

January 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



CONGRATULATIONS! →

Anita McCauley, Val Nesbitt and an anonymous person won the holiday season giving program draws for free food boxes. Two of the food boxes were generously donated back to the program for those in need. Thank you to all who participated!

Order & Pay By	Pick Up On
Feb 5	Feb 19
Mar 4	Mar 18

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.



PASS IT ON! If you don't want all those potatoes or you'd rather pass on the radishes...your pack location has a designated bin for you to donate what you can't use. If you just want a few potatoes, take what you need and leave the rest, and we will see that your donation goes to those in need. For the price of a coffee, you can help someone facing food insecurity.



WARM UP TO A NEW YEAR! HAPPY 2020!



This time of year can be chilly in our beautiful and snowy area! Let's find some ways to warm up to a New Year with some warm winter favourites! If you're frozen to the bone, try some of these fun food ideas for warming up!

- ◆ Eat something spicy, what better way to 'get a sweat on'!? Try adding some cayenne powder to your soup, stew or quesadilla!
- ◆ Try eating a small piece of fresh ginger root.
- ◆ Have a warm cup of tea or coffee!
- ◆ Warm up with vegetable soup, or our January 2020 featured recipe: Roasted Harvest Vegetables (on the flip side of the newsletter)

TIPS FOR SAFELY WARMING UP LEFTOVERS

Leftovers make for some easy and tasty meals, but be sure you're warming them up properly to avoid the growth of harmful bacteria.

Reheating leftovers

- ◆ Reheat leftovers to an internal temperature of 74°C (165°F).
- ◆ Use a digital food thermometer to check the temperature.
- ◆ Bring gravies, soups and sauces to a full, rolling boil and stir during the process.
- ◆ Discard uneaten leftovers after they have been reheated.

Reheating in a microwave



- ◆ Use only containers designed for use in the microwave.
- ◆ Loosen the lid or wrap to allow steam to escape.
- ◆ Stop the microwave midway through reheating and stir the food so that the heat is evenly distributed.
- ◆ Rotate the plate several times during cooking if your microwave does not have a rotating tray.

For more great tips about food safety, go to:

<https://www.canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-leftovers.html>

ROASTED HARVEST VEGETABLES

Tip: any root vegetables can be substituted in this recipe. See what arrives in your Good Food Box this month! Beets, carrots, or parsnips would all be delicious.



Ingredients

- ◆ 2 tbsp olive oil
- ◆ ½ tsp salt
- ◆ ¼ tsp black pepper
- ◆ 1 tsp dried thyme or curry powder
- ◆ 1 clove garlic, peeled and minced
- ◆ 4 cups celery root, diced
- ◆ 3 cups butternut squash, diced

Directions

1. Preheat oven to 400F (200C) and line baking tray with parchment paper.
2. In a large bowl mix olive oil, salt, black pepper and thyme together.
3. Cut celery root and butternut squash into 1-inch squares. Add minced garlic, celery root and butternut squash to bowl and toss with olive oil mixture to coat.
4. Spread vegetables onto lined tray and bake for 40 minutes or until vegetables are tender.
5. Enjoy a serving of roasted vegetables alongside chicken, fish or tofu.

Find this recipe and others at **Unlockfood** www.unlockfood.ca/en/Recipes.aspx

Canada's Food Price Report

The tenth annual **Canada's Food Price Report** was just released, and the findings reveal that Canadians can expect to spend **\$487 more on food**. The year 2020 is looking like it's going to be expensive, according to a new report by Dalhousie University and the University of Guelph. To read the full report, go to: www.freshdaily.ca/food/2019/12/food-costs-canada-expected-go-almost-500-household-next-year/

Did You Know...?

You can join the Georgian Good Food Box mailing list and receive reminders for order and pick up dates twice per month, plus occasional news (like the Food Price Report above) updates and information. Go to www.ggfb.ca to sign up.

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.



RENOVATIONS TEMPORARILY CLOSE TWO ORDER LOCATIONS IN COLLINGWOOD

The **Rotary Centre on Campbell Street** is closed for renovations which are projected to continue into December 2019. The offices of 211, Community Connection are located at the New Life Church on Tracey Lane, across from the Bowling Alley. **Breaking Down Barriers** is also under renovation and will not be able to accept GGFB orders for a few months. *Please order at the Collingwood Public Library.*

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 (See important notice above). •Breaking Down Barriers (234 Ste. Marie St.) (See important notice above). •NEW Collingwood Public Library (55 Ste. Marie Street)
	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	•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>*Your choice of pick up location must be marked on the order envelope*</p> <ul style="list-style-type: none"> •Replex 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