

November 2021

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca

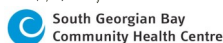


Order & Pay By	Pick Up On
Dec 1	Dec 15
Jan 5	Jan 19

**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.



## A BOUNTY OF GRATITUDE

A BIG thank you to **Kennedy Orchards** for hosting our **Apple Harvest Fundraiser**. With their generous support, we raised \$750 which will be used to donate Good Food Boxes to those in need at all three pack locations. And a BIG thank you to the **Stayner Good Shepherd Anglican Church** and **Gren Bray** for hosting and assisting our Clearview pack so that we could carry on packing. Lastly, **congratulations** to the **three winners** who found a **golden ticket** for a free Good Food Box in their October bag! We are thankful to be back at our normal pack sites and we're celebrating over 71,000 food boxes packed!

## OSTEOPOROSIS AWARENESS MONTH

November is Osteoporosis Month! This is a great time to bring awareness to what osteoporosis is and how you can lower your risk.

### What is Osteoporosis?

Osteoporosis is defined by a low bone mass and weakening of bone tissue, so bones are at risk of breaking. Losing bone density is normal as we age, but there are things we can do to try and slow the rate of bone loss. There is no single cause for osteoporosis but there are certain factors that increase risk:

- ◆ people who are 65 years or older,
- ◆ have a family history,
- ◆ don't get enough vitamin D and calcium,
- ◆ smoke, and
- ◆ have certain medical conditions such as celiac disease and inflammatory bowel disease.



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Speak with your health care provider about getting a bone mineral density test if you are over 50 years of age and have at least one risk factor for osteoporosis.

### How Can I Strengthen My Bones? (Tips from unlockfood.ca)

<p><b>Get enough calcium.</b> <i>Calculate how much you get in your diet:</i> <a href="https://osteoporosis.ca/calcium-calculator/">https://osteoporosis.ca/calcium-calculator/</a></p>	<p>Milk, cheese, yogurt, kefir, fortified soy and rice beverages, canned fish with bones, beans, nuts, seeds, leafy green vegetables</p>
<p><b>Get enough Vitamin D to help your body absorb calcium.</b> <i>Health Canada recommends that everyone over the age of 50 take a vitamin D supplement of 400 IU each day</i></p>	<p>Egg yolks, salmon, sardines, milk, fortified foods like soy and rice beverages, orange juice, and yogurt</p>
<p><b>Eat a variety of foods.</b> <i>Other nutrients such as potassium, vitamin K and magnesium all help your body use calcium.</i></p>	<p>Fruit, vegetables, whole grains, legumes, nuts, seeds, and fish</p>
<p><b>Stay active.</b> <i>Aiming for at least 150 minutes each week can help build strong muscles, better balance, and healthy bones.</i></p>	<p>Weight bearing exercises (low impact aerobics, tennis, running ) strengthen bones. Activities using weights or body weight exercises, as well as stretching, yoga and tai chi, all help to support bone health.</p>
<p><b>Limit alcohol and caffeine. Avoid smoking or try quitting.</b> <i>Smoking can increase bone loss and your risk of breaking bones.</i></p>	<p>Limit caffeine to no more than 400mg per day (2-3 cups of coffee) and have no more than 2-3 alcoholic drinks per day.</p>

## SALMON NOODLE CASSEROLE

### Ingredients

- ◆ 2 tbsp (30 mL) canola oil
- ◆ 1 small onion, diced
- ◆ 1 stalk celery, diced
- ◆ 2 cloves garlic, minced
- ◆ ½ tsp (2 mL) dried thyme
- ◆ 2 ½ cups (625 mL) broad/large egg noodles (6 oz/175 g)
- ◆ 1 ½ cups (375 mL) vegetable broth
- ◆ 1 can (354 mL) evaporated milk
- ◆ ½ tsp (2 mL) ground mustard
- ◆ ¼ tsp (1 mL) pepper
- ◆ 1 can (213 g) sockeye salmon with bones, drained
- ◆ 1 cup (250 mL) mixed diced frozen vegetables (or fresh vegetables from your Good Food Box)
- ◆ 1 cup (250 mL) shredded old cheddar cheese, divided
- ◆ ½ cup (125 mL) panko breadcrumbs
- ◆ 2 tbsp (30 mL) chopped fresh parsley



### Directions

1. In an ovenproof saucepan heat oil over medium heat. Cook onion, celery, garlic and thyme for about 4 minutes or until softened. Stir in noodles, broth, milk, mustard and pepper. Simmer, stirring occasionally for about 8 minutes or until noodles are tender but firm.
2. Meanwhile, mash salmon and bones with fork. Stir in salmon, vegetables and ½ cup (125 mL) of the cheese.
3. In a small bowl, combine remaining cheese, bread-crumbs and parsley. Sprinkle over top of noodle mixture and broil about 4 inches (10 cm) from heat for about 3 minutes or until golden.

### Resources:

- <https://osteoporosis.ca/recipes/salmon-noodle-casserole/>
- <https://www.unlockfood.ca/en/Articles/Bone-Health/7-Tips-to-Help-Keep-Your-Bones-Strong.aspx>
- <https://www.unlockfood.ca/en/Articles/Bone-Health/Lower-your-risk-of-osteoporosis.aspx>
- <https://osteoporosis.ca/what-is-osteoporosis/>



**Covid-19 Update For Volunteers:** In compliance with the requirements of our pack sites, insurance provider, and provincial government, beginning October 20th, all pack site volunteers must be fully vaccinated.

### 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:



**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: