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Choosing a Meal Delivery Service

from the Better Business Bureau

Meal delivery services give consumers a more convenient way to make home-cooked dinners by delivering fresh, pre-measured ingredients and easy-to-follow recipes to your doorstep. But just like any other service, each company is different.

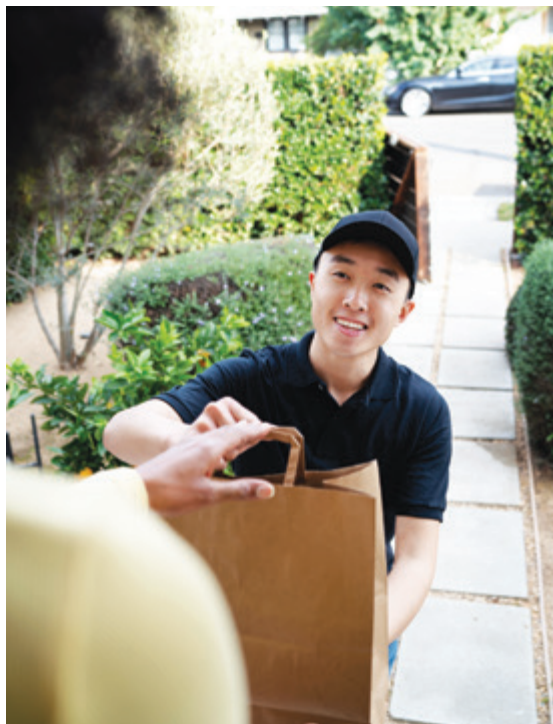
Pricing, ingredients, and preparation requirements vary greatly between services. You'll need to do some homework to pick the one that best meets your family's needs. If the appeal of a meal delivery subscription is learning new recipes and experimenting with ingredients, you might choose one company. But if your main interest is speed and simplicity, another may be a better fit.

The following tips will help select an ideal meal delivery service for your household:

- Research the delivery service. Ask friends and family, read reviews, and check BBB.org to learn about past customers' experiences.
- Set a budget and check the fine print. Pricing can vary from one company to the next. Make certain the service aligns with your budget. In addition, not all meal delivery services include shipping fees in their pricing – read the fine print.
- Know your skill level. Before committing to a plan, research what kind of cooking techniques you'll need to know. If a company's recipes require searing, roasting, and braising, do you know how? If not, make sure you have the time to learn new techniques.
- Consider ingredient quality. Not all companies offer organic, non-GMO, or free-range meal ingredients. If these are must-haves for your family, make sure the company offers them.
- Determine how much prep work you want. Some companies do more chopping and sauce-making than others. This seemingly small difference can make a big difference in how long each meal takes to make.
- Consider the customer service. If there is ever a problem – a missing recipe card or ingredient, for

example – you want to know that you can count on customer service. Make sure there are clear, easy ways to contact the company, even late in the evening. Read the company's reviews and keep an eye out for any indication that customer service is lacking.

- Check the cancellation policy. Before making a decision to subscribe to meal delivery, understand the cancellation policy. Each company is different and some may have very strict policies.
- Be careful with personal information. Most food delivery services process payments online. Make sure the company is legitimate before offering up personal information such as financial information and address.
- Review BBB tips for shopping online. Since meal delivery services don't usually have brick and mortar storefronts, consider BBB's tips for smart shopping online.



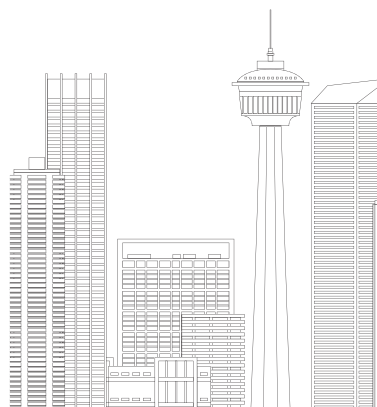


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Family Name:

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Applicant's First Name(s):

Home Phone:

Address:

Postal Code:

Email:

