

London Good Food Box Resource Playlist

Vegetable and Fruit Information Sheets

Name and Link to Resource	Description	Type
Vegetable Information Sheets https://www.halfyourplate.ca/fruits-and-veggies/veggies-a-z/	Information sheets about various vegetables. Includes information about selection, storage, preparation, seasonality and nutrition.	Downloadable Detailed Printable Fact Sheets English and French
Fruit Information Sheets https://www.halfyourplate.ca/fruits-and-veggies/fruits-a-z/	Information sheets about various fruits. Includes information about selection, storage, preparation, seasonality and nutrition.	Downloadable Detailed Printable Fact Sheets English and French
Food Facts		
Fresh Facts for Consumers https://www.halfyourplate.ca/fruits-and-veggies/fresh-facts-for-consumers/	Webpage contains information about the following topics: Covid-19 Information on Produce for Consumers Buy Local Irradiation Pesticides Protective Coatings Biotechnology Organics Food Safety	Webpage English and French
Foodland Ontario Availability Guide https://www.ontario.ca/foodland/page/availability-guide	Table showing when Ontario Vegetables and Fruit are in season	Webpage English and French
Family Meal Resources		
Family Mealtime Conversation Starters http://www.makemealtimefamilytime.com/free_mealtime_conversation_cards.pdf	Meal Talk Teasers: Cards with prompting questions to stimulate conversation at family mealtimes.	

<p>Benefits of eating Together (multiple languages) https://www.healthlinkbc.ca/healthy-eating/eating-together</p>	<p>Provides information about the health and social benefits of eating together as a family, how kids can help plan and prepare meals and positive eating behaviours.</p>	<p>Downloadable pdf's available in English Chinese Farsi French Korean Punjabi Spanish Vietnamese</p>
Children's Resources		
<p>Freggie Tales Games and Fun https://freggietales.ca/games-fun/</p>	<p>Various activities for young children including: Colouring pages Tic Tac Toe Bingo Word Search Jokes</p>	<p>Downloadable pdf's</p>
<p>Kids Food Critic Activity https://myplate-prod.azureedge.net/sites/default/files/2020-12/Food_Critic_508.pdf</p>	<p>Form that can be used for kids to draw the food they have sampled and critique the food by visual appeal, smell, taste and texture</p>	<p>Printable pdf</p>
<p>Cooking with Kids of Different Ages https://www.unlockfood.ca/en/articles/child-toddler-nutrition/cooking-with-kids.aspx</p>	<p>Webpage provides tips to get kids (2-11 years old) preparing food and cooking and recipes to try.</p>	<p>Webpage English and French</p>
<p>Top 10 easy ways to get teens cooking https://www.unlockfood.ca/en/Articles/Teen-agers/-Top-10-easy-ways-to-get-teens-cooking.aspx#.UjCZsdJwqSo</p>	<p>Simple tips to get teens involved in planning and preparing easy and healthy meals and snacks.</p>	<p>Webpage English and French</p>
Food Safety and Storage Resources		
<p>Home Storage Guide for Fresh Fruits and Vegetables</p>	<p>Tips for proper storage of vegetables and fruit to keep them as fresh as possible, to maintain flavour and nutritional value, further ripen fruit,</p>	<p>Webpage English and French</p>

https://www.halfyourplate.ca/wp-content/uploads/2014/12/cpma_fruits_and_vegetables_storage_guide-final2.pdf	prevent premature spoilage and food waste, prevent illness and get the most out of our money.	
Safe Cooking Temperatures https://www.canada.ca/en/health-canada/services/general-food-safety-tips/safe-internal-cooking-temperatures.html	Webpage contains information about safe cooking temperatures to prevent food-borne illness	Webpage English and French
Home Freezing Guide for Fresh Vegetables https://www.halfyourplate.ca/wp-content/uploads/2014/12/CPMA.Freezing_Guide_Fresh_Vegetables_EN.pdf	Freezing most vegetables at home is a fast, convenient way to preserve produce at their peak maturity and nutritional quality. The webpage provides information on various techniques for freezing and thawing vegetables, as well as a chart outlining the preparation and freezing techniques to use for a list of fresh vegetables.	Webpage English and French
Hand Hygiene (available in multiple languages) https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/hand-hygiene/	Tips for proper hand washing. Keeping hands clean is one of the most important steps to avoid getting sick and spreading germs. Hands carry and spread germs. Touching eyes, nose or mouth without cleaning hands or sneezing or coughing into hands may provide an opportunity for germs to get into the body.	Webpage available in following languages Arabic / العربية , Chinese , Filipino / Tagalog , French , Simplified Chinese , Spanish/Español English
Food Preparation		
How to Make Spiralized Zucchini without a spiralizer https://www.youtube.com/watch?v=ETgPaDQh9S4&t=2s	Chef shows 3 ways to make zucchini noodles (2:19 minutes)	Video English only