

June 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 June 2021 order and pack cycle owing to limitations on available packing sites, order locations, and indoor gathering sizes, as well as the ongoing uncertainty of restrictions. Any orders already placed/paid for, are credited to July 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
July 7	July 21
Aug 4	Aug 18

**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](mailto: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 Recplex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Rebecca, Jody & Sydney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



## SUMMER FOOD SAFETY

June is a perfect time of the year to cook outside! Whether it's barbecues in the backyard, cooking over the campfire, or packing food for a picnic, it's important to remember food safety when cooking or eating outside this summer.



### FOUR TIPS TO KEEP YOUR FOOD SAFE

**1. Keep Your Area Clean** – Always wash your hands for at least 20 seconds thoroughly with soap and warm water before and after handling food. Pack soap, a cloth, and a safe source of water (bottled water, or tap water from a clean, safe source). Clean all cooking surfaces and utensils before and after cooking.

**Tip:** Don't forget to clean your cooler! Wash and sanitize the inside of your coolers before and after each use.

**2. Keep Raw Food Separate** – Foods such as meat, poultry and seafood should be kept in leak-proof bags or containers to prevent cross-contamination of bacteria to other foods such as vegetables and fruit. Pack two sets of cutting boards, knives, and tongs, and use a separate set for raw meats. Make sure to add extra plates and utensils to your packing list so you can serve cooked foods on clean plates.

**Tip:** Pack raw meats at the bottom of your cooler to prevent juices from dripping onto other foods.



Photos: pixabay.com

**3. Cook Foods Thoroughly** – This means cooking food to an internal temperature that kills bacteria. Pack a digital thermometer to help you determine if the food is cooked thoroughly. Safe internal temperatures for common foods include 71°C for ground beef, 85°C for whole poultry, and 74°C for leftovers.

**Tip:** Place thermometer in the thickest part of the food for most accurate reading, and clean thermometer before using it again!

**4. Chill Out** – Keep cold foods cold (at or below 4°C) and pack in an insulated cooler with ice to maintain a cool temperature. Try freezing food the day before packing it in your cooler. Do not let foods stay in the "danger zone" (between 4 and 60°C). Health Canada recommends not leaving foods out for more than one hour on hot days, as this is when bacteria can grow quickly.

**Tip:** keep your cooler out of the sun – tuck away in a shady spot or store it in the coolest part of your vehicle.



### Polynesian Pork Kebabs



A great summer barbeque recipe!

#### Ingredients

- ◆ ¼ cup soya sauce, sodium reduced
- ◆ 2 tbsp lemon juice
- ◆ 2 tbsp liquid honey or brown sugar
- ◆ 1 tsp vegetable oil
- ◆ 1 tsp ground ginger (or 1 tsp minced ginger root)

- ◆ 1 lb lean pork loin or tenderloin, cubed
- ◆ 1 ½ cups cubed pineapple
- ◆ 1 red bell pepper, cut into chunks
- ◆ 1 green bell pepper, cut into chunks
- ◆ Eight 8-inch (20cm) wooden skewers



### Directions

1. In a medium bowl, combine soya sauce, lemon juice, honey, oil and ginger. Add pork cubes, tossing to coat. Cover and marinate for at least 30 minutes or overnight in refrigerator.
2. Thread skewers alternately with pieces of pork, pineapple, red pepper, and green pepper. Brush kebabs with marinade and discard any left over.
3. Preheat barbecue or broiler. Cook the kebabs over medium-heat, turning once for 10-12 minutes or until pork is just slightly pink in the center. Alternatively, grill under broiler, turning once, for 8-10 minutes or until cooked through. Serve with your favourite sides.

Recipe and photo from: <http://www.cookspiration.com/recipe.aspx?perma=514F5F1DD0A&g=9>

For more good information about food safety, visit:

<https://www.unlockfood.ca/en/Articles/Food-safety/Play-it-safe-this-summer.aspx>

<https://www.canada.ca/en/health-canada/services/general-food-safety-tips/food-safety-tips-barbecuing.html>



With Covid-19 restrictions beginning to ease, your local community's Farmers Market may be open, or opening soon!

Photos: pixabay.com

### IMPORTANT ORDER INFORMATION

We encourage all our customers to use **Paypal for orders** on our website, [www.ggfb.ca](http://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.


### Order and Pay

by the First Wednesday of the month on-line at [www.ggfb.ca](http://www.ggfb.ca) or in person at one of the sites listed:

 **ALL PACKS SUSPENDED UNTIL FURTHER NOTICE DUE TO COVID RESTRICTIONS.**

### 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

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

We are unable to offer individual deliveries at this time.