

July 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
----------------	------------

Aug 1	Aug 15
-------	--------

Sept 5	Sept 19
--------	---------

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.



Serving Georgian Bay Communities Since 1952
South Georgian Bay
Community Health Centre



COLLINGWOOD BRANCH



Your Health Connection



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.

WHAT IS FOOD WASTE?

Food waste is food that was/is okay to eat, but it gets thrown out or goes uneaten at grocery stores or in our homes.

- ◆ When we throw out food, we are also throwing out all of the resources it took to grow, ship and produce the food.
- ◆ A 2017 report by the Commission for Environmental Cooperation found that the average Canadian throws out approximately 170 kg (375 lbs) of food every year. That's more weight than an adult panda bear!

What are the causes of food waste?

- ◆ Some supermarkets only sell the best-looking produce and throw out foods that are bruised or oddly shaped
- ◆ Buying foods that are too close to the expiry date can go bad at home
- ◆ Throwing out food that is past its "Best Before" date but is still fine to eat
- ◆ Leftovers that are not stored or used properly, which means the food has to be thrown out.



What can we do to help reduce food waste?

1. **Plan your meals.** Decide what you need before you go to the grocery store and only buy what you need.
2. **Choose the "Ugly" food.** Some stores discount the "ugly" produce, which is perfect for soups, sandwiches, and salads.
3. **Use leftovers in other meals.** For example, leftover rice and vegetables can be added to a soup.
4. **Freeze foods that won't be eaten right away.** Remember to regularly check and rotate what's in your freezer to make the most of what you've saved!
5. **Create an "Eat-Me-First" bin.** A basket in the fridge with foods that will go bad soon so everyone knows what to grab first.

What can I do with my leftovers?

- ◆ Use clear storage containers in your fridge/freezer. The more you are able to see your food, the more likely you will eat it.
- ◆ Leftovers can be used as ingredients! Include vegetables in things like omelets, sandwiches, soups or pasta.
- ◆ Use mashed potato as a topping for shepherd's pie.
- ◆ Make stale bread into croutons, garlic bread, or french toast.
- ◆ Freeze bananas before they get too ripe and add them to smoothies.

Written by: Jen Moore, Dietetic Intern



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

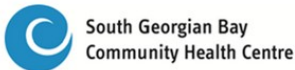
The FoodFit Program is **New** to our area, 1 of 6 locations Canada-wide in 2018 that received the 2 year grant from CCFC (Community Food Centres Canada) More info on their website

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@sgbchc.ca



YOU ASKED FOR IT!

Roasted Cauliflower Recipe

- ◆ 1 medium head cauliflower
- ◆ 4 cloves garlic, finely chopped
- ◆ 1/4 C. olive or coconut oil
- ◆ 2 Tbsp lemon juice
- ◆ 1 tsp salt
- ◆ 1/2 tsp pepper
- ◆ 2 Tbsp grated Parmesan cheese [optional]

1. Preheat oven to 500 °F
2. Combine in a large roasting pan: oil, garlic, lemon juice, salt and pepper.
3. Cut cauliflower into 1 1/2 inch florets. Pour into roasting pan. Stir carefully with a spatula until evenly coated.
4. Roast in middle of oven for 20 to 30 min. until tender-crisp. Sprinkle on parmesan cheese if desired.



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