

October 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



THANKFUL TO BE PACKING!

We are thankful for the fresh produce in our region, the volunteers who help pack it, and Wasaga Beach Lions Den for enabling our pack to happen during these difficult times! 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. Visit our website at www.ggfb.ca for the most up-to-date information.

- ◆ Email us gfoodbox@gmail.com or call 705-445-9660 with questions or concerns.
- ◆ We may have to adjust how we provide service to you each month!
- ◆ 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.

Order & Pay By	Pick Up On
Nov 4	Nov 18
Dec 2	Dec 16

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 & Rebecca (SGBCHC & SMDHU) who write the nutrition content for our newsletter.

OCTOBER — GIVING THANKS

Thanksgiving is among the least stressful of our national holidays – with no gifts to buy or outside events to attend, we're free to focus on family, friendship and a fantastic meal (just remember to keep your gatherings to 10 indoors and 25 outdoors). This year we can be thankful for another year's harvest of local food and for our local farmer's and all of their hard work. What else are YOU thankful for?

Looking forward to another fantastic Thanksgiving meal? Wondering what to do with your leftovers? Here are some tips that you can be thankful for this year:

Saving leftovers helps to avoid wasting food, saves money and makes quick future meals. Some leftovers can be mixed with additional ingredients to make a whole new meal. This works best with single items such as cooked vegetables, potatoes, chicken or fish. For example:

- ◆ Toss vegetables into your omelette, sandwich or pasta dish
- ◆ Use mashed potatoes as Shepherd's pie topping
- ◆ Add chicken to low-sodium broth with noodles and carrots to make a quick and tasty soup
- ◆ Combine fish with low-fat mayonnaise and celery and use in a sandwich



All photos from pixabay.com

How can I safely store my leftovers?

Cool leftovers safely. Wait for hot food to stop steaming. Put food in a shallow dish so it cools more quickly. Once cooled, divide leftovers into single serving amounts so you can take what you need when you feel hungry.

Storing food in the fridge:

Store your leftovers in covered containers with lids that snap shut or use bowls covered with cling wrap or aluminum foil. Wrap foods tightly so that they will not dry out. Label each food with the name and date you made it. Most leftovers can stay in the fridge for *two to three days*.



Storing food in the freezer:

Use containers that are specifically made for freezer use or wrap food in aluminum foil and place in re-sealable plastic bags. Label each food with the name and date you made it. Most leftovers can stay in the freezer for two to three months. Use a food thermometer to make sure your food is safe. Keep foods out of the danger zone where bacteria grow. Foods need to be kept **Cold:** Below 4°C (40°F) or **Hot:** Over 60°C (140°F).

How should I reheat my leftovers?

Thaw frozen foods in the fridge or use “defrost” setting on microwave. Then, you can safely reheat leftovers in the oven, microwave or on a stove top. Do not reheat leftovers in a slow cooker. Which ever method used, leftovers must be reheated to 74°C (165°F).

What if I’m not sure if leftovers are safe to eat?

When in doubt, throw it out. Never rely on how a food smells, looks or tastes to decide if it has gone bad. Food that has been stored for too long can spoil and make you sick even if it looks or smells okay.

Can I re-freeze leftovers that have already been reheated once?

Do not re-freeze foods that you've defrosted or warmed in the microwave. If you thawed your leftovers in the fridge but have not reheated them, you can re-freeze the unused portion within 3 or 4 days of being left in the fridge. However, refreezing foods may result in a loss of taste, texture and appearance.

SWEET POTATO AND APPLE SOUP

Ingredients:

- ◆ 3 sweet potatoes, peeled and chopped into small chunks
- ◆ 1 cup peeled and cored apple
- ◆ 1 cup chopped yellow onion
- ◆ 4 cups low sodium chicken broth
- ◆ ½ cup unsweetened apple cider (or apple juice)
- ◆ 1 Tbsp fresh chopped ginger
- ◆ Sprinkle of cinnamon (add more if you really like the sweetness and flavor)



Photo courtesy of [Today's Parent](#)

Instructions:

Add it all into a crock pot. Cook on low for 6-8 hours. You can make this on the stove top if you don't have access to a slow cooker, simmering for 30 minutes. Transfer to blender or food processor and blend to desired consistency.

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:

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 72 Raglan Street (private residence) 11:30 am on, please call Joan at 705-445-9660 for details
- ◆ 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