- Memberships cost \$25/year for each address and are renewable annually in March. Please mail application form to: Silverado Community Association, PO Box 32003 Silverado PO, Calgary, AB T2X 0X4 or send email to info@silveradoca.ca. Cheques are payable to Silverado Community Association. Please allow 3-4 weeks for your membership to be delivered to your home address.
- Members of the community association are welcome to attend SCA sanctioned events throughout the year. Not only will you be able to meet others within Silverado, but will help build a better sense of community in our neighbourhood.
- Stay connected with what is happening within your community. Members are kept up-to-date of the developments within and around the community.
- Silverado Community Association is actively looking for volunteers to help out with community events and for board positions. If you are interested in volunteering your time to make Silverado a better community, please send inquiries to info@silveradoca.ca.
- Silverado Community Association updates can be located on our website at <http://silveradoca.ca/>



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Silverado Community Association

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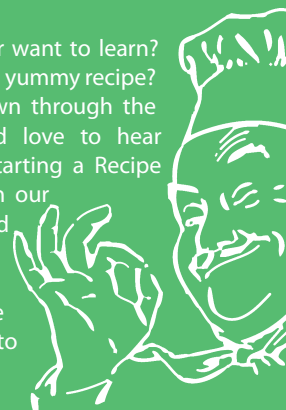
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Vacant	Development Committee
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To contact the SCA, email info@silveradoca.ca

