

# 2021 CALENDAR

<p>January</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	<p>February</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28</p>	<p>March</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30 31</p>	<p>April</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30</p>
<p>May</p> <p>S M T W T F S</p> <p>1</p> <p>2 3 4 5 6 7 8</p> <p>9 10 11 12 13 14 15</p> <p>16 17 18 19 20 21 22</p> <p>23 24 25 26 27 28 29</p> <p>30 31</p>	<p>June</p> <p>S M T W T F S</p> <p>1 2 3 4 5</p> <p>6 7 8 9 10 11 12</p> <p>13 14 15 16 17 18 19</p> <p>20 21 22 23 24 25 26</p> <p>27 28 29 30</p>	<p>July</p> <p>S M T W T F S</p> <p>1 2 3</p> <p>4 5 6 7 8 9 10</p> <p>11 12 13 14 15 16 17</p> <p>18 19 20 21 22 23 24</p> <p>25 26 27 28 29 30 31</p>	<p>August</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6 7</p> <p>8 9 10 11 12 13 14</p> <p>15 16 17 18 19 20 21</p> <p>22 23 24 25 26 27 28</p> <p>29 30 31</p>
<p>September</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30</p>	<p>October</p> <p>S M T W T F S</p> <p>1 2</p> <p>3 4 5 6 7 8 9</p> <p>10 11 12 13 14 15 16</p> <p>17 18 19 20 21 22 23</p> <p>24 25 26 27 28 29 30</p> <p>31</p>	<p>November</p> <p>S M T W T F S</p> <p>1 2 3 4 5 6</p> <p>7 8 9 10 11 12 13</p> <p>14 15 16 17 18 19 20</p> <p>21 22 23 24 25 26 27</p> <p>28 29 30</p>	<p>December</p> <p>S M T W T F S</p> <p>1 2 3 4</p> <p>5 6 7 8 9 10 11</p> <p>12 13 14 15 16 17 18</p> <p>19 20 21 22 23 24 25</p> <p>26 27 28 29 30 31</p>

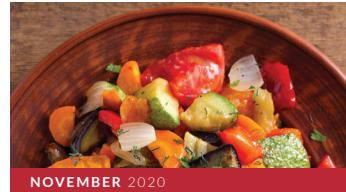
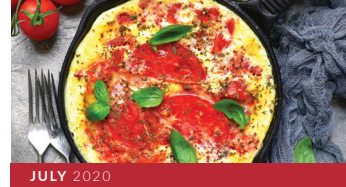
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# 2020 CALENDAR



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## FOOD FOR THOUGHT



Dear compassionate friend,

As you flip through the pages of this calendar, you'll find photos and recipes featuring delicious, nutritious and low-cost meals.

All of the recipes have been painstakingly researched and compiled by Jill Burns, our registered dietician, to ensure maximum nutritional value.

I hope you'll try a few recipes. More than anything, I hope you'll be reminded each month what a difference you make to people in our community with your generous support of the Ottawa Food Bank.

Thank you!

*Michael*

**Michael Maidment**  
Chief Executive Officer  
Ottawa Food Bank



## Peanut Butter, Jam and Apple Overnight Oats

A delicious grab-and-go breakfast for those “rushing out of the house” kind of mornings.

**5 mins**  
**1 serving**

### Ingredients

- ½ cup** oats
- ½ cup** milk (*preferably 1% M.F.*)
- 2 tbsp** peanut butter (*preferably natural with no salt*)
- 1 tbsp** jam/jelly type spread (*optional*)
- ½** medium apple, raw with skin (*grated*)
- 1 tsp** ground cinnamon (*optional*)

### Directions

Add oats to container of your choice such as a mason jar; pour milk over top; grate apple and layer on top with peanut butter and jam/jelly.

Leave in fridge overnight and enjoy the next day! Top with the other ½ of the apple for a crunchy twist.

