

February 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



GOOD NEWS EVERYONE!

With the updated public health measures coming into effect on January 31, we are able to resume the February pack. We are so glad to be able to return to providing you with the excellent and affordable produce you know and love! As always, if you have questions you can contact us via email at gfoodbox@gmail.com or phone, 705-445-9660. Thank you for your patience and support in these challenging times!

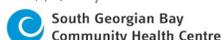
Order & Pay By	Pick Up On
Mar 2 (or sooner)	Mar 16
Apr 6 (or sooner)	Apr 20

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 (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.



FEBRUARY IS HEART MONTH

With heart disease being the second leading cause of death in Canada, it's important that we bring awareness to cardiovascular health and learn about how we can take care of our hearts.

What is heart disease? Heart disease is a group of conditions that affect the structure and function of the heart. Heart disease has many causes however, maintaining a healthy lifestyle can help prevent these conditions. Healthy lifestyle choices include quitting smoking, following a healthy and balanced diet, getting enough sleep, drinking alcohol in moderation, regular physical activity, reducing stress, and monitoring blood and cholesterol levels. Our diet and eating patterns can play a big role in heart disease prevention. Here are some tips to help improve your heart health through food:

- ◆ Limit trans fats by limiting ultra-processed foods
- ◆ Consider sources of saturated fats
- ◆ Include a variety of unsaturated fats (especially omega-3 fats)
- ◆ Reduce sodium by limiting ultra-processed foods and reading food labels
- ◆ Include fibre-rich foods such as vegetables, fruit, whole grains, beans & legumes.



<http://clipart-library.com>



FIVE HEART HEALTHY KITCHEN TOOLS (from Unlockfood.ca)

1. **Non-stick cookware:** Using a non-stick pan or wok helps to cut back on the amount of fat used during cooking. Use a small amount of soft non-hydrogenated margarine when cooking.
2. **Steamer:** Steaming is a low-fat way to cook your vegetables. It keeps them crisp and colourful too!
3. **Spice rack:** Use herbs and spices to flavour your foods instead of salt to lower the amount of sodium.
4. **Can opener:** Canned foods are budget friendly and quick to cook. Heart healthy options include beans, fish, vegetables, and stewed tomatoes. Select low-sodium options and rinse before using.
5. **Crock pot or slow cooker:** Make a stew or chili with heart healthy ingredients and let it cook in the crock pot all day. This is an easy and rewarding way to prepare a heart healthy meal.



Unknown author

What step will you take this month? Taking one small step towards a healthier lifestyle can make a huge impact. For more information, tips and recipes, visit Heartandstroke.ca and Unlockfood.ca

EASY RED LENTIL DAHL

Ingredients

- ◆ 1 cup (250ml) red lentils
- ◆ 1 tbsp (15ml) canola oil
- ◆ 1 small onion, finely chopped (from Good Food Box)
- ◆ 4 garlic cloves, minced
- ◆ ½ tsp (2ml) ground turmeric
- ◆ ½ tsp (2ml) salt
- ◆ 2 tomatoes, chopped
- ◆ 3 cups (750ml) water
- ◆ 1 small Thai chili, cut in half

Spice mix:

- 1 tsp (5ml) canola oil
- 2 tsp (10ml) fresh ginger, minced
- 1 tsp (5ml) cumin seeds
- 1 tsp (5ml) black mustard seeds
- 2 tbsp (30ml) fresh cilantro

Directions

1. Rinse lentils in fine mesh sieve with water. Set aside.
2. Heat oil in saucepan over medium heat. Cook onion, garlic, turmeric, and salt for about 5 minutes or until softened. Add tomatoes and cook for 5 minutes or until softened.
3. Stir in lentils, water, and chili; bring to a boil. Reduce heat to medium-low; cover and cook for about 25 minutes or until lentils are tender.
4. **Spice mix:** Meanwhile, heat oil, ginger, cumin, and mustard over medium heat. Cook about 5 minutes or until seeds start to pop. Remove from heat.
5. Uncover and stir in spice mixture. Let cook uncovered for 5 minutes. Stir in cilantro and serve.



References: <https://www.heartandstroke.ca/heart-disease/what-is-heart-disease>
<https://www.unlockfood.ca/en/Articles/Heart-Health/10-Heart-Healthy-Kitchen-Tools.aspx>
<https://www.unlockfood.ca/en/Recipes/Salads-and-soups/Easy-Red-Lentil-Dhal.aspx>



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 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. 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: