

January 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

GOOD FOOD BOX PACK UPDATE

We have decided, in line with current Public Health and Government regulations to suspend our January 2021 order and pack cycle owing to limitations on available packing sites, order locations and indoor gathering sizes. We know many of you depend on our produce; however, we need to balance the safety and well-being of everyone. Any orders already placed/paid for, are credited to February 2021, or the next month we are operational, given the changing nature of this situation. We will send updates on our program status through the following channels: Email updates (sign up on our website for mailing list updates); Facebook; and our ggfb.ca website. If you have questions you can contact us via email at: gfoodbox@gmail.com or phone, 705-445-9660. Thank you for your patience and support in these challenging times. Take care and stay healthy!

Order & Pay By	Pick Up On
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Feb 3	Feb 17
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Mar 3	Mar 17
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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 them: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (Stayner Good Shepherd Anglican Church, Wasaga Beach Lions Club at Replex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Rebecca, & Jody (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



"Serving Georgian Bay Communities Since 1953"

South Georgian Bay
Community Health Centre

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DITCHING THE NEW YEAR'S RESOLUTIONS

With the new year upon us, it's not surprising we are hearing lots of conversation around diets, weight loss and changing our body. These messages can sound appealing if we are feeling uncomfortable with our body. It's important to remember that setting unrealistic goals isn't helpful for our health. And no matter what you decide to do or not do, your body is still worthy.



Images from pixabay.com

Health can look different for everyone and what may work for one person may not be appropriate for someone else. Making changes for your health can include a variety of strategies like gentle movement, counselling, adequate sleep or focusing on nutrition. If you are looking to make some changes to your life this coming year, try to focus on one or two things to make your goals realistic.

When it comes to making changes to how or what we eat, we have created a list of strategies that focus on shifting to behaviours that can help everyone throughout their life without focusing on the number on the scale.

- ◆ Eat regular meals throughout the day
- ◆ Try to include a fruit or vegetable at a meal or snack
- ◆ Enjoy at least one plant-based meal per week
- ◆ Stay hydrated with water most often
- ◆ Cook a meal as a family at least once a week
- ◆ Challenge yourself to try a new recipe or food once a month
- ◆ Try whole grain bread or pasta for added fibre
- ◆ Create a meal plan each week to make dinner time less stressful**
- ◆ Enjoy your favourite foods as part of a regular meal or snack
- ◆ No need to finish your plate if you're full, save the leftovers for lunch the next day

** Go to this link for a FREE, simple menu planning form https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/Menu%20Plans/MenuPlanningTemplate_en.pdf

COZY UP WITH A BOWL OF STEW: VEGAN WINTER LENTIL STEW

With the cold weather here and everyone staying home, a delicious and colourful stew is a great way to use your Georgian Good Food Box produce!



Image: pixabay.com

Ingredients

- ◆ 2 Tbsp olive oil
- ◆ 1 yellow onion
- ◆ 4 cloves garlic
- ◆ 4 carrots (about 1/2 lb.)
- ◆ 4 stalks celery
- ◆ 2 lbs potatoes
- ◆ 1 cup brown lentils
- ◆ 1 tsp dried rosemary
- ◆ 1/2 tsp dried thyme
- ◆ 2 Tbsp Dijon mustard
- ◆ 1.5 Tbsp soy sauce
- ◆ 1 Tbsp brown sugar
- ◆ 6 cups vegetable broth
- ◆ 1 cup frozen peas

Instructions

1. Cut-up the garlic, onion, celery, carrots and potatoes into small pieces.
2. Add the olive oil, onion, and garlic to a large soup pot and begin to cook over medium heat.
3. While the onion and garlic are cooking, add in the celery and carrots.
4. After 5-10 minutes, add the cut potatoes to the pot along with the lentils, rosemary, thyme, Dijon, soy sauce, brown sugar, and vegetable broth.
5. Briefly stir the ingredients, then place a lid on the pot, turn the heat up to high, and bring the stew up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for 30 minutes, stirring occasionally.
6. Toward the end of the simmer time, when the potatoes are very soft, begin to mash the potatoes a bit as you stir.
7. After 30 minutes, stir in the frozen peas and allow them to heat through. Taste the stew and add salt if needed (this will depend on the salt content of your broth, and you may not need to add any extra). Serve hot and enjoy!

Find this full recipe at: <https://www.budgetbytes.com/vegan-winter-lentil-stew/>



The Clearview pack returned to Stayner in December! We wish to express our gratitude to the **Good Shepherd Anglican Church** on Scott St. for welcoming and accommodating us! We sincerely thank St. Patrick's Roman Catholic Church for their many years of support.

Order and Pay

by the First Wednesday of the month on-line at www.ggfb.ca or in person at one of the sites listed:

IMPORTANT ORDER INFORMATION

We encourage all our customers to use Paypal for orders on our website, www.ggfb.ca. If you are unable to use Paypal, cash orders will ONLY be accepted at:

- ◆ **Collingwood Library**
- ◆ **Wasaga Beach Library**
- ◆ Clearview cash payments call Ted 705-970-7737. Clearview libraries are NOT accepting orders at this time.

If paying by cash, bring exact change in your own envelope with the following information written on it:

- ◆ Full name, phone number and email address
- ◆ Number of boxes ordered, amount enclosed (\$18/box)
- ◆ Where you will be picking up (see below)

Wear a mask and deposit your completed envelope into our order box.

Please note—it's very important that you bring your own envelope already completed with exact change as staff cannot provide an envelope, pen or change. Thank you in advance for following these guidelines and ensuring we are able to resume safe service.

Pick Up on the Third Wednesday of the month at the locations listed:

We are unable to offer individual deliveries at this time.

IMPORTANT PICK UP INFORMATION

Collingwood orders are being packed in Wasaga Beach for the time being. This means there may be slight delays in transporting bags to pick up locations, we ask for your patience. At this time **Pick up will occur only at these locations:**

- ◆ **Wasaga Beach Recplex Hall, Lion's Den** 11:00am-12:30pm (curb side pick up)
- ◆ **Collingwood** As per instructions from Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ **Stayner Good Shepherd Anglican Church, Scott St.** 11-12:30 (curb side pick up) **NEW**
- ◆ **Stayner Public Library** 1-9 pm
- ◆ **Creemore Public Library**- 2-5pm or 7-9pm
- ◆ **New Lowell Public Library**- 2—8 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737