# JANUARY 2020

## Peanut Butter, Jam and Overnight Oats

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1 New Year's Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

The new year can bring tight budgets after holiday spending. You can help feed those in need.  
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# FEBRUARY 2020

**Lentil Soup**  
[ottawafoodbank.ca/recipes](http://ottawafoodbank.ca/recipes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
					Valentine's Day	
16	17	18	19	20	21	22
	Family Day (AB, BC, NB, ON, SK)					
23	24	25	26	27	28	29

Spread the love: fill your hungry neighbours' plates and hearts this month!  
[ottawafoodbank.ca](http://ottawafoodbank.ca)





## Cheesy Tuna Casserole

This classic mealtime dish is packed with protein. Feel free to add or substitute any vegetable, not only does it make the dish go further, it can introduce veggies to kids in a way they find tasty!

**40 mins**

**6 servings**

### Ingredients

- 1** large onion (*chopped*)
- 3** cloves garlic (*minced*)
- 1** can (284ml) condensed cream of mushroom soup
- 1 cup** water
- 2** medium stalks celery (*chopped*)
- 1** small sweet red pepper (*chopped*)
- ½ cup** sweet corn niblets (*canned or frozen*)
- ½ cup** green peas (*canned or frozen*)
- 3** cans light tuna (*packed in water*) – drained
- ½ tsp** black pepper
- 1 cup** cheddar cheese (*shredded*)
- 2 cups** whole wheat elbow macaroni (*dry*)

### Directions

Heat oil in saucepan over medium heat; add onion and sauté until soft; add garlic and sauté for 1 minute; add soup and water; add celery and red pepper; add peas, sweet corn and tuna; simmer gently for 10 minutes. While waiting, bring a large pan of water to the boil; add pasta and cook until al dente; place cooked pasta into greased 13" x 9" casserole dish; add the tuna/vegetable mix and ½ cup of cheese to the pasta and stir together; sprinkle with the remaining ½ cup of cheese; place under broiler for several minutes until the cheese is brown; remove from oven.

# MARCH 2020

## Cheesy Tuna Casserole

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20	21
22	23	24	25	26	27	28
29	30	31	1	2	3	4

Not everyone has 'the luck o' the Irish'. Your support can help feed those less fortunate.  
[ottawafoodbank.ca](http://ottawafoodbank.ca)



## Banana Oat Pancakes

These fluffy breakfast pancakes can really kick breakfast up a notch. Sweetened with banana and made with oats, these tasty pancakes are deliciously light but filling. Top with your favourite extra like fresh or thawed fruit, yogurt, peanut butter or Canada's classic favourite – maple syrup.

**25 mins**  
**9 serving**

### Ingredients

**2 cups** Quaker oats  
**4** small eggs  
**2** bananas  
**1 cup** partly skimmed (2% M.F.) milk  
**½ cup** cup vegetable/canola oil  
**½ tsp** ground cinnamon  
**3 tsp** baking powder

### Directions

Mash the bananas and beat the eggs in separate bowls and combine; add oats, milk, 2 tbsp. oil, baking powder and cinnamon to the egg/banana mix; blend together with fork or hand blender until smooth; let sit for 10 minutes. Preheat a nonstick skillet over medium heat and brush with skillet with remaining oil. In batches, pour about ¼ cup batter per pancake onto skillet, spacing well apart. Cook, turning once, for about 3-5 minutes per side until golden brown. Wipe skillet between batches and repeat. Top with optional extras such as fruit, maple syrup, peanut butter, honey, Greek yogurt, fresh or thawed fruit.

# APRIL 2020

## Banana Oat Pancakes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	31	1	2	3	4
5	6	7	8	9	10 Good Friday	11
12 Easter	13 Easter Monday	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	1	2

A bountiful harvest is months away. Spring is here and our shelves are almost bare.  
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## Bean Salad

A delicious and colourful high-fibre addition to the salad table.

