in your baking; not letting leftovers go to waste; choosing an Ontario free-range turkey for Christmas dinner... the list goes on and on! If you would like to let us know what you and your family are doing to cut down on personal emissions, send us an email at [eatlocal@eatlocalcaledon.org](mailto:eatlocal@eatlocalcaledon.org).

On the next page you will find some holiday baking ideas that use honey as a sweetener. Honey is a local alternative to white sugar, and is healthier for you too!

## Holiday Season 2009

### Honey Shortbread Fingers

Servings: 10-15 fingers

*1 cup Plain or Whole-wheat Flour*      *¾ cup Soft Butter*  
*¼ cup Cornmeal*                              *½ cup Honey*

Mix the ingredients together until they form a dough ball.  
Spoon the mixture out onto a greased baking tray and press it down well.  
Bake at 325F/160C for 30-35 minutes or until golden brown.  
Cool for a few minutes then cut into fingers while still warm and serve when cold.

### Honey Ginger Snaps

Makes about 48 cookies

*1/2 cup Butter*                                      *1/2 cup Sugar*  
*1/2 tsp. Cloves*                                      *2 cups Flour*  
*1 Egg*    *1 tsp. Ginger*  
*2 tsp Baking soda*                                      *1/2 cup Honey*  
*1/2 tsp Salt*    *1 tsp. Cinnamon*

Preheat oven to 375 F. Cream the honey, butter, sugar, and egg together.  
Sift the remaining ingredients together, and add to the butter mixture. Chill for one hour. Roll level tablespoons of dough into balls and place 2" apart on a greased cookie sheet. Bake for 10 to 12 minutes.  
Place cookies on ungreased cookie sheet and bake until slightly golden brown (about 10-15 minutes).

### Honey Apple Cookies

Makes about 5 doz cookies

*1/2 cup shortening*                                      *2 cups all-purpose flour*  
*3/4 cup sugar*    *1 tsp. each soda, salt, cinnamon*  
*1/2 cup honey*    *1/2 tsp. each powdered cloves,*  
*2 eggs*    *nutmeg*  
*1/4 cup dairy sour cream*                                      *1 1/2 cups finely chopped apples*

Cream shortening and sugar. Beat in honey. Add eggs one at a time, beating well after each addition. Stir in sour cream. Mix and sift flour, baking soda, salt and spices; stir in and blend well. Stir in apples. Drop by teaspoons 3 inches apart on greased baking sheets. Bake at 350 degrees for about 15 minutes or until edges are brown.