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BEST AVAILABLE COPY

Let's help put an end to food banks

This is End Hunger Week in Metro.

Its purpose, says Derek Sweeney, volunteer co-ordinator for the Daily Bread Food Bank, is "to put the issue front and centre."

Richard Yampolsky, executive director of FoodShare, calls it "raising public awareness."

End Hunger Week is the joint effort of four groups that deal with hungry people day in, day out. Four groups that have decided that doling out charity is not the answer. Four groups that agree it's time to get to the root of the hunger problem.

The Daily Bread Food Bank, FoodShare, the Co-operative Housing Federation of Toronto and the Day Care Coalition of Metro Toronto all want to see an end to food banks; they want them replaced by better, long-term solutions.

They say:

More than 80,000 people in Metro are forced to use food banks each month.

More than 40 per cent of those people are children under 18.

The number of people using food banks has doubled in the past three years.

Hunger and the need for food banks didn't exist here 10 years ago.

They want the City of Toronto to:

Solve the hunger problem with public policy initiatives, not charity.

Accept its responsibility and set a five-year goal for the elimination of food banks.

Improve housing, social assistance, child care and the minimum wage as part of the process.

Here's what you can do: Attend a public forum today at 7.30 p.m. at Toronto City Hall's council chambers. Speakers will include Mayor Art Eggleton, Gerard Kennedy of the Daily Bread Food Bank and Councillor Rob Maxwell. Vote to end hunger on ballots at local libraries, community centres and food banks.

You could also attend an open house organized by Second Harvest — a terrific group that recycles food and distributes it to the hungry — tomorrow from 1 to 7 p.m. at 12 Shuter St., Suite 301. I'll be there, aiding and abetting Jane Hawtin of CFRB/CKFM radio, who'll cook up a recipe from Second Harvest's cookbook.

Sweeney says: "When children go hungry, it's our problem. A child born into hunger has part of his chance at life taken away."

Sweeney predicts that what is still largely an "invisible problem" can only get worse. "We'll soon see children begging for food in the streets — if we don't use our resources to tackle the problem."

If End Hunger Week is to have any meaning, we'd better get the powers-that-be to take action — now.



The Cutting Edge

Marion Kane

Mean tureens

They ranged from the soup-lime to the ridiculous. They came from across the land.

Their titles were basic, as in Tureen, Canadian Pea Soup and Soup Tureen. Or wild and woolly, as in Cheap Skate Chowder Head, Chicken Lib and Hot Tub Veggie Soup.

But, as a judge in the Gardiner Museum of Ceramic Art's recent search for Canada's best contemporary soup tureen, I was amazed at the imagination that went into the more than 50 entries.

There was a tureen shaped like a Japanese garden complete with bridge and waterfalls. One was a giant, brightly painted fish; its lid — a busty mermaid — looked like a hood ornament. Another was a giant dragon with immaculate long nails on clawed feet.

My task was to choose the tureen that was most "kitchen-friendly." And, when the chips



IT'S SOUPER: Kinichi Shigeno created the most "kitchen-friendly" tureen.

were down and the tallying over, the winner was a porcelain piece by Kinichi Shigeno of Richmond, B.C. It had the mandatory plate to stand on, easy-to-use ladle and a well-fitting lid. Its gorgeous design was mainly royal blue with gold trim, giving it a South American/Victorian look.

Shigeno's piece will be bought by Campbell Soups, which currently has a tureen exhibition at the Gardiner and sponsored the contest. He will also receive Campbell products for a year.

More than peanuts

Peanut butter fans, take note.

March 1 was that food's 100th birthday, which I shall hereby commemorate by offering this surprising tidbit of food trivia: Peanut butter, I am informed, was invented in 1890 by a St. Louis physician as — get this! — a protein substitute for toothless patients.

I prefer to think of it as a crucial component of Elvis' favorite sandwich!

Too good to pass over

On March 21, from 1.30 to 2.30 p.m., cooking instructor Temi Rosenthal will demonstrate a three-course Passover meal in the Common Room of the Wagman Centre, 55 Ameer Ave., North York. Admission is \$5 for members; \$6 for non-members.

