

August 2020

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Sept 2	Sept 16
Oct 7	Oct 21

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.



IT'S GOOD TO BE BACK!

Thank you for your patience over the last several months. We are ready to resume the Good Food Box program for August 2020! Things will be a little different as we follow Provincial regulations for safe handling of the good food boxes.

- ◆ Visit our website at www.ggfb.ca for the most up-to-date information. Email us at gfoodbox@gmail.com or call us at 705-445-9660 with questions or concerns.
- ◆ As Ontario gradually re-opens, and regulations change, we may have to adjust how we provide service to you and it might be different each month!
- ◆ We encourage you to order via Paypal. If unable to order via Paypal, orders are being accepted ONLY at the Collingwood Library, Wasaga Beach Library and Knit'N Kaboodle in Stayner. See important **order** information on the flip side of this page.
- ◆ Some of our pick up locations and procedures have changed. See important **pick up** information on flip side of this page
- ◆ We are not able to offer individual deliveries at this time.

DELICIOUS DIPS

Having vegetables for a snack is a great way to increase your intake of fresh produce and use up all of the delicious offerings in your Good Food Box. Nothing goes quite as well with raw veggies as a tasty dip! Pairing vegetables with a dip can add flavour, variety, and nutrients in order to make your snacks more satisfying and fun.



Photo: www.unlockfood.ca

Homemade dips are a great alternative to store-bought dips, and only require a few minutes and ingredients to make. If you are extremely short on time, it is also possible to make healthy choices at the grocery store. Whether you decide to make your own or purchase a store-bought option, aim to choose healthy dips that are:

- ◆ Made with a nutrient-dense food such as plain yogurt, legumes (chickpeas, lentils or beans), or vegetables as the primary ingredient
- ◆ Lower in saturated fats
- ◆ Lower in sodium (salt)

TRY THESE SIMPLE AND DELICIOUS HOMEMADE DIPS:



Photo: www.kidseatincolour.com

Ranch Dip – Try serving with carrots, celery, or cauliflower

Whisk the following ingredients together:

- ◆ ½ cup (125 mL) plain Greek yogurt
- ◆ ¼ tsp (1 mL) each: garlic powder, onion powder, and dried dill
- ◆ Dash of salt and pepper
- ◆ Optional mix-ins: chopped fresh chives or green onion

Basic Hummus — *Try serving with zucchini, snap peas, or sweet potato*
Mix the following together in a food processor or blender until smooth:

- ◆ 1 can (15 oz) of chickpeas, drained and rinsed
- ◆ 3 tbsp (45 mL) olive oil
- ◆ 1.5 tbsp (23 mL) lemon juice
- ◆ 1 tsp (5 mL) minced garlic
- ◆ Dash of cumin, salt, and pepper (to taste)
- ◆ Water to thin hummus to desired consistency

Photo: www.cookspiration.com

Taco Dip — *Try serving with cherry tomatoes, bell peppers, or broccoli*

Whisk the following ingredients together:

- ◆ ½ cup (125 mL) plain Greek yogurt
- ◆ ½ tsp (3 mL) cumin
- ◆ ¼ tsp (1 mL) chili powder
- ◆ Dash of salt

Photo: www.kidseatincolour.com

Tzatziki — *Try serving with carrots, cucumber, or beets*

Whisk the following ingredients together:

- ◆ ½ cup (125 mL) plain Greek yogurt
- ◆ ¼ cup (60 mL) grated cucumber
- ◆ 2 tsp (10 mL) lemon juice
- ◆ 1 tsp (5 mL) chopped fresh dill or ¼ tsp (1 mL) dried dill
- ◆ 1 tsp (5 mL) minced garlic
- ◆ Dash of salt and pepper

Photo: www.kidseatincolour.com

Guacamole — *Try serving with bell pepper, cherry tomatoes, or carrots*

Mix the following ingredients together:

- ◆ 2 ripe avocados, mashed
- ◆ 2 tsp (10 mL) lime or lemon juice
- ◆ 1 tsp (5 mL) cumin
- ◆ Dash of salt and pepper

Optional mix-ins: diced tomato, red onion, or cilantro

Photo: www.unlockfood.ca

Order and Pay

by the First Wednesday of the month on-line at www.ggfb.ca or in person at one of the three sites listed:

IMPORTANT ORDER INFORMATION

We encourage all our customers to use Paypal for orders on our website, www.ggfb.ca. If you are unable to use Paypal, orders will be accepted at the following locations only (all other order sites are closed): **Collingwood Library, Wasaga Beach Library, Knit'N Kaboodle** on main street of Stayner. Bring exact change payment in your own envelope with the following information written on it:

- ◆ Full name, phone number and email address
- ◆ Number of boxes ordered, amount enclosed (\$18/box)
- ◆ Where you will be picking up (see below)

Wear a mask and deposit your completed envelope into our order box.

Please note—it's very important that you bring your own envelope already completed with exact change as staff cannot provide an envelope, pen or change. Thank you in advance for following these guidelines and ensuring we are able to resume safe service.

Pick Up on the Third Wednesday of the month at only the three locations listed:

IMPORTANT PICK UP INFORMATION

All orders are being packed in Wasaga Beach for the time being. This means there may be slight delays in transporting bags to each of our pick up locations, we ask for your patience.

At this time **Pick up will occur only at these three locations:**

- ◆ **Wasaga Beach Recplex**, 10:30am-12:30pm, front doors (no indoor access)
- ◆ **Stayner Gazebo** beside TD Bank, 11am-12:30pm, for all Clearview orders. Call Ted at 705-970-7737 with concerns or questions regarding ordering or pick up in Clearview (Stayner, Creemore, New Lowell).
- ◆ **Collingwood Legion back parking lot** 11:30-2pm (no indoor access), or 72 Raglan Street after 2pm.

All locations will have curb-side pick up. Please do not get out of your vehicle, and wear a mask if you are able. A volunteer will confirm your name and number of bags ordered and place them in your trunk. We encourage all customers to be prompt in picking up their order, as produce will not fare well in hot conditions (nor will volunteers!). If you anticipate an issue with pick up, please contact us to discuss further.