

March 2018

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



**GET INVOLVED!**

## March is Nutrition Month and National Colorectal Cancer Awareness Month!

- ✓ Visit [NutritionMonth2018.ca](http://NutritionMonth2018.ca) for information, recipes, and events.
- ✓ Call the Simcoe Muskoka Cancer Screening Hotline to see if you are up-to-date on your colorectal, cervical, or breast screening (1-866-608-6910).

Order & Pay By	Pick Up On
Apr. 4	Apr. 18
May 2	May 16

### 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](mailto: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.

## UNLOCK THE POTENTIAL OF FOOD!



**Nutrition Month 2018** features the potential of food to fuel, discover, prevent, heal and bring us together with the help of dietitians. Lifestyle factors, including what we eat, can influence our health. A nutritious diet can help prevent illness and lower the risk of developing chronic disease. This nutrition month, dietitians want to remind you of the power of food for disease prevention!

March is also **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” educates community members on effective dietary strategies for preventing colon cancer, such as “colouring your plate” with many different fruits and vegetables. The campaign also encourages 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!**



## YOUR POSTCARD IS HERE!

Simcoe Muskoka Regional Cancer Program



Royal Victoria Regional Health Centre

A Cancer Care Ontario Partner

Simcoe Muskoka Regional Cancer Program and Georgian Good Food Box partnered this month to raise awareness about colorectal cancer. **Look in your Good Food Box for a postcard that contains information on colorectal cancer prevention, screening, eligibility guidelines, and a nutritious recipe!**

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!



South Georgian Bay Community Health Centre



## COLOUR CHALLENGE



How many colours are on your plate? See if you can

add each colour to your next meal!

**Reds:** Beets, Red onions, Raspberries, Cherries, Red peppers, Apples, Watermelon, Strawberries, Pomegranates, Tomatoes

**Greens:** Avocados, Spinach, Green Cabbage, Beans, Broccoli, Kiwis, Honeydew melons, Cucumbers, Kale, Green grapes, Limes, Asparagus

**Yellows/Oranges:** Pears, Mangoes, Cantaloupes, Squash, Carrots, Sweet potatoes, Rutabaga, Pineapples, Oranges, Yellow beans

**Blues:** Blueberries, Purple Cabbage, Currants, Plums, Eggplants, Blackberries, Purple grapes

More ideas? Speak with a Dietitian at <https://www.dietitians.ca/Your-Health/Find-A-Dietitian/Find-a-Dietitian.aspx>

## TIPS FROM THE DIETICIANS

**Stay energized by planning nutritious snacks into your day** – think of snacks as mini-meals that offer some nutritional value and an energy boost.

- ◆ Plan ahead
- ◆ Be aware of portion sizes
- ◆ Listen to your hunger cues
- ◆ Skip distracted snacking!
- ◆ Snack on vegetables

**Discover cooking with your kids** – inspiring children to shop, cook and prepare food can set them up for a lifetime of healthy eating.



- ◆ Pick a recipe together
- ◆ Incorporate learning
- ◆ Keep it fun!
- ◆ Be a role model
- ◆ Be cool about the mess.

**Bring families and friends together with food** -- it's important to share meals, because it opens dialogue, connects people and helps us eat a more balanced diet, including more vegetables and fruit, and less sugary beverages.

**Start a Conversation** -- sharing meals is a favorite time of day to interact with family and friends. It could be breakfast, brunch or dinner. The benefits of family meals start with sharing at least 4 meals together per week. They all count! .....

## MONTEREY JACK AND EGG PITA POCKETS

### Ingredients:

- ◆ ½ cup (125 mL) pizza sauce, no salt added
- ◆ 4 eggs, scrambled
- ◆ 2 ½ cups (625 mL) grated vegetables (your choice – zucchini, bell peppers, celery, green onions, etc.)
- ◆ 6 oz (180 g) Canadian MontereyJack, grated
- ◆ 12-15 whole wheat mini-pitas (or 4 large pitas), cut in half



**Directions:** Mix pizza sauce, eggs, vegetables and Monterey Jack. Stuff pita halves with mixture and add to lunch box, along with crudités\*

\*Crudité (traditional French appetizers) are a selection of raw vegetables for dipping.

<b>Order and Pay</b> by the First Wednesday of the month on-line at <a href="http://www.gqfb.ca">www.gqfb.ca</a> or in person at:	Collingwood	<ul style="list-style-type: none"> <li>● Collingwood Community Resource Centre (at Rotary Centre, Campbell &amp; High St.)</li> <li>● Breaking Down Barriers (234 Ste. Marie St.)</li> </ul>
	Wasaga Beach	<ul style="list-style-type: none"> <li>● Dr. Redick Dental (West Medical Plaza, 587 River Rd. West)</li> <li>● South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.)</li> <li>● Drs. Kitai &amp; Watkin (Unit 101, Ramblewood Medical Centre)</li> <li>● Wasaga Beach Public Library (120 Glenwood Drive)</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>● Stayner &amp; New Lowell Public Libraries or call Ted at 705-428-5537</li> </ul>
<b>Pick Up</b> on the Third Wednesday of the month at:	Collingwood	<ul style="list-style-type: none"> <li>● Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm</li> </ul>
	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"> <li>● Recplex Lobby, 1724 Mosely St., 10:30- 12:30pm</li> <li>● Wasaga Community Church, 278 Main St., 5:30- 7 pm</li> <li>● Schools (for School Families only) Check with your school</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>● St. Patrick's Church Hall, William St. Stayner, 11:00 – 12:30 pm</li> <li>● New Lowell Library after 12 pm, or call Ted at 705-428-5537</li> <li>● Creemore Library 12 pm—5:00 pm</li> </ul>