

November 2020

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
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Dec 2	Dec 16
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Jan 6	Jan 20
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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](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 & Rebecca (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



Serving Georgian Bay Communities Since 1952  
South Georgian Bay  
Community Health Centre



COLLINGWOOD BRANCH



## OUR NEW NORMAL...FOR NOW

Things will continue to be a little different as we follow Provincial regulations for safe handling of the good food boxes in the months ahead. As Ontario regulations change, we may have to adjust how we provide service to you and it might be different each month! Visit our website at [www.ggfb.ca](http://www.ggfb.ca) for the most up-to-date information.

- ◆ Email us [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com) or call 705-445-9660 with questions or concerns.
- ◆ We encourage you to order via Paypal. If unable to order via Paypal, orders are being accepted ONLY at the Collingwood Library and Wasaga Beach Library. Clearview cash orders phone Ted 705-970-7737. **See important order information on the flip side of this page.**
- ◆ Some of our pick up locations and procedures have changed. **See important pick up information on flip side of this page**
- ◆ We are not able to offer individual deliveries at this time.

## BOIL-UP SOME FLAVOUR THIS MONTH

It hasn't been easy to make or eat regular meals lately. And with the winter months fast approaching, it can feel like an even bigger chore. While there is no magic trick to it, there may be some steps you can take to make it a little easier.

1. Set a reminder to order a Good Food Box every month.
2. Make a list of meals, snacks, and the foods you'll need for the week. This will help save you time when choosing and making food, and help you eat regular meals.
3. Keep staple food items in your pantry for fast meals like:
  - ◆ Canned or dried beans and lentils
  - ◆ Canned fish
  - ◆ Whole grain pasta or rice
  - ◆ Oats and flour
  - ◆ Any frozen vegetables or fruits
  - ◆ Extra virgin olive oil and vinegars
  - ◆ Spices



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One item that is used all the time for soups, stews, pastas and cooking grains is **broth**. Broth can be purchased in the store or you can try using the Good Food Box produce as a way to add flavour with no additional costs and a lot less salt!

See the flip side for an easy, at-home recipe. Try using your homemade broth at your next meal by:

- ◆ Using it to cook pasta or rice
- ◆ Making it the base for soups or stews
- ◆ Simmering beans and lentils
- ◆ Making it a sauce or gravy base

## MAKING BROTH WITH YOUR GOOD FOOD BOX PRODUCE

### Ingredients:

In addition to a large pot, you will need,

- ◆ Water
- ◆ Vegetable trimmings and ends
- ◆ Spices



### Instructions:

1. As you use your Good Food Box produce, keep leftover vegetable trimmings in a bag (store in freezer if possible).
2. When ready to make the broth, wash and clean all the trimmings.
3. Fill a large pot with water and throw in all your vegetable trimmings and ends. Try carrot and root vegetable ends, onion peels, stems of leafy greens and potato skins.
4. You can add in flavours like pepper and salt, parsley, a bay leaf, garlic, etc.
5. You can also add leftover turkey or chicken carcass (if you eat meat) into the pot. Be sure all the meat is pulled off the bones.
6. Bring to a boil and then turn down low for 1-2 hours.
7. Once done, pour the broth through a strainer/colander to separate all the food products from the broth.
8. When cool, pour broth into containers and store in the freezer until needed. It may be helpful to write the date on the container.
9. If you can, throw your used food trimmings in the compost.
10. You can also try this in a slow cooker.

Adapted from the *Budget Bytes Recipes*: <https://www.budgetbytes.com/how-to-make-chicken-broth/> & <https://www.budgetbytes.com/slow-cooker-chicken-broth/>

### Order and Pay

by the First  
Wednesday of  
the month  
on-line at  
[www.ggfb.ca](http://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](http://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:

### IMPORTANT PICK UP INFORMATION

All orders are being packed in Wasaga Beach for the time being. This means there may be slight delays in transporting bags to each of our 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
- ◆ Collingwood As per instructions from Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ Stayner Public Library 11:30 am-1pm
- ◆ 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