

March 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



MARCH IS NUTRITION MONTH!

Order & Pay By	Pick Up On
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Apr 1	Apr 15
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May 6	May 20
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Food Box \$18.00

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



This year's nutrition month theme is *More Than Food!* The 2019 Canada's Food Guide includes messages about not just *what* we eat, but *how* we eat. Check out these healthy eating habits this Nutrition Month!

Be mindful of your eating habits

- Take time to eat
- Notice when you are hungry and full

Cook more often

- Plan what you eat
- Involve others in planning and preparing meals

Enjoy your food

- Culture and food traditions can be part of healthy eating

Eat meals with others



Nutritionmonth2020.ca

TIPS TO HELP YOU COOK MORE OFTEN

Cook once and eat twice: Cook enough for another meal. This doesn't mean that you need to eat the same meal twice. Get creative with leftovers to make a whole new meal:

- ◆ Cook double the rice for your stir-fry and use the extras for rice pilaf.
- ◆ Cook twice the chicken or ground turkey you need and keep extras to make chicken salad, enchiladas, chili or spaghetti sauce.
- ◆ Keep flavours simple so foods can be used for many meals. Chili one night turns into tacos the next and a topping for spaghetti another night.
- ◆ When preparing meals, chop or cook extra vegetables and fruits so you have some for snacks and meals the next day.



Become a big batch cook: Batch cooking simply means making meals in bigger batches and freezing them in meal-size portions for convenient weekday meals. This can save time and money. Chili, soups, stews, casseroles, pasta dishes, and spaghetti sauce are healthy homemade options and are ideal for batch cooking.

Use time-saving tools: Make home cooking easier by using time-saving tools. Try a:

- ◆ mini-chopper to quickly dice up garlic and onions
- ◆ hand blender to make quick and easy soups and sauces
- ◆ slow cooker to cook food while you are busy during the day
- ◆ pressure cooker to reduce cooking times and make meals in a hurry

Keep healthy options on hand: The best way to cook quick, healthy meals and snacks is to keep your kitchen stocked with healthy ingredients like:

- ◆ bagged leafy greens to make an easy salad
- ◆ your favourite herbs and spices to add flavour
- ◆ pre-cut vegetables to use for snacks and stir-fries
- ◆ canned tuna or salmon to add to a salad or sandwich
- ◆ frozen or canned vegetables to make a quick side dish
- ◆ canned chickpeas and lentils to toss into soups, salads or main dishes

TRY A BIG BATCH RECIPE THIS MONTH!



Spiced-up Butternut Squash Soup

Ingredients

- ◆ 1 butternut squash
- ◆ 5 mL (1 tsp) canola oil
- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, minced
- ◆ 10 mL (2 tsp) mild curry powder or paste
- ◆ 750 mL (3 cups) sodium reduced vegetable or chicken broth
- ◆ 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- ◆ 1 mL (1/4 tsp) fresh ground black pepper
- ◆ 75 mL (1/3 cup) plain Greek yogurt (optional)

Directions

1. Using a vegetable peeler, peel squash. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
2. In a soup pot or large saucepan, heat oil over medium heat. Add onion, garlic and curry powder. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth and cilantro, if using. Bring to a boil, then reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.
3. Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth. Stir in pepper. Serve with a dollop of yogurt if desired.



Tips

- ◆ Add canned, drained and rinsed chickpeas to the soup to keep you energized all afternoon.
- ◆ Transform this soup using broccoli, cauliflower or sweet potato by omitting squash. Replace squash with 1.5 L (6 cups) chopped broccoli or cauliflower, or 2 large sweet potatoes, peeled and chopped.
- ◆ When using the blender be sure to let soup cool slightly and, when pureeing, hold the lid with a kitchen towel to ensure it doesn't pop off. Fill the blender only half way for each batch when pureeing.

Photos from: <https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/resources-download.html>

Recipe from: <https://food-guide.canada.ca/en/healthy-eating-recommendations/cook-more-often/>

IMPORTANT NOTICE RENOVATIONS TEMPORARILY CLOSE The Rotary Centre On Campbell Street in Collingwood. A spring opening is anticipated. *Please order at the Collingwood Public Library.*

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 (See important notice above). •NEW Collingwood Public Library (55 Ste. Marie Street)
	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	<ul style="list-style-type: none"> *<i>Your choice of pick up location must be marked on the order envelope*</i> •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