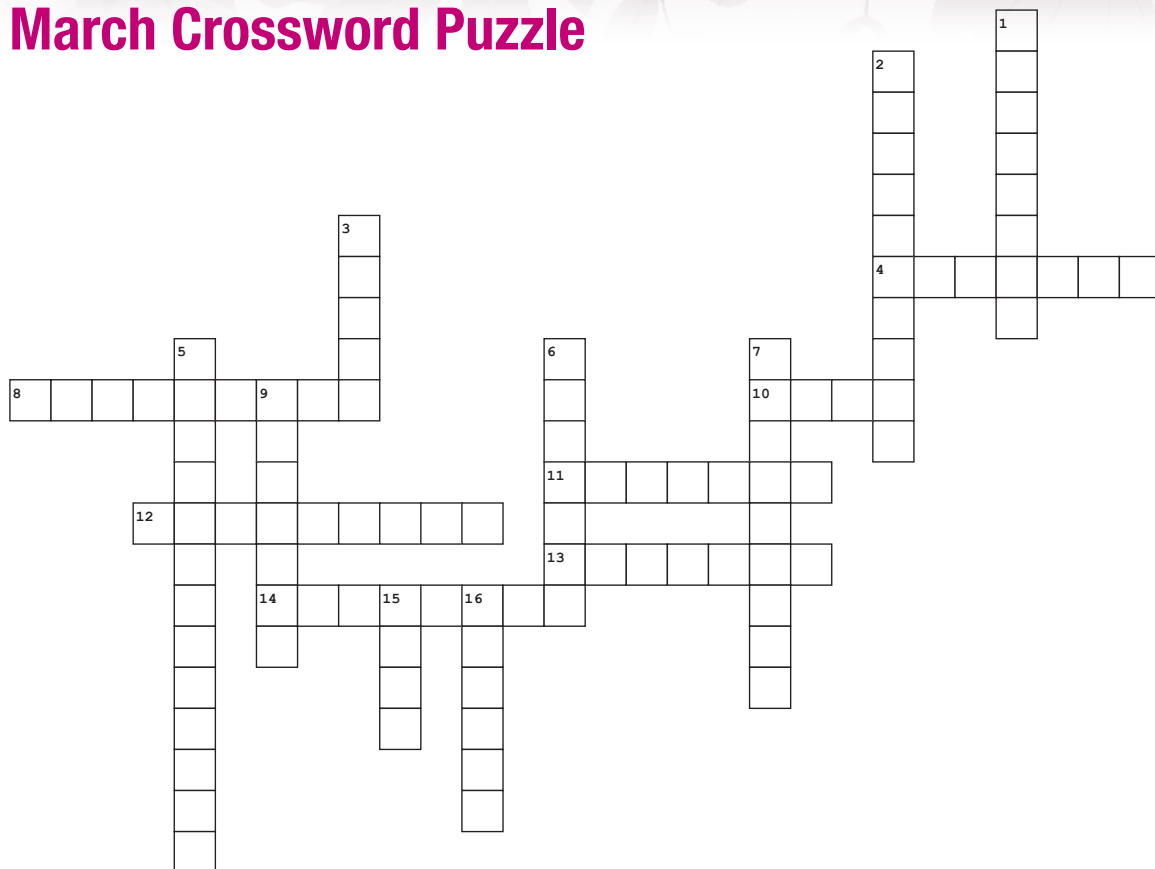
COMMUNITY ASSOCIATION NEWS

All residents of Silverado, Belmont, and Yorkville are invited to attend our meetings. Currently due to COVID-19 our board members meet online through a video platform. If you wish to join us or if you have any questions, please feel free to email us at info@silveradoca.ca.

Do you love to cook? Or want to learn? Have you come up with a yummy recipe? Or had one passed down through the generations? We would love to hear from you! We will be starting a Recipe of the Month section in our newsletter, and would love to include diverse items that represent our community! Please send any submissions to info@silveradoca.ca!



March Crossword Puzzle



Down

1. March's birth flower
2. This best-selling French-Canadian singer was born on March 30, 1968
3. You get pinched if you don't wear this
5. Both a dessert and a celebration of mathematics that takes place on March 14
6. The saint most popularly associated with March 17
7. Popular chocolate and what you might find at the end of a rainbow
9. This children's author and cartoonist was born on March 2, 1904
15. Roman god of war who shares a name with this month
16. On March 25, 1990, Canada took home gold at the Women's World Hockey Championship in this city

Across

4. This day signals the start of spring in the northern hemisphere
8. Born on March 27, this Calgary-born singer and songwriter is famous for her hit single "Insensitive"
10. On March 6, we celebrate this cookie's 111th birthday
11. According to ancient Greeks and Romans, this was believed to be a path from the gods
12. An important international holiday celebrating gender equality
13. Each March, this city's river is dyed green
14. Another word for a three-leaf-clover

**SCAN THE QR CODE FOR
THE ANSWER KEY**



Burns and Scalds

from Alberta Health Services

Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of Burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable.
- 2°: Deeper and much more painful than 1° burns; broken skin or blisters commonly develop.
- 3°: Severe: The deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for Burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection.
- Over the counter medications may be used for pain. Adhere to directions given on the label.
- Seek further medical attention, as required.

Prevention of Burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds.
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child.
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached.
- Avoid picking up a child while holding any hot liquids.
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access.
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 911.

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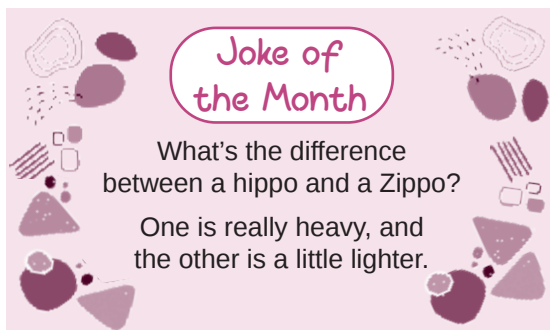
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October	22	15	15	\$470,000	\$499,900
September	22	13	17	\$460,000	\$455,000
August	22	17	15	\$535,000	\$525,000
July	22	22	25	\$529,900	\$520,000
June	22	28	22	\$477,000	\$490,000
May	22	24	22	\$527,500	\$529,250
April	22	32	24	\$454,950	\$451,500
March	22	31	30	\$529,900	\$527,500
February	22	23	20	\$482,450	\$501,750

To view more detailed information that comprise the above
MLS averages please visit silv.mycalgary.com

Reducing the Salt in Your Diet

from Alberta Health Services



Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure, and stroke.

