CUPBOARD CREATIONS - YOUR NEXT MEAL IS ALREADY HERE! SEPTEMBER 2026

ZUCCHINI- SQUASHING THE COMPETITION!
BUDGET-FRIENDLY RECIPE OF THE MONTH

OUR 2026 THEME IS "SHELF-AWARENESS: THE JOY OF SIMPLE COOKING!" 2026 WILL HIGHLIGHT RECIPES FROM "THE BASIC SHELF COOKBOOK" FROM THE CANADIAN PUBLIC HEALTH ASSOCIATION (HTTPS://PUBLICATIONS.CPHA.CA/COLLECTIONS/PUBLICATIONS)

ALL THE RECIPES SHARED THIS YEAR CAN BE MADE FROM LOW COST NUTRITIOUS INGREDIENTS! MOST OF THE INGREDIENTS USED CAN BE KEPT IN YOUR CUPBOARD FOR A LONG TIME, WITHOUT NEEDING REFRIGERATION. YOU WILL ALSO NEED TO BUY A FEW FRESH FOODS FOR MOST OF THE RECIPES SHARED.

SPAGHETTI & MEAT SAUCE

INGREDIENTS:

- ½ LB GROUND BEEF (ALTERNATIVE OPTIONS INCLUDE GROUND CHICKEN, TURKEY, OR PORK).
- 3 CUPS SLICED ZUCCHINI (ABOUT 2 ZUCCHINI)
- 1 LARGE ONION, FINELY CHOPPED
- 1 CAN STEWED TOMATOES (540ML)
- 1 TSP DRIED OREGANO (5 ML)
- SALT AND PEPPER TO TASTE
- HOT, COOKED SPAGHETTI

FOR VARIETY, TRY GRATED CARROTS INSTEAD OF ZUCCHINI NEXT TIME!

HERE`S HOW TO MAKE IT:

1. TURN ON STOVE TO MEDIUM HEAT. COOK AND STIR GROUND BEEF AN ONION IN A LARGE FRYING PAN UNTIL THE BEEF HAS BROWNED. DRAIN OFF FAT.
2. ADD ZUCCHINI, TOMATOES AND OREGANO TO THE FRYING PAN. HEAT TO BOILING. LOWER HEAT, COVER AND SIMMER 25 TO 30 MINUTES. STIR SEVERAL TIMES. ADD SALT AND PEPPER TO TASTE .
3. SERVE SAUCE WITH HOT, COOKED SPAGHETTI.

SERVES4



CONTEST ALERT!!

WE WANT TO HEAR FROM YOU!
HOW DO YOU SAVE MONEY ON GROCERIES?



SHARE YOUR MONEY SAVING TIPS TO BE ENTERED TO WIN A DRAW FOR ONE OF FOUR PRIZE PACKS, VALUED AT $30 EACH, CONTAINING PANTRY BASICS (DRIED AND CANNED GOODS) FEATURED IN THE BASIC SHELF COOKBOOK PLUS YOUR OWN COPY OF THE COOKBOOK! FOR FULL CONTEST DETAILS AND TO ENTER GO TO HTTPS://BIT.LY/4YKEFZQ OR SCAN QR CODE

SCAN ME TO ENTER

BRAG A LITTLE. INSPIRE A LOT! AND HELP OTHERS SAVE SOME DOUGH!

ARE YOU HUNGRY FOR MORE?

TO ACCESS 10 FREE RECIPES FROM THE COOKBOOK, VISIT CANADIAN PUBLIC HEALTH ASSOCIATION COVID-19 AND THE BASIC SHELF COOKBOOK WEBSITE (HTTPS://WWW.CPHA.CA/COVID-19-AND-BASIC-SHELF-COOKBOOK)

THE PESTO'S YET TO COME!

FANCY A NEW SAUCE TO PAIR WITH PASTA? TRY THIS 3 STEP PESTO RECIPE!

INGREDIENTS:

- 3 LARGE GARLIC CLOVES (MINCED)
- ¼ CUP UNSALTED ROASTED SUNFLOWER SEED KERNELS
- 1½ CUPS FRESH BASIL
- 1½ CUPS FRESH BABY SPINACH
- 1 TBSP LEMON JUICE
- 3 GARLIC CLOVES (MINCED)
- ½ CUP OLIVE OIL
- 1 TSP SEA SALT
- ¼ CUP PARMESAN CHEESE (GRATED)

INSTRUCTIONS:

1. GATHER ALL INGREDIENTS. WASH AND DRY BASIL AND BABY SPINACH LEAVES THOROUGHLY.
2. IN A FOOD PROCESSOR (OR CHOPPED BY HAND), ADD GARLIC, SUNFLOWER SEEDS, PARMESAN CHEESE, AND SALT, AND PULSE UNTIL CHOPPED. THEN, ADD BASIL AND SPINACH LEAVES, CONTINUING THE PROCESS UNTIL ROUGHLY CHOPPED.
3. ADD LEMON JUICE, AND THEN WHILE THE FOOD PROCESSOR IS RUNNING ON LOW, ADD THE OLIVE OIL IN A STEADY STREAM UNTIL SMOOTH. NOW IT'S READY TO ENJOY HOWEVER YOU PLEASE!

TRY ADDING ZUCCHINI TO THIS RECIPE!

1. ZUCCHINI IS MOSTLY WATER, WHICH CAN MAKE YOUR PESTO RUNNY. IF YOU'RE BLENDING IT, GRATE THE ZUCCHINI FIRST AND SQUEEZE OUT THE EXCESS WATER USING A CLEAN KITCHEN TOWEL!
2. YOU CAN SIMPLY TOSS IT RIGHT INTO THE FOOD PROCESSOR ALONG WITH YOUR BASIL, NUTS, GARLIC, OLIVE OIL, AND PARMESAN. THIS BULKS UP THE SAUCE SO IT GOES FURTHER AND FEELS RICHER.

For this recipe and more visit Budget Bytes Website
https://www.budgetbytes.com/budget-friendly-pesto/

PASTA-TIVELY AMAZING

- TUMMY HERO - ZUCCHINI IS A GREAT SOURCE OF FIBRE, WHICH KEEPS YOUR DIGESTIVE SYSTEM RUNNING SMOOTHLY AND YOUR GUT FEELING GREAT!
- WATER YOU WAITING FOR? - ZUCCHINI IS AN INCREDIBLY HYDRATING VEGETABLE, CONSISTING OF ABOUT 95% WATER BY WEIGHT!
- BONE BOSS - WITH A SOLID DOSE OF VITAMIN K, ZUCCHINI AIDS IN KEEPING YOUR BONES STRONG AND IS ESSENTIAL FOR BLOOD CLOTTING AND HEART HEALTH!



SPA-GHETT SMILING



- WHY DO ZUCCHINIS MAKE GOOD LISTENERS?
  - THEY NEVER SQUASH YOUR FEELINGS.
- WHAT DO YOU CALL A ZUCCHINI WHO TELLS THE TRUTH?
  - AN HONEST-TO-GOURD VEGETABLE.
- WHY WAS THE ZUCCHINI SO CONFIDENT?
  - IT HAD GREAT ROOTS.



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