

September 2017

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Oct. 4 Oct. 18

Nov. 1 Nov. 15

Large 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"

South Georgian Bay
Community Health Centre



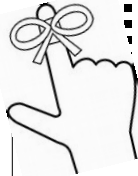
COLLINGWOOD BRANCH

simcoe
muskoka
DISTRICT HEALTH UNIT
Your Health Connection



McNulty
PRINTING

State Farm
Caroline Kennedy



Remember, order dates are now the first Wednesday of each month. Pick up will remain on the third Wednesday of the month.

APPLES IN SOUTH GEORGIAN BAY

These orchards produce about 25% of Ontario's apple crop annually! Recent yields have been as high as 3 million bushels of fruit, with about 40% of this fruit being packed and sold as fresh whole apples and the balance being used for juice, cider, pie filling, apple sauce and other products.



The orchards are expanding yearly as our growers are replacing old, obsolete trees and also expanding their acreage. What's more, all across the region, we are quickly changing from large sized, standard trees to new modern orchard systems.

Did you know?

- ◆ The potential of our area to grow apples has been recognized since the early 19th century. The first plantings date back to 1846.
- ◆ There are about 60 different commercial fruit growing operations in this area.

Nutrition Facts:

- ◆ Apples are one of the healthiest foods a person can eat.
- ◆ They are high in fiber and vitamin C, and they are also low in calories, have only a trace of sodium, and no fat or cholesterol.
- ◆ Apples are high in polyphenols, which function as antioxidants

Georgian Good Food Box Apple Harvest



**Bring Your Family!
Tell Your Friends!**

WHAT ?

Pick Your Own Organically Grown Apples

WHEN ?

Tuesday October 3rd 2017

4 pm until dusk

(Rain Date: Oct. 5/17)

WHERE ?

Kennedy Orchards in Nottawa

38 Townley St.

SUGGESTED PRICE

\$30/bushel or \$1/pound

All monies will be donated to the GGFB!

Anyone interested in making apple pies for sale at this event to support GGFB, phone Joan at 445-9660. The Kennedy Family will donate the apples and we will help with the rest of the ingredients .

PARTNER PROFILE



You know you're dedicated to helping people live healthier lives when you dress up like a pineapple at Halloween! That's exactly what our enthusiastic partner, **Jody Dawson, RD, BAsc, MSc** (Healthy Schools Community and Family Health Dept., **Simcoe Muskoka District Health Unit**) did.

"I have worked in public health as a Registered Dietitian for 13 years and have a passion for inspiring others to eat well and be well. I believe that giving youth an opportunity to touch, smell, taste and experience a variety of colourful veggies and fruit, will help them develop life skills to make healthy choices into adulthood. I am always looking for creative and fun ways to encourage children and families to eat more vegetables and fruit. I am happy to work with the Georgian Good Food Box to encourage more veggies and fruit for all!"

Thanks for inspiring us all Jody!

EASY MEALS USING YOUR GFB APPLES

Apples are great for BREAKFAST, especially when you are in a rush. Try this!

Overnight Apple Pie Oatmeal (2 servings)

In a bowl, mix the following foods together:

- 3/4 cup plain yogurt
- 1 tsp maple syrup
- 1/2 tsp vanilla
- 1/4 tsp cinnamon
- 1 apple diced
- 1/2 cup oats

Cover and refrigerate overnight. Enjoy this chilled while at home, on the go, or at work.

From: <https://www.jaroflemons.com/apple-cinnamon-overnight-oats/>



Apples are a great substitute for regular after-school SNACKS. Try:

Baked Apple Bites

Preheat oven to 200 F.

Thinly slice 3 apples, place on baking sheet, and sprinkle with cinnamon*. Bake for 1 hour on each side. Store for up to 1 week in an airtight container.

*Kids love helping add cinnamon

From: <http://www.carriesexperimentalkitchen.com/cinnamon-apple-chips/>



Lunch Hour Crunch

You won't regret the colour and crunch apples can bring to your LUNCH hour. Add apple slices to your favourite sandwich or toss diced apple into your salad. Finish your meal with a crunchy apple.

Wasaga Beach Community Garden Workshop – Register at 705-429-3321

◆ **Tues. Sept. 12**, Bernardin® Canning Workshop, 6 pm, Wasaga Stars Arena

◆ Check out Eat Right Ontario for more creative recipes. www.eatrightontario.ca

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.) •State Farm Insurance, Caroline Kennedy (Pizza Hut Plaza, First St.) •Breaking Down Barriers (Unit 203, 115 Hurontario 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 & New Lowell Public Libraries or call Ted at 705-428-5537

Pick Up on the Third Wednesday of the month at:

Collingwood	<ul style="list-style-type: none"> •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., 5:30- 7 pm •Schools (for School Families only) Check with your school
Clearview	<ul style="list-style-type: none"> •St. Patrick's Church Hall, William St. Stayner, 11:00 – 12:30 pm •New Lowell Library after 12 pm, or call Ted at 705-428-5537