The top sources of sodium in our diets include ready-made bread, crackers, and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups, and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food, and restaurant meals you eat, you may reduce the sodium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt. Try flavouring your food with garlic, onions, herbs, spices, lemon juice, and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus Wellness Kitchen in Calgary will host “Low Sodium Tasty Tips and Tricks”, a free online cooking demonstration. A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions, and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

To register, visit ahs.ca/shcwellness or email wellness.shc@ahs.ca.

For more information on this topic, search “heart health” at ahs.ca/nutritionhandouts.



Houseplant Design

by Carolyn Brown. Credits to the Calgary Horticultural Society

Whether you start with your home office, the family room, or the bathroom, create living harmony with the three ‘P’s of houseplant design: plant, pot, position. For example, plant a bold sansevieria (snake plant) in a solid square pot for impact, utilize a series of similar shaped pots to create flow with say, miniature ferns, or create a planter with varieties of succulents.

Tree-like tropicals like banana and figs bring an element of scale to larger rooms. Have a high ceiling? Climbing philodendron and vines like pothos are a perfect way to create a more intimate space. Do you live in an apartment or basement suite with low light? Try a zebra, snake, or cast iron plant. Choose beautiful pots as these slow growers may be with you for a lifetime!

Typically, the room with highest humidity, such as a bathroom with a window or skylight, is perfect for growing ferns and orchids. Did you know that mirrors will reflect even more light onto your plants? So, go ahead and find cute hanging pots and mini containers to add some ‘funk factor’ to this small utilitarian space. Have some fun with shape, colour and texture.

How about a string of pearls? Dolphins? Turtles, anyone? These diminutive trailing plants are often referred to as ‘plant babies,’ adding a touch of whimsy to the kitchen. How about an artillery or candystick plant to spark conversation in the den? Foliage colour can enhance a room or provide contrast within it. Gold, variegated, and deep purple leaves will make a statement or blend in seamlessly.

From big bold leaves to fluffy ferns, incorporating texture adds drama and interest throughout the house. Repeat patterns and plant varieties for a sense of calm and touch of class. Keep these design principles in mind to bring any room to life beautifully.

Fun Fact

The benefits of green leafy plants are proven to boost mood and the wellbeing of humans and animals alike. A natural air freshener, plants help to remove toxins and improve the quality of the air that we all breathe. With proper selection and care, plants bring pleasing aesthetics to any space when given the right environment.

YOUR CITY OF CALGARY

Business Map: Online Map Shows Calgary Businesses and Business Licence Information

from the City of Calgary



Wondering what businesses are open in Calgary? The business map shows commercial businesses and business licence information. You can search businesses by area through community districts, local area plans, and business improvement areas, or by business licences through license type categories or tradename. This map is located at <https://maps.calgary.ca/businessmap/>. To view more City of Calgary maps, please visit the Map Gallery at <https://mapgallery.calgary.ca/>.



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Dear Constituents,

The House of Commons returned from its winter break in late January and was immediately pushed into another government scandal. In my role as Shadow Minister for Treasury Board, I have been extremely focused on this government's fifty-fold increase in contracts with the consulting firm McKinsey & Company since 2015.

In his seven-years of government, Justin Trudeau has outsourced \$101.4 million in government contracts to McKinsey & Company instead of utilizing Canada's public service to deliver the services Canadians expect. A united opposition on OGGO committee passed a motion demanding the government hand over documents and provide witness testimony on this front. OGGO continues to investigate this concerning mismanagement of Canadian's tax dollars.

For Valentines Day, my office partnered with Midnapore School in providing handcrafted Valentines to residents of the AgeCare Midnapore facility. This annual tradition of partnering with a local school in Calgary Midnapore to deliver Valentines is an important reminder for our seniors that they are not alone and are always in our thoughts.

The budget for the 2023 fiscal year is also expected to be tabled at the end of March. My colleagues and I have been clear in our calls for the government to end any planned tax hikes, including the carbon tax, and ensure that every dollar spent is matched by a dollar in government revenue.

To stay up to date on my ongoing work in Ottawa on your behalf please sign up for my monthly e-newsletter. You can do so online at StephanieKusieMP.ca.

Sincerely,

Stephanie Kusie





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