Good Food News

November 2026 | Diwali: The Festival of Lights



FOOD FOR THOUGHT

This November, millions of people around the world will celebrate Diwali, also known as the Festival of Lights. It's a time for gathering with loved ones, sharing traditions, and celebrating light, hope, and new beginnings.

Food is an important part of many Diwali celebrations. Families prepare special meals, make traditional sweets, and share food with friends and neighbours. It's a reminder that food brings people together, celebrates culture, and creates lasting memories.
together.

AROUND THE GOOD FOOD LAB

STUDENT TAKE-OVER DAY

Students take control of their lunch on November 26th with our first Student Take-Over Day. Students had the opportunity to vote for either perogies, potato nachos, or lasagna for a special lunch this month.
Voting is all done, now wait and see what the winning dish will be.



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ON THE MENU

A Diwali-Inspired Lunch!

We're celebrating Diwali with a special lunch on Monday, November 9th! Students will enjoy butter chicken served with rice, followed by ladoo, a traditional Indian sweet treat, for dessert.
It's a delicious opportunity to explore new flavours and celebrate the role food plays in bringing people together!

November 9th - Butter chicken with rice and ladoo for dessert



BRING IT HOME

Butter Chicken

Ingredients

- 1 tbsp canola oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, minced
- 1 tsp garam masala
- 1 tsp tandoori masala
- ½ tsp paprika
- 1 can (398 mL) diced tomatoes
- 1 cup tomato sauce
- 2 medium boneless, skinless chicken breasts (about 450 g), diced
- 2 tbsp milk
- Salt and pepper, to taste
- Cooked rice

Directions

1. **Sauté the aromatics.** Heat oil in a large skillet over medium heat. Add onion, garlic, and ginger. Cook for about 5 minutes, stirring occasionally, until softened and fragrant.
2. **Add the spices.** Stir in garam masala, tandoori masala, paprika, salt, and pepper. Cook for 1 minute to release their aromas.
3. **Make the sauce.** Add diced tomatoes and tomato sauce. Simmer for 10 minutes, stirring occasionally. For a smoother sauce, carefully blend with an immersion blender.
4. **Cook the chicken.** Add diced chicken and simmer gently for 12–15 minutes, or until the chicken reaches an internal temperature of 74°C (165°F).
5. **Finish and serve**. Stir in milk and heat through. Serve over warm rice and garnish with fresh cilantro, if desired.

TABLE TALK: How can trying foods from different cultures help us learn about each other?