

February 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**IMPORTANT
NOTICE**

Breaking Down Barriers has moved to 234 Ste. Marie Street in Collingwood. You are welcome to place your Good Food Box order at their new location.

Order & Pay By **Pick Up On**

Mar. 7 Mar. 21

Apr. 4 Apr. 18

Large Box \$15.00

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. For more information or to volunteer, contact us at: gfoodbox@gmail.com
Joan: 705-445-9660
Ted: 705-428-5537

A BIG THANK YOU... to our community partners. We couldn't do it without their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody & Courtney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



BRIGHTEN UP THOSE GREY DAYS!

This time of year can be challenging for people to eat well – we get it! It's dark in the mornings and evenings, you're stuck inside on those really cold days, and the sky seems grey all the time. It's easy to not feel motivated to spend time in the kitchen. The funny thing is, we actually find one of the best places to be in the winter is the kitchen... How you may ask? Fruits and vegetables bring so much colour to your

Week of:							
Meal	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Break							
AM Snack							
Lunch							
PM Snack							
Dinner							

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plate. Loading-up on all these good foods can help us get the vitamins and minerals we may be lacking and make meals a little more fun. A great way to make sure you are getting all your fruit and vegetable servings is using a meal plan. Keeping your meal plan in a visible place **helps** everyone:

- ◆ Stay on track
- ◆ Save money
- ◆ Eat a variety of foods
- ◆ Use all your items from the Good Food Box

WHAT ARE YOU HAVING TONIGHT?

Here are our favourite ways to brighten-up your plate this cold, winter day:

TACOS:

Roast cauliflower with oil and chili powder.

A great addition or substitute for your meat filling.

ROASTED SALAD:

Roast squash, beets and potatoes with oil, salt and pepper. Serve on top of greens and a mustard dressing (oil, grainy mustard and a touch of maple syrup).

CURRY:

Cook up onions, carrots with curry powder. Add broccoli and cauliflower. Add a can each of coconut milk and diced tomatoes and a little more curry powder for taste.

STEW:

Stew always looks prettier with peas! In your pot or slow cooker, add potatoes, rutabaga, onions, carrots along with low-sodium broth and your choice of meat. Add in fresh or frozen peas.

STIRFRY:

The best way to use up vegetables going bad! Fry everything up (onions, carrots, broccoli, peppers, greens, etc.) add a touch of soya sauce and serve with whole grain rice.

BAKED APPLES:

Finish off your colourful meal with baked apples. Covered in cinnamon, nutmeg, ginger and a touch of sugar. YUM!



WHAT'S COOKIN'?

How do you like to cook your vegetables? Some methods of cooking retain valuable nutrients and vitamins better than others. If you're going to eat your broccoli, you want to make sure you're getting the full health benefit it provides! Try these methods:

Raw: Eating veggies raw avoids degradation or loss of vitamins through heat and cooking.

Stir Fry: Quick-cooking veggies at a high temperature in a tiny bit of oil keeps nutrients intact.

Steam: Steaming veggies (instead of boiling) retains nutrients and colour by preventing them from being leached out into the water.

Slow Cook: Prolonged heat causes loss of vitamins, but in a slow cooker, the nutrients are in the flavourful juices which we eat as part of the slow-cooker meal.



COLOUR YOUR PLATE

March is National Colorectal Cancer Awareness Month (CCAM)! To recognize this important month, the Simcoe Muskoka Regional Cancer Program (SMRCP) is collaborating with several community partners to host a number of educational events in the North Simcoe Muskoka area. The regional campaign—known as “Colour Your Plate”—integrates topics of food, nutrition, and healthy lifestyle choices to facilitate discussion about colorectal cancer prevention and screening. “Colour Your Plate” will educate community members on effective dietary strategies for preventing colon cancer, such as “colouring your plate” with many different fruits and vegetables. The campaign will also encourage eligible individuals to get screened using a take-home FOBT kit. **Colorectal cancer is preventable, treatable and beatable, and “Colour Your Plate” aims to spread awareness of this fact!**

WATCH FOR IT NEXT MONTH!

We are pleased to share that the SMRCP and Georgian Good Food Box will be partnering this March to raise awareness about colorectal cancer. With the Good Food Box mission to promote healthy, vegetable-focused eating, and “Colour Your Plate” focus on the role of a healthy, plant-based diet in preventing colorectal cancer, the partnership was a natural fit! **Food boxes sent out in March will be packed with a post-card sized resource that contains information on colorectal cancer prevention, screening eligibility guidelines, and how to get screened.** The postcard will also have an unique, veggie-packed recipe for you to try at home! There are a number of fun and engaging activities happening in March as part of the “Colour Your Plate” campaign, including cooking classes, grocery store tours and sessions at local farmers markets. Be sure to check out GGFB’s Facebook page and website for more details on the campaign, and some of the other “Colour Your Plate” activities happening near you!



Screening – Not sure if you're up-to-date on your colorectal, cervical, or breast screening? Call the Simcoe Muskoka Cancer Screening Hotline (1-866-608-6910).



Wellness Fair – Visit SMRCP at the Wellness Fair to learn more about colorectal, cervical and breast screening! February 24th, Collingwood Loblaws upstairs, 11:00am-4:00pm

Order and Pay by the First Wednesday of the month on-line at www.ggfb.ca or in person at:

Collingwood	<ul style="list-style-type: none"> •Collingwood Community Resource Centre (at Rotary Centre, Campbell & High St.) •Breaking Down Barriers (234 Ste. Marie St.)
Wasaga Beach	<ul style="list-style-type: none"> •Dr. Redick Dental (West Medical Plaza, 587 River Rd. West) •South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.) •Drs. Kitai & Watkin (Unit 101, Ramblewood Medical Centre) •Wasaga Beach Public Library (120 Glenwood Drive)
Clearview	<ul style="list-style-type: none"> •Stayner & New Lowell Public Libraries or call Ted at 705-428-5537

Pick Up on the Third Wednesday of the month at:

Collingwood	<ul style="list-style-type: none"> •Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
Wasaga Beach	<p><i>*Your choice of pick up location must be marked on the order envelope*</i></p> <ul style="list-style-type: none"> •Replex Lobby, 1724 Mosely St., 10:30- 12:30pm •Wasaga Community Church, 278 Main St., 5:30- 7 pm •Schools (for School Families only) Check with your school
Clearview	<ul style="list-style-type: none"> •St. Patrick’s Church Hall, William St. Stayner, 11:00 – 12:30 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537 •Creemore Library 12 pm—5:00 pm