April 2019

Georgian Good Food Box Newsletter

www.ggfb.ca

Order & Pay By	Pick Up On
May 1	May 15
June 5	June 19

Food Box $18.00

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.

IMPORTANT NOTICE

PRICE CHANGE! A REGULAR BAG IS NOW $18 ($19 for online orders). As food costs, including transportation, continue to rise, this small increase allows us to maintain the excellent quality and variety our customers have come to expect. Many weather-related events continue to have a significant impact on food production and in turn, food costs. Thank you for your continued support and understanding. *The Good Food Box remains an economical way to purchase fresh produce because we can achieve savings from bulk buying.*

Hello to Canada's New Food Guide

There are some big changes with the new Canada's Food Guide. Protein foods, including plant-based protein foods, are an important part of healthy eating. Canada's Food Guide recommends we choose protein foods that come from plants more often.

What are plant-based proteins?

Examples of plant-based proteins are:

nuts and seeds
—including peanuts, almonds, cashews, nut butters, sunflower seeds

beans, peas and lentils
—including brown, green or red or other lentils, peas such as chickpeas and split peas, and dried beans such as black beans and kidney beans

soy products
—fortified soy beverages, tofu, soybeans and other soy products

They have important nutrients such as protein, vitamins and minerals. Plant-based protein foods can provide more fibre and less saturated fat than other types of protein foods. This can be beneficial for your heart health.

Here are some easy ways to eat more protein foods that come from plants:

- Add soft tofu to a blended soup to make it thicker and creamier.
- Try a bean salad, lentil and rice pilaf or a bowl of vegetarian chili for lunch.
- Make your own trail mix by combining your favourite whole grain cereal with a handful of nuts and seeds.
- Spread hummus on the inside of a whole grain pita and fill with vegetables such as romaine lettuce and shredded carrots.

Each week, plan a couple of meatless meals. As your main course, try using:

- beans in a burrito
- tofu in a vegetable stir-fry
- chickpeas and beans in tacos
- lentils in a soup, stew or casserole

Get Involved! Board Members Needed!
If you are passionate about helping others and addressing food insecurity issues, we would love to hear from you. We meet on the last Tuesday of the month in Stayner, Collingwood, or Wasaga Beach. Email gfoodbox@gmail.com or call Joan Leonard, Vice Chair, at 705-445-9660.

Carrot Ginger Lentil Soup

Serves 6
Prep time: 15 min.
Cook time: 30 min.
Source: Health Canada, Food and Nutrition, Canada's Food Guide recipes

Ingredients

10 mL (2 tsp) canola oil
1 onion, chopped
2 cloves garlic, minced
30 mL (2 tbsp) fresh ginger, finely grated
5 mL (1 tsp) ground cumin
1 mL (¼ tsp) black pepper
5 large carrots, peeled and chopped
250 mL (1 cup) dry red lentils, rinsed
5 cups vegetable broth, no added salt

Directions

1. Heat oil in a large pot. Add onions and sauté over medium heat, stirring often, for about 2 minutes.
2. Add garlic, ginger, cumin, black pepper and carrots and sauté for another 2 minutes, stirring frequently.
3. Add lentils and stir to combine. Add vegetable broth and bring to a boil.
4. Turn down heat, cover. Simmer about 25 minutes, until lentils are cooked and carrots are soft.
5. Remove from heat. Ladle into blender in batches or alternatively, using an immersion blender, puree soup until smooth.

Smart Ideas

- If you don't have fresh ginger, substitute it for ½ tbsp of ground ginger. Substitute the garlic cloves for ½ tsp of garlic powder.
- Time saver: double this recipe and freeze extra servings for another day.
- Like creamy soups? Try serving with a dollop of lower fat plain yogurt.

Order and Pay by the First Wednesday of the month on-line at www.ggfb.ca or in person at:	Collingwood	•Collingwood Community Resource Centre (at Rotary Centre, Campbell & High St.) •Breaking Down Barriers (234 Ste. Marie St.)
	Wasaga Beach	•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	•Stayner, Creemore, & New Lowell Public Libraries or call Ted at 705-428-5537
Pick Up on the Third Wednesday of the month at:	Collingwood	•Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
	Wasaga Beach	**Your choice of pick up location must be marked on the order envelope** •Recplex Lobby, 1724 Mosely St., 10:30- 12:30pm •Wasaga Community Church, 278 Main St., 5:00- 7 pm •Schools (for School Families only) Check with your school
	Clearview	•Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537 •Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm