

February 2021

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Update

GOOD FOOD BOX PACK UPDATE

We have decided, in line with current Public Health and Government regulations, to suspend our February 2021 order and pack cycle owing to limitations on available packing sites, order locations and indoor gathering sizes. Any orders already placed/paid for, are credited to March 2021, or the next month we are operational, given the changing nature of this situation. Watch for program status updates through the following channels: Email updates (sign up on our website for mailing list updates); Facebook; and ggfb.ca website. If you have questions, contact us at: gfoodbox@gmail.com or phone, 705-445-9660. Thank you for your patience and support. Take care and stay healthy!

Order & Pay By **Pick Up On**

Mar 3 Mar 17

Apr 7 Apr 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 them: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (Stayner Good Shepherd Anglican Church, Wasaga Beach Lions Club at Replex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Rebecca, & Jody (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



GGFB MAKES FOOD BANK DONATIONS!

In these unprecedented times, we know that our good food boxes are greatly missed by those who rely on the affordability of the produce. In response, the GGFB program has made a donation to the Collingwood, Wasaga Beach, and Clearview Food Banks.



KICKING UP THE COLOUR!

Things are probably (or starting to be) pretty boring and dull. Given the public health guidelines to stay home and the cold, grey days, it is understandable if you're lacking some motivation to take care of yourself. As we patiently wait for more sunshine, warmer temperatures, and more socializing, we want to brighten up your days by helping you increase your vegetable and fruit intake.

Benefits of including more vegetables and fruits at meals and snack include more:

- ◆ Flavour
- ◆ Crunch
- ◆ Vitamins
- ◆ Minerals
- ◆ Fibre
- ◆ Colour
- ◆ Disease prevention, management and protection
- ◆ Easy snacks
- ◆ Variety



Images from pixabay.com



Having a vegetable or fruit at most meals and snacks can seem like a big goal if you're not used to eating like this. Some tips and tricks to consider before starting include:

Plan Ahead: Make a list of meals and snacks for the week and buy what you need. Wash and cut up your produce to make it easier to snack on.

Make it Half: Aim to make half your plate full of vegetables and fruits at most meals.

Keep a Visual Reminder: Keep a bowl of fruit out on the counter or cut-up vegetables ready to grab in the fridge.

Mix it Up: Try adding vegetables to your next breakfast meal or fruit to your evening snack.**

**Check out this article on the Unlock Food website to read a full list of tips:

<https://www.unlockfood.ca/en/Articles/Canada-s-Food-Guide/Vegetable-and-Fruit-Checklist.aspx>

EASY IDEAS FOR EATING MORE FRUITS AND VEGETABLES

Here are some of our favourite ideas for meals and snacks that include vegetables and fruits.



Breakfast

- ◆ Scrambled eggs with spinach or kale, onions and peppers and leftover roasted potatoes
- ◆ Peanut butter and whole grain toast with sliced banana or apple
- ◆ Oatmeal with nuts and berries (fresh or frozen are great)



Images: pixabay.com

Dinner

- ◆ Homemade nachos with onions, peppers, tomatoes and veggie sticks on the side (great on a Friday night)
- ◆ Add onions, peppers, carrots, celery, and frozen veggies to your next soup, stew or chili
- ◆ Roast your Georgian Good Food Box produce with olive oil, salt, pepper, garlic and onion powder and enjoy with your next chicken or fish dish.

Snacks

- ◆ Cut-up vegetables and hard-boiled egg
- ◆ Yogurt and fruit
- ◆ Smoothies (throw in spinach and cauliflower for added nutrition)



Check out more great ideas with these videos: <https://food-guide.canada.ca/en/tips-for-healthy-eating/make-healthy-meals-with-the-eat-well-plate/>



The Clearview pack returned to Stayner in December! We wish to express our gratitude to the **Good Shepherd Anglican Church** on Scott St. for welcoming and accommodating us! We sincerely thank St. Patrick's Roman Catholic Church for their many years of support.

Order and Pay

by the First Wednesday of the month on-line at www.ggfb.ca or in person at one of the 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, cash orders will ONLY be accepted at:

- ◆ Collingwood Library
- ◆ Wasaga Beach Library
- ◆ Clearview cash payments call Ted 705-970-7737. Clearview libraries are NOT accepting orders at this time.

If paying by cash, bring exact change 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 the locations listed:

We are unable to offer individual deliveries at this time.

IMPORTANT PICK UP INFORMATION

Collingwood orders are being packed in Wasaga Beach for the time being. This means there may be slight delays in transporting bags to pick up locations, we ask for your patience. At this time **Pick up will occur only at these locations:**

- ◆ **Wasaga Beach Recplex Hall, Lion's Den** 11:00am-12:30pm (curb side pick up)
- ◆ **Collingwood** As per instructions from Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ **Stayner Good Shepherd Anglican Church, Scott St.** 11-12:30 (curb side pick up) **NEW**
- ◆ **Stayner Public Library** 1-9 pm
- ◆ **Creemore Public Library-** 2-5pm or 7-9pm
- ◆ **New Lowell Public Library-** 2-8 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737