



Eat Right, Future Bright

Recipes and More

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Our Nutrition Program, **Eat Right, Future Bright** is funded by the Abbotsford Community Foundation, President's Choice Children's Charity and the Province of British Columbia Gaming Grant. This program allows us to feed hungry youth nutritious food each and every day! With this funding we are able to provide a healthy after school snack at our two youth drop-in centres and a dinner program once a month at each centre as well.

Our dinner program not only provides a healthy meal for up to 50 youth each month but it also provides youth with the opportunity to sit down around the table and share a meal family style with their peers and adult mentors who care about them. Through this program we educate youth on the importance of nutrition and provide life skills by teaching basic cooking technique. We believe that through this program we are building a stronger sense of community belonging and connectedness within the youth. We also believe that teaching the youth to cook affordable and nutritious meals will have a positive impact on their future health and financial security as well as on that of their families.

Recently we asked the youth what they enjoyed about dinner nights and this is what they had to say:

The food is always fresh and delicious

So many of the ingredients I have never used before!

I love to cook but don't get a chance to do it at home much

The best thing about dinner night is we get to sit and eat a warm meal with our friends



Recipe Source: Canada Food Guide

Ingredients

- 1 Flank Steak (about 600g/20 oz)
- 60ml (1/4 cup) balsamic vinegar
- 15ml (1 tbsp) sodium reduced soy sauce
- 15ml (1 tbsp) Worcestershire sauce
- 2 cloves of garlic, grated
- 10ml (2 tsp) chopped fresh rosemary
- 10ml (2 tsp) extra virgin olive oil
- 5ml (1 tsp) Dijon mustard
- 1 small red onion, cut into wedges
- 1 Zucchini, sliced
- 1 red pepper, quartered
- 740ml (3 cups) baby spinach

Directions

1. Using a fork, pierce flank steak all over and place in a re-sealable plastic bag
2. In a small bowl, whisk together vinegar, soy and Worcestershire sauce, garlic, rosemary, oil and mustard. Reserve 30ml (2 tbsp) and pour remaining mixture into the bag. Refrigerate steak for at least 1 hour or up to one day.
3. Place onion, zucchini and red pepper in a large ovenproof dish and spray lightly with cooking spray. Place vegetables in preheated oven over a medium high heat and cook for about 10 minutes, turning occasionally until tender crisp and golden. When done, drizzle with reserved balsamic mixture and toss to combine. Add spinach to wilt slightly; set aside.
4. Place steak on grill, turning occasionally for about 12 minutes, or until desired doneness. Remove to clean cutting board and let stand for 5 minutes before slicing thinly across the grain. Place steak over top of salad to serve.



