



## WHAT'S IN YOUR FRIDGE?

These days, the sight of my almost empty fridge brings me a sense of satisfaction. An empty refrigerator not only simplifies cleaning but also signifies that all leftovers and fresh produce have been successfully utilized, avoiding unnecessary waste. I envision tossing dollars and cents into the garbage bin each week when contemplating the consequences of buying food that goes unused.

A few years ago, while teaching a nutrition class, I incorporated a section on food waste and was astounded to learn that around 30-40% of all food ends up discarded. At that moment, I resolved to stop this wasteful cycle and became more mindful of my often-overlooked fridge, freezer, and pantry.

Start by planning meals and creating a shopping list to avoid overbuying. I keep that list right on my fridge with a fun magnet. Be mindful of expiration dates and organize your pantry and refrigerator to prioritize older items. Embrace the "first in, first out" approach when using ingredients. Get creative with leftovers by repurposing them into new dishes or freezing them for later use.

Practice proper storage techniques, such as utilizing airtight containers and refrigerating or freezing perishables promptly. Vegetable peelings and chicken bones can be frozen and later utilized for making a nutritious broth. These small changes in daily habits have contributed to reducing my food waste as well as saving money.

-Christine Canzani  
(Pauline's eldest daughter - nurse, teacher, health guru)





# JEKYLL ISLAND NOODLES



This dish is perfect when you're in a rush and have lots of random leftover veggies in your fridge that you don't know what to do with. I picked up this recipe when I visited Jekyll Island in Florida and have kept it ever since.

Step 1: Put two tablespoons of olive oil in your pan and sauté your harder veggies with onions and garlic if you wish.



Step 2: Cover and simmer for 5 minutes over low heat. Next, add your softer veggies that take less time to cook.



Step 3: Sauté and cover for another 5 min over low heat (if using tomatoes, add these last).

Step 4: Season to taste - I like to add soya sauce or hot sauce.

Step 5: Cook pasta while you are cooking the veggies to save time.







Step 6: Put the stir-fried veggies on the bottom of the plate and cover with pasta. Top with grated cheese of your choice. Enjoy!

Veggies you can use: carrots, parsnip, peppers, mushrooms, spinach, cauliflower, corn, peas, zucchini broccoli, etc.

## A LITTLE BIT OF MY HISTORY

On our farm we had the prettiest little stream that ran across the property. It was fed by Mohawk Lake up on the mountain.

My oldest brother, John, decided to start digging to see if he could widen the stream so we could swim. We were amazed to find a solid rock ledge that as we dug, created the most beautiful natural pond.

At that time, my neighbor, Naldy was my very best friend even though he was a few years younger than me. We did everything together, from roaming the forest to doing chores. The only problem was that Naldy couldn't swim and with our



brand new pond, I was anxious to have him play in the water with me. Ten-year old me decided that it was time for him to learn, so I used the tough love approach and threw him into the pond and waited. He sank down and for a heart-stopping moment I thought he was going to drown. Finally, Naldy started kicking and flailing and made his way back to safety. I'm sorry to say that my trick didn't work. Although Naldy eventually learned to swim, he still doesn't enjoy it and 70 years later I still feel bad for my ruthless swimming lesson.