



FIGHTING HUNGER
IN AUSTRALIA

The Evening Bite

FOODBANK WA'S FOOD SENSATIONS® FOR ADULTS NEWSFEED

MARCH 2017



FOOD TRENDS OF 2017

Food trends come and go. Here is our pick of the good, the bad and the ugly for 2017.

GO

Vegetarian foods

Try veggie pasta, pizzas, burgers and beans or lentils.

Faster food

Healthy products that are quick & easy; e.g. microwave rice, packaged salads, frozen vegies.

Reduce waste

Meal planning, freezing and correctly storing food is good for the environment & saves money.

SLOW DOWN

Dairy free

We need the calcium from milk, yoghurt & cheese.

Raw desserts

Can be high in energy and expensive, so watch the portion size.

'Natural' packaged foods
Read the nutrition information panel to see how 'natural' it really is.

STOP

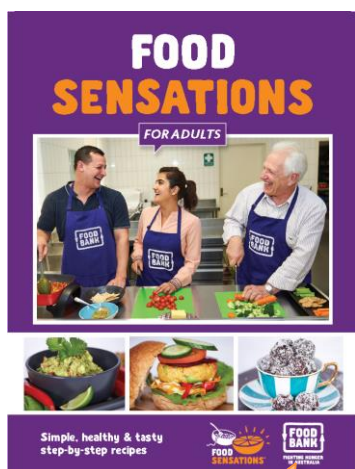
Fat-free, carb-free, sugar-free

A healthy diet should include all of these nutrients in moderation.

Super-sized food

Our bodies don't need the massive milkshake or triple stack burger.

New extreme diets
The more restrictive the less likely that you can follow it.



PRESENTING THE NEW ADULT RECIPE BOOK FOOD SENSATIONS FOR ADULTS

Containing **16** brand new simple, healthy and tasty step-by-step recipes and handy tools from our education sessions, this recipe book has everything you need to plan, prepare and share delicious food at home.



Try our
Chicken Pad
Thai recipe
below

Get your copy when you attend a program or download online at
foodbankwa.org.au/food-sensations-for-adults

Chicken Pad Thai

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Serves
4-6

Cooking time
30

Cost per serve
\$3.50

Veg per serve
2.5



TIP
Add ¼ cup fresh coriander and one diced chilli for extra flavour



- Ingredients**
- 1 packet Pad Thai noodles (200-250g)
 - 4 tablespoons fish sauce or soy sauce
 - 6¼ cups water, Spray oil
 - 1 lemon or lime
 - 1 tablespoon sugar
 - 2 chicken breasts (500g)
 - 2 doves garlic
 - 2 carrots, 1 red capsicum
 - 12 snow peas/green beans, 1 packet bean sprouts, 4 tablespoons crushed unsalted nuts*



- Equipment**
- Large bowl
 - Small bowl
 - Cup measures
 - Spoon measures
 - Knife
 - Chopping boards
 - Frypan
 - Spatula
 - Strainer

*contains nuts

How to make it



1. Add 6 cups boiling water to a large bowl, add noodles and soak for 5-10 minutes. Drain noodles using strainer.



2. Mix fish or soy sauce, ¼ cup water, juice from lemon or lime and sugar in a small bowl.



3. Cut chicken into small strips. Spray frypan with oil and turn onto medium heat. Cook chicken for 5 minutes until brown. Set aside.



4. Thinly slice garlic and vegetables. Spray frypan with oil, add garlic and vegetables and stir-fry for 5 minutes.



5. Add sauce, chicken, beansprouts and noodles to frypan, mix together and turn frypan off. Sprinkle nuts on top.

2017 FOOD SENSATIONS FOR ADULTS PUBLIC PROGRAMS

DATE	LOCATION	TIME
Thursdays, May 4, 11, 18 & 25	Foodbank Peel, 68 Reserve Drive, Mandurah	10:30am - 12:30pm
Fridays, May 5, 12, 19 & 26	Foodbank WA, 23 Abbott Rd, Perth Airport	11:00am - 1:30pm
Thursdays, June 1, 8, 15 & 22	Pearsall Hocking Community Centre, Pearsall	10:30am - 1:00pm

BOOK ONLINE or call 9463 3230

BUDGET TIP

'Convenience items' such as grated, sliced or cubed cheese are more expensive per kilogram. Buy a block of cheese and grate or cut it into slices or cubes yourself to save money.

Block cheese	Grated cheese	Cheese cubes
 \$7.50 per kg	 \$9.30 per kg	 \$15 per kg

FOOD FUNNIES



LYNCH



Food Sensations for Adults is a program funded by the Department of Health.