For more info, call 789-5131, extension 2267.

Nutrition know-how

The Lempert Report, a U.S. newsletter that tracks food trends, recently came up with this proof that kids are as confused as most adults about nutrition.

A study of more than 5,000 children by Kellogg's found that 20 per cent consider healthy foods high in complex carbohydrates — for example, pasta, potatoes and rice — "bad" foods. In another study, 25 per cent of children chose pizza as their favorite food, although they (wrongly) felt this,

too, was not good for them.

The Lempert Report's recent Consumer Panel Survey also discovered that parents would like their children to get more nutrition information at school — on nutritious snacks, how to make healthy brown-bag lunches, how to shop more nutritiously at the supermarket and how to cook healthily at home.

I'll second all of that. What better time to start learning good habits than in childhood.

Move over, radicchio

In 1985, cookbook writer Ruth Spear typified a trend of the past two decades when, in *The Classic Vegetable Cookbook*, she called iceberg lettuce "a tight ball of pale green leaves, low in vitamins, flavor and appeal."

But word has it that iceberg, along with other "retro-foods," is back in vogue.

And I'll endorse this trend — in certain instances. For example, only shredded iceberg gives the perfect crunch to homemade tacos. It's fabulous as an envelope to encase a savory chicken mixture in a wondrous Chinese creation sometimes called Rainbow Chopped in Crystal Fold — a dish eaten with the hands, taco-style.

Also, when making salad, my favorite rendition includes a variety of lettuce to contrast color, taste and texture. And what better than the crisp crunch of iceberg tossed with delicate red leaf lettuce, tangy curly endive and a few leaves of burgundy radicchio.

Mail-order menus

Here are a couple of recipe brochures available by mail:

Prime Time For Roast Beef is a free pamphlet of beef recipes and tips. Just write: Beef Information Centre, 590 Keele St., Suite 422, Toronto M6N 3E3.

Easy Elegant Eggs is a 22-page brochure of nifty recipes and tips. Mail 75 cents to: Easy Elegant Eggs, P.O. Box 5044, Paris, Ont. N3L 3W5.

Chef's cloak

Jorg Reichert, president of Mövenpick Restaurants in Canada, has a memento from the recent visit to Toronto of famous French chef Roger Vergé.

Vergé gave Reichert his chef's jacket. But it's no ordinary jacket. Embroidered with Vergé's name, it has a border around the neck in the French colors — an honor bestowed on Vergé when he received the award "Meilleurs Ouvriers de France."

Says Reichert: "The jacket's a bit big. I've worn it in the restaurant a few times. Of course, I explained I wasn't Roger Vergé."

Best Buys

Beef

Outside round roasts are on special this week at several stores. Dominion, Food City and Mr. Grocer have them on special for \$6.59 a kilogram (\$2.99 a pound). At A&P round roasts are \$7.25 a kilogram (3.29 a pound). Food City has sirloin steaks for \$8.80 a kilogram (\$3.99 a pound).

Pork

Mr. Grocer has pork loin chops for \$3.73 a kilogram (\$1.69 a pound). IGA has pork shoulder roasts for \$1.96 a kilogram (89 cents a pound). Knob Hill has a loin of pork for \$3.73 a kilogram (\$1.69 a pound). Pork picnic roasts are \$2.18 a kilogram (99 cents a pound) at Miracle Mart, which also has pork sausage at \$1.77 for 500 grams with coupon. IGA has 500 grams of Mary Miles side bacon for \$1.69. Mr. Grocer has Schneiders sliced ends of bacon for the same price. Loblaw's and Super Centre has Ziggy's 500 grams of bacon for \$1.77. Knob Hill has deli ham for \$4.39 a kilogram (\$1.99 a pound). IGA has Mary Miles boneless dinner hams for \$4.39 a kilogram (\$1.99 a pound).

Lamb

Knob Hill has lamb shoulder for \$2.18 a kilogram (99 cents a pound).

Poultry

Chicken legs are \$2.18 a kilogram (99 cents a pound) at Knob Hill. Food City has skinless, boneless chicken breasts for \$9.90 a kilogram (\$4.49 a pound).