15 mins

6 servings

### Ingredients

**3 cups** of any canned beans  
(chick peas, garbanzos, black, kidney,  
Bengal gram) – rinsed and drained  
**1** medium onion (chopped)  
**1** small sweet red pepper (chopped)

**3 cups** broccoli (chopped into clusters)  
**2 cups** green beans or corn (canned or fresh)  
**4 tbsp** mayonnaise  
Parsley as topping (optional)

### Directions

Place beans in bowl. Lightly steam the broccoli and green beans. Cut the beans and broccoli into mouth-sized pieces. Add to bean mix. Chop onion and pepper and add to mix. Add the mayonnaise into the mix and refrigerate until ready to serve.

*Optional – add herbs and spices of your choosing to the mayonnaise, such as cumin, oregano, parsley, basil, mint, dill.*

# MAY 2020

## Bean Salad

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
Mother's Day						
17	18	19	20	21	22	23
	Victoria Day					
24	25	26	27	28	29	30
31						

May is the time for planting at our Community Farm.  
[volunteer@ottawafoodbank.ca](mailto:volunteer@ottawafoodbank.ca)



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## Delicious Fish and Sweet Potato Curry

This quick and savoury dish uses pollock which cooks quicker than cod or haddock. Kids will devour it before they know all the goodness inside – this recipe is rich in protein, omega-3 fats, iron, and vitamin D.

**40 mins**  
**6 serving**

### Ingredients

<b>1-2 tbsp</b> cooking oil	<b>1</b> can of coconut milk
<b>1</b> onion ( <i>diced</i> )	<b>4-6</b> pieces white fish ( <i>preferably pollock – fresh or thawed, cut into 1 inch pieces</i> )
<b>2</b> cloves garlic ( <i>minced</i> )	<b>1 cup</b> peas (canned or frozen)
<b>2 tsp</b> curry powder or to taste	<b>1 tbsp</b> lime juice
<b>2</b> sweet potatoes ( <i>washed and diced</i> )	<b>OR 2 tbsp</b> lemon juice ( <i>optional</i> )
<b>1</b> can of tomatoes	

### Directions

Heat oil in a large pan. Add onion and sauté for 3 minutes until soft. Add garlic and curry paste to onions and sauté for an additional minute. Add sweet potatoes, canned tomatoes and coconut milk to the sautéed mixture. Bring to a gentle simmer and allow to cook until the sweet potato is almost tender (10-15 mins). Add the fish and peas to the mixture. Continue to simmer for 5-10 minutes until the fish and sweet potato are cooked. Add the lime or lemon juice if you desire.

Serve either alone as a one pot meal or on a bed of cooked brown rice.

If you have fresh cilantro – sprinkle over your meal and serve. Enjoy!

# JUNE 2020

## Delicious Fish and Sweet Potato Curry

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
Father's Day	Discovery Day					
28	29	30	1 Canada Day	2	3	4

You can help families with kids through our Summer Lunch Program.  
[ottawafoodbank.ca](http://ottawafoodbank.ca)





## Egg and Zucchini Slice

A delicious, quick and nutritious meal. This is a great all-rounder, loved by kids and adults alike.

**45 mins**

**6 servings**

### Ingredients

**2 tbsp** vegetable or olive oil

**1** large onion (*chopped*)

**2** cloves garlic (*minced*)

**3** medium zucchinis

**10** eggs

**¾ cup** all purpose, flour

**1½ tsp** baking powder

**¼ cup** vegetable or canola oil

**2** medium tomatoes

**½ cup** cheddar cheese (*grated*)

**1** small sweet red pepper

### Directions

Heat 2 tbsp. oil in a saucepan over medium heat; add onion and sauté until soft; add garlic and sauté for 1 minute; remove from heat. Grate zucchini and add to onion and garlic. Add mixture to a well-greased 13" x 9" baking dish. In a small bowl, combine eggs, flour, baking powder, vegetable oil and beat well by hand, using a fork, whisk or hand blender. Pour over onion, garlic and zucchini mixture. Slice tomato and red pepper and place on top of egg mixture. Sprinkle with cheese. Place in oven at 350°F (180°C) for 30-40 minutes.

When completely cooked through, serve and enjoy!

