

December 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By Pick Up On

Jan 2 Jan 16

Feb 6 Feb 20

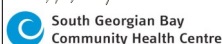
Food Box \$15.00

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.



"Serving Georgian Bay Communities Since 1952"



COLLINGWOOD BRANCH



No Money for Food is ... Cent\$less

The Simcoe Muskoka District Health Unit Nutritious Food Basket Annual Survey results for May 2018 shows the monthly cost to feed a family of four continues to rise.

Feeding a family of four is \$862 a month. Please go to:

www.simcoemuskokahealth.org/Topics/HealthEquity/poverty=hunger

to see how you can help, including ideas for making healthy donations to the food bank as well as posters and information you can share at your workplace or community center. We can all help in some way.

SOUP FOR THE SOUL

A warm bowl of soup can hit the spot on a cold winter day. Soups can be packed full of nutrition and are a good way to use leftover vegetables. A hearty soup can be a meal in itself and will simmer away while you tend to other tasks, like wrapping gifts, decorating, or putting your feet up!



"Soup is a lot like a family. Each ingredient enhances the others; each batch has its own characteristics; and it needs time to simmer to reach full flavor."

Marge Kennedy

Need Help Finding Services in Your Community? CALL 211

Community Connection connects people with services, such as community food programs or volunteer opportunities and community projects. If you're looking for a free, or low-cost community meal, see the calendar at: <http://communityconnection.ca/community-food-programs.page.46.html> or CALL 211!



Bah, Humbug! Winter brings more than just snow! It brings high produce prices too! Right now the Good Food Box is struggling to keep produce affordable with ever-increasing market prices. Our #1 priority is to get as much healthy produce into homes, as inexpensively as possible. We are exploring options, including reduction of the number of items, increasing price, and economizing operations. We don't want to be the Grinch, but the dollar only stretches so far!



Community Christmas Dinners

Collingwood Christmas Day Feast
Tuesday, Dec. 25, 2018
Collingwood Curling Club, 250 Hume St.
Doors open at 12:30

All Welcome. Registration required.
Call 211 to reserve a spot.

More information at:
www.CollingwoodFeast.com

Creemore Community Christmas Dinner
Tuesday, Dec. 25, 2018
Creemore Legion at 4:30 pm
All Welcome. Register before Dec 23rd.
Donna at 705-466-2523 or
CreemoreChristmasElf@gmail.com

Clearview Community Christmas Dinner
Tuesday, Dec. 25, 2018
Stayner Camp and Conference Grounds,
240 Scott St. at 3:00 pm
Pick up tickets at Stayner Home Hardware
or Clearview Community Church as soon
as you can.



FOODFIT

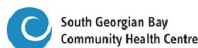


This program combines fun, hands-on cooking sessions to help you be the healthiest you can be! Participants will be shown tools to help make healthy changes such as take-home recipes, easy-to-understand nutrition information, group exercise and shared meals!

Date: January 8 to April 2, 2019
Tuesdays from 5-8pm

Location: Wasaga Stars Arena
425 River Road West, Wasaga Beach

For more information and to register, please contact:
Linda Williams at 705-422-1888 ext. 107



EASY POTATO SOUP

Ingredients

Potatoes (1 large per person)
Celery (1 stem per person)
1 Onion
¼ to ½ cup milk or cream
Salt and pepper



Instructions



- ♦ Peel and cube potatoes
- ♦ Chop celery and one onion.
- ♦ Put potatoes, onion and celery in a saucepan. Add water, but don't quite cover the vegetables.
- ♦ Bring to a boil, lower heat, cover and simmer for 25 minutes, or until the vegetables are very tender.
- ♦ Using a potato masher, crush the potatoes, but don't mash — you want some chunks left.
- ♦ Add enough milk or cream (1/4 to 1/2 cup) to thin to desired thickness.
- ♦ Add salt and pepper to taste.

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 are especially interested in Board members with marketing, promotion, communications or advertising experience. 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.

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, 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	<p><i>*Your choice of pick up location must be marked on the order envelope*</i></p> <ul style="list-style-type: none"> •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	<ul style="list-style-type: none"> •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