Vegetables

A 284-gram (10-ounce) package of spinach for today's Best Buy Recipe is 89 cents at IGA and 99 cents at Miracle Mart and Knob Hill. Mushrooms for the same dish are 99 cents for a 227-gram (8-ounce) package at IGA. Loblaw's and Super Centre has 10-pound bags of potatoes for \$1.49 each. Broccoli is 79 cents at Knob Hill and 99 cents at Dominion. Seedless cucumbers are 99 cents at Mr. Grocer and A&P.

Fruit

Plums are on special this week for \$2.18 a kilogram (99 cents a pound) at Knob Hill, Food City and A&P. Dominion has 8-pound bags of navel oranges for \$4.99. At Knob Hill oranges

are 99 cents a dozen. Mr. Grocer has green seedless grapes for \$1.94 a kilogram (88 cents a pound). Grapes are \$2.18 a kilogram (99 cents a pound) at IGA. Strawberries are 99 cents a pint at Miracle Mart.

Dairy

Knob Hill has Astro Yogurt, Balkan-style or low-fat, at 12 for \$4.99 or 49 cents each. Dominion has 175-gram tubs of Daisie Yogurt at 3 for \$1.99. Sealtest sour cream and cottage cheese are 99 cents for 500 millilitres at Knob Hill. Dominion has Carnation butter for \$1.99 a pound with coupon. Sealtest Parlour ice cream is \$2.99 for 2 litres at IGA. Miracle Mart has Beatrice Classic ice cream, 2-litre tub, for \$3.99.

Staples

McCain frozen orange juice is on special at Loblaw's and Super Centre for 99 cents for a 12-ounce tin. Miracle Mart has Sunpac for the same price. IGA has Sun Squeeze for the same price. Graves apple juice is 89 cents for a 1.36 litre (48 ounce) tin at A&P. Food City apple and tomato juices are on special at 79 cents for 1.36 litres (48 ounces). Food City has 12 bagels for \$1.99. Cheese buns and onion buns are 3 for 99 cents at IGA. Mr. Grocer has Starkist solid white tuna at \$1.99 for 6½ ounces.

Best Buys is compiled by Star home economist Mary McGrath from major supermarket prices advertised in today's Star. Other outlets may have comparable or lower prices on some items.

Best Buy Recipe

Sesame adds zest to spinach salad

Soy sauce and toasted sesame seeds give spinach specials a new twist. Watch for good buys on mushrooms and toss them in, too. Classic Vegetable Cookbook (Harper & Row) gets credit for the idea.

Spinach Salad With Sesame Seeds

¼ cup soy sauce
2 tsp granulated sugar
2 tbsp vegetable oil
2 tbsp sesame seeds
1½ lb (750 g) fresh spinach, well-rinsed, stems removed
½ lb (250 g) fresh mushrooms, sliced (optional)

Combine soy sauce, sugar and oil in a small saucepan. Stir over gentle heat until sugar dissolves. Let cool.

Toast sesame seeds in a frying pan over medium heat until they color. Using a rolling pin, crush them between two sheets of waxed paper. Stir into sauce.

Pour over spinach and mushrooms (if using) in a large bowl. Toss well and serve. Makes 6 servings.

Fighting junk food habits

OKLAHOMA CITY (AP) — Stumped for a way to beat your child's junk food habits? Parents can fight back.

Kay Stanfill, adjunct assistant professor of clinical dietetics, and Rachel Barkley, an assistant professor, both of the University of Oklahoma Health Sciences Center, offer suggestions:

Talk with your child about the foods that go into the lunch-box. Talk about foods that are nutritious and those that are not.

Let children help prepare lunch-box foods. Children are

more likely to eat what they have helped to prepare.

Encourage children to try whole-grain and multi-grain breads for sandwiches, or vary sandwiches by using English muffins, bagels and pita bread made from whole grains.

Let children select vegetables, fruits and side dishes from the salad bar in the grocery store. Package them for the lunch-box. Dried and canned fruits also are convenient and healthy choices.

Cookies can be a healthy choice if they contain wholesome ingredients.

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