

May 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



OUR RESPONSE TO COVID-19!

Order & Pay By **Pick Up On**

June 3 June 17

July 1 July 15

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 & Rebecca (SGBCHC & SMDHU) who write the nutrition content for our newsletter.

In line with current Public Health and Government regulations, we have **suspended our May 2020 order and pack cycle.**

- Any orders already placed/paid for, are credited to June 2020, or the next month we are operational, given the changing nature of this situation.
- We will send updates on our June order status through email (sign up on our website for mailing list updates), Facebook, and ggfb.ca website
- As always, if you have questions you can contact us via email at: gfoodbox@gmail.com or phone, 705-445-9660.

Thank you for your patience and support in these challenging times. We hope we will be back to providing you with the Good Food Box very soon.



Fresh, tasty produce is still available through our supplier, **Sanfilippo's**, at **The Real Food Market** 395 Hume Collingwood, for pickup or delivery, see collingwoodrealfoodmarket.ca.



GROCERY SHOPPING AND FOOD SAFETY DURING COVID-19

In these unprecedented times, a lot of Canadians are especially concerned about how to grocery shop and prepare food safely. There is a lot of information available on these topics which can be overwhelming. Below is a summary of the current recommendations from food safety experts in Canada to help keep you and your family safe.

Hand Hygiene Tips



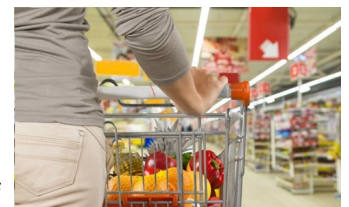
Photo from: www.cdc.gov

Hand hygiene is one of the most important ways to reduce the spread of COVID-19. Proper hand hygiene involves washing hands with soap and warm water for at least 20 seconds or, when that is not an option, with a hand sanitizer that contains at least 60% alcohol. Health Canada advises against using homemade hand sanitizers as they may not be effective in killing the coronavirus that causes COVID-19.

Who Should Grocery Shop?

- ◆ Choose one person in your household who is in good health to be the designated grocery shopper. Do not go shopping if you are sick or living with someone who is sick.
- ◆ Grocery shop alone; do not bring children with you if at all possible.
- ◆ Get someone to help you with groceries (if you are an older adult, have a weakened immune system, or existing chronic conditions) or try grocery pick-up/delivery.
- ◆ Minimize your trips to the store to no more than 1 grocery shop each week. Plan ahead by making a list of what you need so you can buy enough food to last 1-2 weeks, if possible.

Photo from: www.unlockfood.ca



How to Grocery Shop Safely

- ◆ Be respectful of store employees and other shoppers. We are all trying to do our best.
- ◆ Engage in proper hand hygiene before going into the store and before you get in your vehicle to go home. Gloves do not offer any additional protection.
- ◆ Wipe down the handle of your grocery cart. Most stores have wipes for you to use.
- ◆ Ensure appropriate physical distancing guidelines are followed. Some stores have arrows on the floor to encourage one way flow of traffic.
- ◆ Avoid touching your face and items you don't plan to purchase while shopping.
- ◆ Pay for groceries with a debit or credit card. Most stores do not accept cash.
- ◆ Wear a non-medical mask as an extra measure to protect those around you (not to protect yourself). Visit the Simcoe Muskoka District Health Unit website to learn about proper usage: www.smdhu.org.

For More Information:

Government of Canada: www.canada.ca
 Canadian Food Inspection Agency: www.inspection.gc.ca/covid-19
 Simcoe Muskoka District Health Unit: www.smdhu.org



Our website at www.ggfb.ca provides a list, compiled by the VON, of grocers who offer delivery or pick-up services .

Food Safety at Home

At this time, there is no evidence that COVID-19 spreads through food or food packaging. Follow these best practices for food safety:



Photo from: www.unlockfood.ca

- ◆ Wash your hands after putting away groceries at home as well as before and after preparing and eating food.
- ◆ If you use reusable grocery bags, clean after each use.
- ◆ Clean and disinfect food preparation surfaces regularly.
- ◆ Wash fruits and veggies by scrubbing under cool, running water. Washing food with soap or other disinfectants is not recommended as this can make you sick.
- ◆ Cook meats to appropriate temperatures.
- ◆ Avoid cross-contamination between cooked and uncooked foods.



HELLO VOLUNTEERS!

We want to acknowledge you and thank you, during **National Volunteer Week** and all year round, for the continued contributions you make to the Good Food Box program here in South Georgian Bay. Without you our program would cease to exist. We know your efforts make a difference every month in supplying fresh, affordable and accessible produce.

From the bottom of hearts, thank you very much for all your time and efforts! **We miss you all** and are looking forward to seeing you very soon!



BREAKING DOWN BARRIERS is taking orders again as they settle into **234 Ste. Marie Street!** **Rotary Centre On Campbell Street** in Collingwood is still closed for renovations. A spring opening is anticipated. Offices of 211, Community Connection are located at New Life Church on Tracey Lane.

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 (See important notice above). •NEW Collingwood Public Library (55 Ste. Marie Street) •Breaking Down Barriers (234 Ste. Marie Street) (Now taking orders again!)
	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