

December 2021

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



## Order & Pay By      Pick Up On

Jan 5 (or sooner)	Jan 19
Feb 2 (or sooner)	Feb 16

**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 (St. Patrick's Parish Hall, Wasaga Beach Lions Club at Recplex, Collingwood Legion), Clearview Tsp., our public libraries, and Ruth, Courtney, Jody, Rebecca, & Sydney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



## YOU CAN MAKE A DIFFERENCE

**Give One, Get One** — Donate \$15 or more anytime in December and we'll enter your name in a draw to win a free box in January and donate one to someone in need on your behalf. Donate at [ggfb.ca](http://ggfb.ca) or any order location.

Are you organized, good with numbers and perhaps have a background in finance or accounting? The **Good Food Box** is looking for a volunteer board member to fulfill the role of **Treasurer**. We meet on the 4th Tuesday of the month for 1-2 hours. If interested, please contact us at [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com) or call Joan at 705-445-9660.

## RECIPE MAKE-OVER: REDUCING SUGAR

Why not try a recipe make-over to reduce sugar in your recipes this holiday season?



Canada's Food Guide recommends that all Canadians lower the amount of added sugars they eat. One easy place to start is to decrease the sugar used in homemade baking and cooking.

### What is Sugar?

Sugar is a carbohydrate that provides energy for our body. It is used to sweeten and preserve foods. In moderation, sugar can be part of a healthy diet. There are two types of sugars found in food, natural sugars and added sugars.

**Natural sugars** are in foods like fruit and milk. These foods contain vitamins and minerals that are important for health and as part of a healthy diet.

**Added sugars** are in foods such as baked goods, desserts, pop, energy drinks, fruit drinks, candy, and some breakfast cereals. Health Canada recommends limiting how much of these foods we eat because a diet high in added sugars can cause cavities. These added sugars also provide extra calories which may lead to an increase in weight. It's not the added weight that is the problem though, it's the high blood pressure, increased risk of heart disease, cancer and diabetes that comes with excess weight that is the issue.

Resources:

[www.unlockfood.ca/en/Articles/Carbohydrate-and-Sugar/Recipe-Makeover-Reducing-Sugar-in-the-Kitchen.aspx](http://www.unlockfood.ca/en/Articles/Carbohydrate-and-Sugar/Recipe-Makeover-Reducing-Sugar-in-the-Kitchen.aspx); [www.unlockfood.ca/en/Articles/Carbohydrate-and-Sugar/What-you-need-to-know-about-sugar.aspx](http://www.unlockfood.ca/en/Articles/Carbohydrate-and-Sugar/What-you-need-to-know-about-sugar.aspx)

### Recipe Make-Over Ideas

Lower the amount of added sugar in your baking without sacrificing the flavor.

- 1.Reduce up to 1/3 of the amount of sugar used in the recipe.
- 2.Add fruit to sweeten the recipe. Fruit adds natural sugars as well as vitamins and minerals. Examples include raisins, dates, bananas, apples, apple sauce and blueberries. If your recipe needs canned fruit, look for ones packed in water.
- 3.Swap jams and jellies for unsweetened or low-sugar options.
- 4.Experiment with flavour extracts like lemon, vanilla, almond, and maple.
- 5.Add spices such as cinnamon, ginger, and nutmeg to boost flavour and sweetness.
6. Use jam mixed with water instead of sugar when making glazes.
- 7.Replace 1/4 of the amount of sugar the recipe calls for with powdered milk.
- 8.Use Splenda (sucralose) an artificial sweetener. Swap 1 cup of sugar for 1 cup of Splenda or 1 cup of Splenda in place of 1/2 cup brown sugar.



### WALNUT & FLAX CARROT COOKIES

#### Ingredients

- ◆ 125ml (½ cup) canola oil
- ◆ 150ml (⅔cup) brown sugar, lightly packed
- ◆ 1 egg
- ◆ 5ml (1 tsp) pure vanilla extract
- ◆ 175ml (¾ cup) whole wheat or all-purpose flour
- ◆ 175ml (¾ cup) rolled oats
- ◆ 60ml (¼ cup) ground flaxseed
- ◆ 125ml (½ cup) chopped toasted walnuts
- ◆ 10ml (2 tsp) cinnamon
- ◆ 1 ml (¼ tsp) baking soda
- ◆ 250ml (1 cup) freshly grated carrots



#### Directions

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. In a mixing bowl, beat together canola oil, sugar, egg, and vanilla.
3. In a separate bowl, toss together flour, oats, flaxseed, walnuts, cinnamon, baking soda.
4. Add dry ingredients and carrots to the wet ingredients and stir well by hand to combine.
5. Scoop tablespoon-sized (15ml) portions and place on cookie sheet, about 2 inches (5 cm) apart. Bake for 13-15 minutes. Enjoy!

From: [www.cookspiration.com/recipe.aspx?perma=qzp3voeiJtk&g=8](http://www.cookspiration.com/recipe.aspx?perma=qzp3voeiJtk&g=8)

#### Collingwood Christmas Day Feast

All Saints' Anglican Church is offering a take-out dinner Dec. 25th. Contact Susan Scouten at: [sscouten1@gmail.com](mailto:sscouten1@gmail.com) or call 705-441-1419 for information or to pre-order.



#### Clearview Community Christmas

**Dinner Free**, contactless dinner pick-up starting at 3:00 pm Dec. 25th, Stayner Conference Grounds, 240 Scott St. Delivery can be arranged. Contact [dorr1960@gmail.com](mailto:dorr1960@gmail.com), or call Clearview Community Church, 705-428-6543.

#### Creemore Community Christmas


**Dinner** Take-out meal. Creemore Legion from 3:00–5:00 pm Dec. 25th Register by December 14 with Donna B. at 705-466-2523; or [CreemoreChristmasElf@gmail.com](mailto:CreemoreChristmasElf@gmail.com) Pay what you can. Special arrangements can be made upon request.

**Don't Wait!** Did you know you can order next month's bag when you pick up this month's bag? You don't have to wait for the order deadline and it may be more convenient for you!



#### Order and Pay by the First Wednesday of the month or sooner!

On-line at [www.ggfb.ca](http://www.ggfb.ca) or in person at one of the sites listed:

 **This information is subject to change in response to Covid-19 restrictions and policies.**

#### 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, exact cash orders will ONLY be accepted at:

- ◆ **Collingwood Library** or call Joan 705-445-9660
- ◆ **Wasaga Beach Library**
- ◆ **Stayner, Creemore and New Lowell Branches of the Clearview Public Library** or call Ted 705-970-7737.



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.

#### IMPORTANT PICK UP INFORMATION

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 delivery arrangements with Joan via phone. Please call Joan at 705-445-9660 if you need more information.
- ◆ **Stayner St. Patrick's Church Hall**, William St. 10:30 am –12:30 pm
- ◆ **Clearview Public Libraries:**



Stayner Branch 1 pm–9 pm  
 Creemore Branch 2-5pm or 7-9pm  
 New Lowell Branch 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:

