



# Press Release

FOR IMMEDIATE RELEASE - Perth, Ontario - August 26, 2009:

## Foodsmiths to appear on the “A-channel” Ottawa Morning Show with great back to school recipes and tips.

Foodsmiths Department Manager, Marilyn MacPherson, will appear on the A-Channel Morning Show, Ottawa, on Tuesday, September 1st, 2009 at 8:55am and again at 9:25am. Marilyn will be putting together some delicious healthy lunch ideas, as well as a hearty Corn Chowder made from some local ingredients.

Planning ahead and involving your children in preparing their lunches is a great way to teach them good nutrition and it means they are more likely to eat what they prepare. Marilyn will show A-Channel viewers how easy it is to put together a healthy tasty lunch in no time at all. Nutritious after school munchies and dinners are always a challenge for busy families. The Foodsmiths hearty Corn Chowder recipe is sure to please and can be enjoyed for lunch, after school or dinner.

With back to school just around the corner, Foodsmiths has great nutritious lunch and dinner ideas to keep our kids' minds and bodies active. From fresh baked goods and bulk foods to local produce and cold meats, Foodsmiths can make sure your children have the healthy 'fuel' they need to get them through the school day.

### **TOFU CURRY SALAD OR SANDWICH FILLING**

1 454g block firm tofu  
1/3 cup mayonnaise  
(Types of Mayo: vegan/organic/soya/gluten free/canola)  
1 tbsp curry powder  
1 rib Ontario celery diced  
1/4 cup grated Ontario carrot  
1/4 cup raisins  
3 Tbsp finely diced red onion  
salt and pepper to taste

Drain tofu really well between paper towels. Crumble the tofu into small bits. Add the raisins, celery, carrot and onion. In a separate small bowl mix together the mayo, curry, salt and pepper. Pour the mayo mixture over the tofu mixture. Mix together well. Top with your favorite fixings.

This nutritious mixture makes a great sandwich filling just add lettuce and sprouts in a whole wheat wrap, a nice crust roll or your favourite bread.

### **CORN CHOWDER**

4 medium size ears of local corn-on-cob (2 cups)  
4 medium Ontario potatoes (peeled and diced)  
1 large Ontario onion (peeled and diced)  
2 cups of vegetable broth (or chicken broth)  
3 1/2 cups of milk  
4 Tbsp flour  
4 Tbsp butter  
salt and pepper to taste

Put your corn on the cob into cold water and bring to a boil. Let the corn cook for 10 minutes - no longer. Set the corn aside to cool. When cooled remove from cob. Melt the butter in large pot. Drop the diced onion into the melted butter. Sauté the onion until softened. Sprinkle the flour over the onion. Let the flour brown slightly. Pour in the vegetable stock and the potatoes. Cook until the potatoes are softened. Drop in the corn kernels. Pour in the milk - to help speed the cooking time you can heat the milk in the microwave first. Cook for an additional 10 minutes. Salt and pepper to taste. Top with some freshly grated smoked cheddar or gouda. Serve with fresh baked bread.

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