CHEF OF THE MONTH

About Chef of the Month

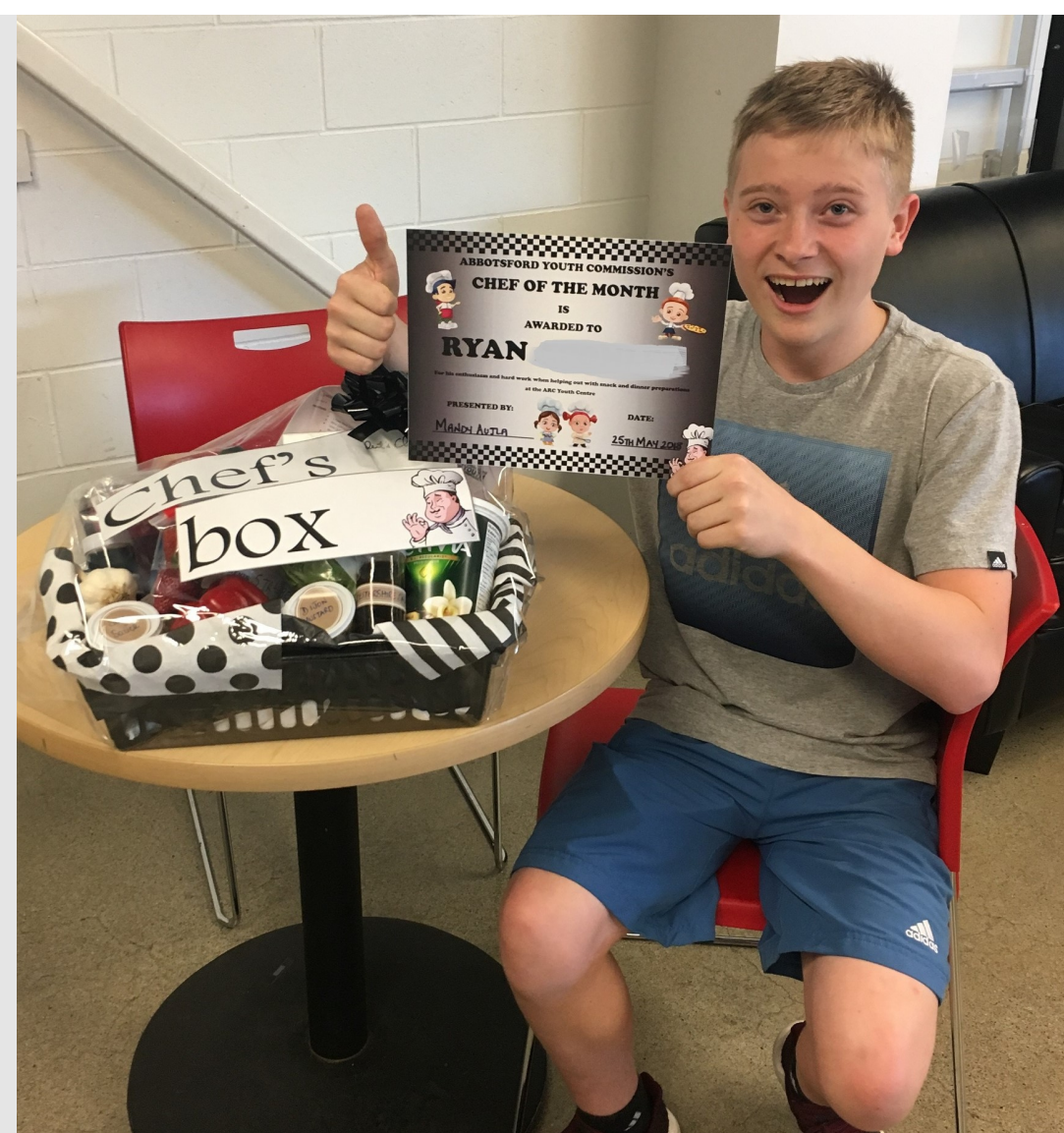


Every other month the staff at each Youth Centre will vote for the Chef of the Month. This will be someone who is regularly helping out with preparing snack/dinner and someone who has also contributed to the snack and dinner plans. The lucky person wins a Chef's Box including recipe cards and a Chef Of The Month Certificate.

May 2018 Chefs of the Month

AYC Youth Centre at ARC

Congratulations to Ryan, our Chef of the Month at ARC. When it comes to preparing snacks and helping out for dinner nights, he is the first to jump in. Ryan always speaks about the different types of foods such as breads, desserts and dinners he makes at home for his family which is why he enjoys helping at the AYC. He is great at helping the staff as well as the other youth and that's why Ryan is the Chef of the Month at the ARC Youth Centre.



AYC Youth Centre at MRC

Congratulations to Cody and James, winners of our first Chef of the Month prize! These two youth are always eager to help prepare healthy snacks & dinner. We hope they & their family enjoyed the Chef's Box filled with healthy ingredients and recipes!

DESSERT

Eat Right, Future Bright

Easy Blueberry-Lemon Parfait

Serves 4

Recipe Source: Canada Food Guide

Ingredients

- 2 cups

2 (8 oz)

cartons

10
- fresh or thawed frozen

blueberries

non-fat lemon yogurt

gingersnaps, crushed
- 4

parfait glasses or tall wine glasses

Directions

1.

In each of each of the parfait or wine glasses, put 1/2 cup blueberries, followed by 1/2 cup yogurt and then crumbled gingersnaps.



SNACK

Eat Right, Future Bright

Energy Bites

Yield: 15

Ingredients

- 1 cup

2/3 cup

1/2 cup

1/2 cup

1/2 cup + 2tbsp

1/3 cup

1 tbsp
- Rolled Oats

Roasted Coconut

Semi Sweet Chocolate Chips

Flax Seed

Peanut Butter

Honey

Chia Seeds (Optional)

Directions

1.

Combine all ingredients together, mix until wet. Feel free to use a mixer.
2.

Place in fridge for 30 minutes.
3.

Form into balls using your hands. Arrange balls on baking sheet and place in fridge overnight to set (or one hour in freezer).



ACKNOWLEDGEMENTS

The Abbotsford Youth Commission Eat Right, Future Bright program is provided through generous support of President's Choice Children's Charity, Abbotsford Community Foundation, and the Province of British Columbia.



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**ABBOTSFORD COMMUNITY
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