

August 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
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Sept 5	Sept 19
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Oct 3	Oct 17
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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.



Thank you to everyone who participated in our 2018 Georgian Good Food Box Survey. Congratulations to **Geri Sargeant**, winner of the free food box and cook book. We'll share the results of the survey with all our readers in the fall.

EAT WELL AT WORK!

Does anybody else snack on free foods from work? Extra birthday cake, cookies brought in, holiday celebrations. I definitely can't resist the smell. A recent study found that the foods we eat from work are often high in refined grains and sodium and not enough of the good stuff, like vegetables, fruits and fibre.



We spend a lot of time at work, so it can be easy to fill up on these less nutritious foods, especially if we are hungry or have low energy or mood. This could also impact our overall health, our concentration and even productivity.

Five Tips From Unlock Food* to Make Your Day a Little Healthier

1. Start your day with breakfast

- ◆ Include foods from at least three of the four food groups for more nutrition
- ◆ More colour the better

Tip: Add local berries to your cereal, oatmeal or on the side of nuts and cheese

2. Pack your lunch more often

- ◆ Use leftovers from the night before
- ◆ Pack it at night so you can "grab and go" in the morning

Tip: Add two different types of Good Food Box vegetables to your dinner plate and double the recipe to have enough for lunch

3. Choose healthy snacks

- ◆ Bring staple items to work so you have an easy, healthy snack
- Tip:* Keep unsalted nuts, plain popcorn, individual cheese portions, plain Greek yogurt, frozen berries, whole grain bread, peanut butter at work for easy snacks

4. Stay active

- ◆ Lower your stress by moving a little more
- ◆ Going outside for a walk can help you focus later on in the day
- Tip:* Keep a pair of shoes (and socks) at work so you can always be ready for an opportunity to move.

5. Energize your day

- ◆ Stay hydrated with water to help manage fatigue
- ◆ Try to eat with others or away from your computer to be more mindful
- Tip:* Keep a water bottle (or glass) at your desk so water is your first choice

*Content derived from: <http://www.unlockfood.ca/en/Articles/Workplace-wellness/5-Habits-to-Make-Your-Workday-Healthier>

Learn more about nutrition and healthy eating at:

<http://www.unlockfood.ca/en/default.aspx>



BE FOODFIT

Do You Enjoy Cooking And Meeting New People In Your Community? Then Come Join The Program

We are looking for adults who enjoy hands on learning and can commit to 3 hours per week for 12 weeks

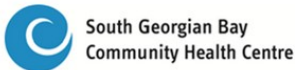
The FoodFit Program is **New** to our area, 1 of 6 locations Canada-wide in 2018 that received the 2 year grant from CCFC (Community Food Centres Canada) More info on their website

It is exciting to have a program that will:

- *empower people to make healthier food choices
- *provide hands on cooking skills and a healthy meal each week
- *assist in showing how to form a daily exercise habit
- *motivate participants to overcome barriers to be the best they can be

REGISTER FOR OUR SEPTEMBER SESSION NOW!

For More Details Contact: Linda, FoodFit Facilitator
705-422-1888 ext 107 Linda.Williams@sghc.ca



WHAT DO I DO WITH ALL THAT KALE!?

Kale Pesto

- 2 cups torn kale (no stems)*
- 1/2 cup olive oil
- 1/4 teaspoon salt
- 1 clove garlic
- juice of one lemon
- 1/4 to 1/2 cup almonds or walnuts



1. Pulse kale, olive oil, salt, garlic, and lemon juice in a food processor until smooth.
2. Add nuts; pulse until desired consistency.

*or 2 cups of a combination of greens, such as kale, parsley and spinach

Add pesto to pizza sauce, pasta dishes, soups, stews, bruschetta, spread on sandwiches, crackers, mix in scrambled eggs, veggie dips...etc. You can freeze the pesto and spoon out as needed.

MARKET TIME!

Be sure to visit these great markets!

Collingwood – 2nd and Pine St., Saturdays, 8:30–1:00

Wasaga Beach – Spruce St. Parking Beach 1, Tuesdays, 4:00–8:00

Creemore – Station on the Green, Saturdays, 8:30–12:30

New Lowell – Recreation Park Pavilion, Wednesdays, 5:30–8:30

Stayner – Stayner Station/Gazebo Park, Thursdays, 5:00–8:30

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><i>*Your choice of pick up location must be marked on the order envelope*</i></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