

How about greening up your food buying?

Everywhere you look, there is tons of conversation about greening our world. Movies are made about it, it has become a huge issue in politics; our own town council is talking about it, and tons of articles are written about it.

Some greening efforts seem beyond our control. Some require major amounts of cash and the co-operation of multi-layers of government.

But, as we keep hearing, there are lots of things we can do on a smaller scale. I even read in the local paper last weekend that when the mayor and our local council met with "municipal greening experts" from other municipalities, one of their pieces of advice was not to wait, just start doing something, anything —no matter how

small.

Now that sounds like good advice. I must admit, I have never been the most environmentally conscious person.

I mean, I think I'm not completely oblivious — I never litter, I compost, I recycle, I wash and reuse our sandwich bags, I don't have and therefore can't abuse central airconditioning and I put on a sweater before cranking up the heat.

But, I do dry my clothes in a dryer— not

**Lori Gysel
&
Gerry
Kentner**



on a clothes-line. I like to have a hot shower every day. I turn on the oven whenever I want and I use plastic grocery bags most of the time.

And the plastic grocery bags, brings me to one of my favourite topics— the grocery store and food that is sold there.

If there is so much effort going into so many different ways of greening up, then perhaps we can turn our attention to what we are putting in our shopping cart.

There are some products that are just layer, upon layer, upon layer of plastic and cardboard. I know we are all busy and sometimes we need to have those convenience foods in order to get a meal on the table in time.

But, could we buy a little less? If we normally buy five frozen entrees per week, could we buy three or four?

Do we have to buy all of our yogurt in the individual disposable containers or could we buy some of it in a big tub, which can then be used for packing up leftovers and holding carrot sticks at home?

Do we have to buy new bottles of spices every time or can we bring our empty bottle in and just refill it with the spice in

question?

Can we look at the products that we buy and really think about whether there is another similar product that creates less waste?

There are some foods that travel so far to get to our tables. I know how many of us enjoy buying local produce at the Farmers' Market, because I see hundreds of you there every week.

So, when we are in the grocery store, can we just look and see where the product came from and perhaps take the one that was produced closer to home? Obviously we can't possibly do this with every food that we buy, but if we could all just do it a little more often, wouldn't it make a difference?

I work in a grocery store, so I've seen how much food fits in a trailer. If every family in Halton Hills bought local corn or apples or peaches instead of imported, just once in a particular week that would probably take two or three trailers off the road. And that is a lot of gas.

I know when it comes to buying local it sometimes means paying a higher price, but isn't it worth it to see local farmers stay in business and doesn't it taste better?

I know I'm pretty late hopping on the green bandwagon, but what the heck, better late than never! Have fun and keep cooking!

(Lori and Gerry can be reached at whatscookin@independentfreepress.com)

Chili Sauce

Ingredients

- 4 baskets tomatoes (about 24), cut up
- 1 cup chopped red pepper
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 cup chopped onions
- 1-2 cups brown sugar
- 1 cup white vinegar
- 2 tbsp salt
- 1/4 tsp ground ginger
- 1/2 tsp ground allspice
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cloves
- 6 peaches (optional)
- 6 pears (optional)

Method

1. Prepare vegetables.
2. Cook tomatoes, red pepper, celery, green pepper and onions in a small amount of oil over medium heat until soft.
3. Strain off three cups of tomato juice from the cooked veggies.



4. Add the brown sugar, vinegar, salt, ginger, allspice, cinnamon and cloves to the pulp.

5. If you wish to add peaches and pears, now is the time. Peel and core the peaches and pears, then chop. Add to the cooking mixture.

6. Bring the mixture to a boil and then reduce heat to a simmer. Simmer about two hours, stirring occasionally to prevent sticking.

7. Fill sterilized jars and seal.

Cook's Note: the quantity for the brown sugar says 1-2 cups. If you like your chili sauce sweeter, add the two cups, if you prefer it less sweet, just add one.



Food bank needs help

The Georgetown Bread Basket is very low on several food items— salmon, pasta sauce, skim milk powder, canned Juice, cold cereal, crackers, baking goods, canned meat, canned vegetables, canned fruit, instant coffee and we are also low on plastic bags. Any items could be dropped at the food bins at A & P, Food Basics, Price Chopper or The Real Canadian SuperStore.

Anyone who donates money to the Georgetown Bread Basket through Sept. 28 will have that donation matched by the Kraft Hunger Challenge. Donations can be made online, www.cafb.ca or at the food bank on Sinclair Ave.

SERVICE DIRECTORY

AIR DUCTS/CARPETS

Nobody Gets Your Air Ducts Cleaner Than Steamatic

- Removal of up to 92% of Airborne Pollutants
- Commercial and Residential
- Allergy Relief
- Custom Electrostatic Air Filters
- Carpet, Furniture & Drapery Cleaning

24 Hour
Fire, Smoke
& Water
Service



Free Estimate
Call (905) 877-2320

APPLIANCES

BULLDOG APPLIANCES

We Sell
NEW and USED APPLIANCES
Plus
PARTS & SERVICE

Showroom located at
55 Sinclair Ave., Unit 2
Georgetown

Call 905-702-1182

BASEMENT/WATERPROOF

CROWNSEAL INC.
BASEMENT WATERPROOFING

INDOOR OR OUTDOOR BASEMENT
WATERPROOFING APPLICATIONS
CUSTOM SUMP PUMP INSTALLATIONS

TEL: (905) 564-3575
NORVAL, ONTARIO

BUILDER

FREESTONE DESIGN BUILDERS INC.

ARCHITECTURAL DESIGNS & DRAWINGS
CUSTOM HOMES & ADDITIONS
OVER 20 YRS LOCAL EXPERIENCE AS A
REG'D BUILDER

905-873-4490
BRING US YOUR IDEAS
LET US BUILD ON THEM

CARPET CLEANING

CKC

Complete Karpet Care
Carpet & Upholstery Specialist

TRUCK MOUNT STEAM CLEANING

- FREE DEODORIZING & DISINFECTING
- 2 man crew with 20 years experience

Call The Professionals
905-873-1671

CARPENTRY

STOYLES CARPENTRY

RENOVATIONS
KITCHENS
DRYWALL

SUN DECKS
BASEMENTS
BATHROOMS

QUALITY WORKMANSHIP
877-3950

CONCRETE

Concrete Azores Ltd.
"Concrete Specialists"

- Concrete Work • Exposed Aggregate
- Basement & Garage Floors
- Interlocking • Flagstone • Sealing

Antonio Amaral 905-827-8022
Paul Vieira 905-399-2042
www.concreteazores.ca

CONCRETE

T.J. CONCRETE CONSTRUCTION

FLOORS • SIDEWALKS • POOL DECKS
• DRIVEWAYS • STEPS • CURBS • PATIOS
• CAPPING REPAIRS • FOUNDATION REPAIRS
• STAMPED CONCRETE

CALL FOR YOUR FREE ESTIMATE

Call (519) 853-0540
Serving Halton & Area

CONSTRUCTION

SERVICE INNOVATIONS
General Contracting
905-702-7341

- ▶ Basement Finishing
- ▶ Bathroom Remodelling
- ▶ General Renovations

Call MIKE 905-702-7341

Member of
BBB