

January 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Feb. 7	Feb. 21
Mar. 7	Mar. 21

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.



IMPORTANT NOTICE

Breaking Down Barriers has moved to 234 Ste. Marie Street in Collingwood. You are welcome to place your Good Food Box order at their new location.

HAPPY NEW YEAR



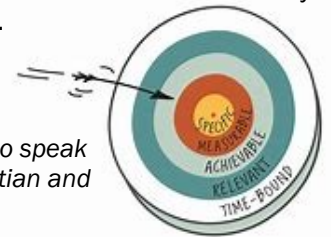
Set Realistic Goals For 2018

Do you want to eat healthier, get active, or just feel your best? This is the time that many people start thinking about making some healthy eating resolutions. The secret to success is to start with one small, clear goal that is right for you. By ordering the Good Food Box monthly you are already off to a great start! That's one change you don't have to make!!! Set some **SMART** goals and you'll be set up to succeed!

Here's what you can do:

- ◆ Speak with an *EatRight Ontario Registered Dietitian* about what behaviour you want to change and work together to create a goal.
- ◆ Set a **SMART** goal. That means a goal that is:
 - ✓ Specific
 - ✓ Measurable,
 - ✓ Action-oriented,
 - ✓ Realistic and has a
 - ✓ Timeline.

Call 1-877-510-5102 to speak with a Registered Dietitian and set a goal today!



HERE'S SOME EXAMPLES OF SMART GOALS

Behaviour To Change	Try This Goal
Do you skip breakfast?	Every day this week, I will eat breakfast that has all 4 food groups (e.g. a whole grain bagel, peanut butter and banana slices with a glass of milk).
Are you trying to eat more fibre?	I will eat brown rice or whole wheat pasta instead of white rice or white pasta at least once this week.
Are you trying to eat more vegetables?	I will eat a dark green vegetable every day this week (e.g. spinach, broccoli, Romaine lettuce, bok choy, swiss chard, peas).
Are you trying to cook and eat at home more ?	I will make one new healthy recipe for dinner this week.
Interested in cooking a "meatless meal" with beans more often?	This weekend I will find and try a new recipe using beans (e.g. kidney beans, navy beans, soy beans).

2017 RECIPE INDEX

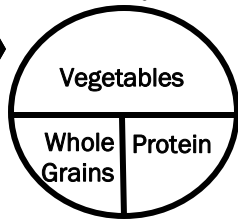


April 2017 marked the introduction of our new GGFB newsletter format. Here's a handy index of the past year's recipes and food topics. All previous newsletters can be found on our website www.ggfb.ca or you can store the paper copies in a 3-ring binder.

- April: Carrots
- May: Mushrooms
- June: Cucumbers
- July: Strawberries
- August: Green Beans
- September: Apples
- October: Lettuce
- November: Turnip
- December: Potatoes

Did you know?

A portion size is the amount of food you choose to eat. Your portion may be larger or smaller than the recommended serving size. For more about choosing suitable portion sizes, go to www.eatrightontario.ca



MAKING SOUP IS EASY!

Making homemade soup costs less, and is healthier and tastier than most soups you buy. Making soup is a terrific way to use up leftovers and eat more vegetables. Once you know how to make a healthy soup, you can get creative with all types of ingredients and spices.

1. Make the stock for the soup
2. Add plenty of vegetables to the soup
3. Add protein (optional)
4. Add grains (optional)



Easy Carrot Apple Soup

ADD SOUP STOCK TO LARGE POT AND HEAT



COOK APPLES, CARROTS, ONIONS IN STOCK UNTIL SOFT



PUREE THEN SEASON WITH FRESH OR DRIED GINGER OR CURRY

What is stock? Stock is a flavourful liquid used in soups, stews, and sauces and is usually made by slowly simmering meat bones and vegetables in water. As the water evaporates, the flavor intensifies. The longer stock cooks, the more flavourful it becomes. **Broth** (and **Bouillon**) are less flavour-intense than stock and can be bought ready-made in grocery stores. If you want to try making your own stock there are lots of easy recipes online. Try www.allrecipes.com/recipe/12982/basic-vegetable-stock/

What is puree? Puree is cooked food (usually vegetables, fruit or legumes) that has been ground, pressed, blended or sieved to the consistency of a creamy paste or liquid. Hummus, baby food, and applesauce are examples of purees. Pureed soups are thick, creamy and smooth. Yum!

Don't Super-Size Me! Here's some quick tips for managing your portion size: Slow down your eating, skip going for refills or seconds, measure snacks and serve in a bowl rather than eating from the bag, share part of your meal or dessert with a friend, use a smaller plate. A good rule of thumb is to fill 1/2 your dinner plate with vegetables; 1/4 with whole grains; 1/4 with protein.



Effective immediately, **Breaking Down Barriers** order location (formerly at Unit 203, 115 Hurontario St.) is now at **234 Ste. Marie Street.**

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.) •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 & 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., 5:30- 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