



Bellemare BBQ 2009

Councillor in Partnership with the Gloucester Centre Invites you to a Community BBQ

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| <ul style="list-style-type: none">◇ Sunday June 28◇ 11:30 a.m. to 3 p.m.◇ Gloucester Centre Ogilvie Road◇ Free admission◇ Free slides and rides | <ul style="list-style-type: none">◇ Free Hot Dogs & Drinks◇ Petting Zoo & Pony Rides◇ Opportunity to win big prizes◇ Enbridge Community Fun Tents◇ Tim Horton's/Rogers Community Cruiser |
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Funds raised will support :

Gloucester Emergency Food Cupboard
Eastern Ottawa Community Resource Centre

Bits and Bites

Raffle Tickets

We need **you** to help us sell raffle tickets for the Bellemare BBQ. There are great prizes:

- * VIA Rail pass for four anywhere in the Windsor-Quebec City corridor, value \$2000.
- * IPOD touch, value \$350
- * Canon digital camera, value \$150

The tickets sell for \$5 or 3 for \$10. Speak with Gwen or Lindsay to sell or purchase tickets.

Slide Show from the AGM

Is available on CD for anyone who would like to have a copy. Please let Gwen know if you are interested.

Summer Student

Lindsay Ficara began working with us full-time for the summer. She has completed her 2nd year at Concordia University in Montreal. Stop by the office to say hello.

Volunteers Needed for the Bellemare BBQ

We need volunteers to help out with the Bellemare BBQ Sunday June 28. There are morning and afternoon slots or help out all day. Sign-up at the Food Cupboard.

Reusable grocery bags needed

With many grocery stores beginning to charge for their plastic bags, we anticipate there will be fewer plastic grocery bags being donated. We are asking for donations of reusable bags and encouraging clients to bring their own bags.

Those who can, do.
Those who can do
more, volunteer.
~Author Unknown



GLOUCESTER EMERGENCY FOOD
CUPBOARD / CENTRE DE SECOURS
ALIMENTAIRE DE GLOUCESTER

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Bridging the Hunger Gap

Dates to Remember

- ◆ Bellemare BBQ -
June 28
- ◆ Closed - July 1

To see the complete article
or for more information
check out www.ohea.on.ca
(Ontario Home Economics
Association).

Adapted from It's a Date –
Best Before or Expiry?
Ellie Top, P.H.Ec (April 15,
2009)

Safe vs Tasty: “Best Before”

There is no doubt we have a heightened sense of food safety issues here in Canada, but just how the Canadian Food and Drug Regulations protects us may leave you puzzled. Essentially, the Regulations are concerned with the “durable life” of a product. That is, how long unopened food retains its “normal wholesomeness, palatability and nutritional value, when stored under appropriate conditions”. It is only pre-packaged foods with a shelf life of 90 days or less that are required to have a “best before” label.

The term “expiry date” is not a term used for food in Canada with the exception of infant formula. We see “best before”, “sell by” and “best if used by” which refers to the expiration of the product, not indicators of safety or quality.

So how do we know if something is safe to consume? By all means check the “best before” date but remember that this refers only to an unopened product. Once certain products such as dairy are opened, it should be used quickly. There are exceptions to this rule such as pre-packaged foods like cookies which may be past the date and quite safe to eat, if stale. However, even if something looks and smells good once it is opened micro-organisms may have entered the product thus making it unsafe to eat. When in doubt, throw it out. For foods with longer shelf lives such as breads, baked goods and even eggs, the ‘best before’ dates are more an indication of the quality than of food safety.

If the durable life of a food is greater than 90 days, manufacturers are not required to put ‘best before’ dates on their products, although many do so. Dates stamped on these products are determined by the manufacturer to indicate when the product is the most flavourful and nutritious. Such foods can usually be safely consumed well after their ‘best before’ dates, although they may have lost some of their original flavour and nutritional value. Therefore, that past-dated package of cookies hiding in the back of the cupboard is perfectly safe to eat, even if not very tasty. Keep in mind that it is perfectly legal to sell products after their ‘best before’ dates. The wise consumer will always check the dates on foods to be purchased.

Finally, it is actually legal to sell products past the expiry date so as with all else – consumer beware!