# JULY 2020

## Egg and Zucchini Slice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1 Canada Day	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1





# AUGUST 2020

**Chicken Salad**  
[ottawafoodbank.ca/recipes](http://ottawafoodbank.ca/recipes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
26	27	28	29	30	31	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

It's Harvest time at the Farm — will you lend a hand?  
[volunteer@ottawafoodbank.ca](mailto:volunteer@ottawafoodbank.ca)





## Hearty Chick Pea Stew

A delicious warming combination of chick peas, vegetables, herbs and spices.

**30 mins**

**4 servings**

### Ingredients

**2 tbsp** vegetable or olive oil

**1** large onion (*diced*)

**2** cloves garlic (*minced*)

**1** large (796 ml) can of tomatoes (*preferably diced*)

**2** medium stalks celery (*chopped*)

**2** medium carrots (*cut into rounds*)

**½ cup** corn niblets (*canned or frozen*)

**3 cups** chick peas (*or garbanzos, bengal gram*), canned – rinsed & drained

**2 tsp** dried oregano (*optional*)

**1 tsp** dried basil (*optional*)

**1 tsp** chili powder (*optional*)

**4 cups** cooked rice (*brown, long-grain*) or other grains

### Directions

Heat oil in a saucepan over medium heat; add onion and sauté until soft; add garlic and sauté for 1 minute; add canned tomatoes, celery, carrots, corn and chick peas; stir until blended. Add basil, oregano and chili powder to desired taste.

Cover and gently simmer until carrots are soft (about 15 minutes). Serve on a bed of rice.

# SEPTEMBER 2020

## Hearty Chick Pea Stew

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31	1	2	3	4	5
6	7 Labour Day	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	1	2	3

Give kids the tools they need for school — including healthy afterschool snacks.  
[ottawafoodbank.ca](http://ottawafoodbank.ca)



# OCTOBER 2020

**Squash Mac and Cheese**  
[ottawafoodbank.ca/recipes](http://ottawafoodbank.ca/recipes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
4	5	6	7	8	9	10
11	12 Thanksgiving Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Halloween

You can ensure every family has healthy food on their table this Thanksgiving.  
[ottawafoodbank.ca](http://ottawafoodbank.ca)





## Roasted Squash Medley

A delicious medley of summer and fall vegetables packed with nutritious goodness. Enjoy this colourful accompaniment with fish, chicken, pork or beef. Add or replace any vegetables with your favourites.

**40 mins**

**6 servings**

### Ingredients

**3 cups** winter squash such as butternut

**1** small potato (*flesh and skin*)

**2** medium carrots

**1** large onion

**3** cloves garlic (*minced*)

**4 tbsp.** vegetable or olive oil

**¼ tsp** table salt

**¼ tsp** black pepper

**1** sweet red pepper

**1** sweet yellow pepper

**1 tsp** dried thyme (*optional*)

**½ tsp** dried oregano (*optional*)

**2** large zucchinis

### Directions

Preheat oven to 400°F (200°C). Grease a suitable sized baking dish. Chop butternut squash, potato, carrot, onion, red and yellow peppers and zucchini into 1" cubes and place in bowl. Combine oil, salt, black pepper, thyme and oregano (*optional*). In large bowl, toss all vegetables with dressing and place mixture in baking dish. Bake uncovered until the vegetables are tender, about 20-30 minutes.

Serve and enjoy!

# NOVEMBER 2020

## Roasted Squash Medley

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11 Remembrance Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	1	2	3	4	5

The upcoming holidays bring extra stress for families -- offer support!  
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# DECEMBER 2020

**Leftover Turkey Sandwich**  
[ottawafoodbank.ca/recipes](https://ottawafoodbank.ca/recipes)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
29	30	1 Giving Tuesday	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24 Christmas Eve	25 Christmas Day	26 Boxing Day
27	28	29	30	31 New Year's Eve	1 New Year's Day	2

You can make the holidays brighter for families in need. Help stock our shelves.  
[ottawafoodbank.ca](https://ottawafoodbank.ca)

