

April 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
May 2	May 16
Jun 6	Jun 20

Food 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.



We want to know what you think! In an effort to continually monitor customer satisfaction and improve our service if we can, we invite you to do the 2018 Georgian Good Food Box Survey at www.ggfb.ca. No computer? No problem. Check this month's food box for a paper copy. Survey starts Wednesday, April 18 and ends Wednesday, June 20, 2018. Complete the survey and you could win a free food box and cook book!

UNLOCK FOOD!

Dietitians believe in the power of food to enhance lives and improve health, and our curiosity to understand the science behind it drives us; it is our passion and our calling.



Expert guidance. Everyday eating.
Brought to you by Dietitians of Canada

Dietitians of Canada has launched www.UnlockFood.ca — a central hub of reliable nutrition advice and information for Canadians. (Former EatRight Ontario on-line resources can now be found here).

Did you know that you can Call Telehealth for medical advice?

Telehealth Ontario is a free, confidential service you can call to get health advice or information. A Registered Nurse will take your call 24 hours a day, seven days a week.

- ◆ Toll-free: 1-866-797-0000
- ◆ Toll-free TTY: 1-866-797-0007

Telehealth Ontario is only offered over the phone. Email advice is not available.

It's New! Speak to A Dietitian for Free About Food and Healthy Living

"Food and Healthy Living" has been added under the "What you can ask" section of Telehealth's [web page](#). So now you can call and speak to a dietitian on the phone for **FREE**.

Telephone counselling delivered by dietitians, as part of a nutrition intervention, leads to better health outcomes such as:

- ◆ increased fruit and vegetable intake
- ◆ decreased total and saturated fat intake
- ◆ balanced meal planning
- ◆ improved blood sugar control for people with diabetes

Call Now!

DID YOU KNOW?



Did you know that the Georgian Good Food Box is the **ONLY** Good Food Box program with **NO PAID STAFF** — we're completely volunteer driven! (according to a 2010 survey of 37 GFB programs done by the MOHLTC through Queens University). We're also the only one of two GFB programs which **DONATES** boxes regularly through requests from local health and social agencies.

WHERE O WHERE DID MY VEGGIES COME FROM?

We get asked that a lot! It is our priority to source local produce and support local agriculture. But sometimes that's not possible in the winter months. We also strive to keep our food boxes affordable.

That means you might get pears from Italy or nectarines from Chile. Our apples are almost always grown in Nottawa, the potatoes in Reddickville, carrots and onions in the Holland Marsh. Summer veggies are almost always from the Leamington area, but we have been getting lettuce from Waterloo, broccoli in season from Elmira, the rutabaga from Elmvale and cabbages from Stayner.



SPRING SALAD SEASON

When the snow decides to leave us, we will start to see green again everywhere! And hopefully more green on our plates and in our bowls! Salads can be easy, crunchy, colourful and tasty meals. Try these easy meal options:

- | | | | | |
|---------------------------|---|-----------------------------------|---|-------------------------|
| TOMATOES AND CUCUMBERS | + | LETTUCE | + | OLIVES AND CHEESE |
| SPINACH AND RED ONION | + | STRAWBERRIES | + | BALSAMIC DRESSING |
| LETTUCE, AVOCADO AND CORN | + | BOILED EGG AND CHEESE | + | DRESSING OF YOUR CHOICE |
| SPRING GREENS AND BEETS | + | SLICED ORANGES, PECANS AND CHEESE | + | CITRUS DRESSING |

**Add chicken, fish, or beef to any of these salads for more protein!

BETTER HEALTH ONE STEP AT A TIME WITH FOODFIT!

In **FOODFIT** you'll...

- ◆ Improve your cooking skills and learn new recipes
- ◆ Join in a 30-minute walk each week
- ◆ Share healthy meals with new friends
- ◆ Make a 12-week commitment to becoming a healthier you!



FOODFIT is Coming to Wasaga Beach this summer... STAY TUNED!



Order and Pay by the First Wednesday of the month on-line at www.gqfb.ca or in person at:

Collingwood	<ul style="list-style-type: none"> •Collingwood Community Resource Centre (at Rotary Centre, Campbell & High St.) •Breaking Down Barriers (234 Ste. Marie 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, Creemore, & 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., 5:00- 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