

April 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



OPERATION PEI POTATO A SUCCESS!



Thanks to The Rotary Club of South Georgian Bay for coordinating the distribution at Giffen's Country Market & to Good Food Box volunteers who loaded and delivered around 350, 10-pound bags to our pack sites...free!



Order & Pay By **Pick Up On**

May 4 (or sooner) May 18

June 1 (or sooner) June 15

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.



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South Georgian Bay Community Health Centre

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SPRING CLEANING IN THE KITCHEN!

It's officially spring! Most of us like to do some "spring cleaning" around the house when the warmer weather arrives. This year, why not try deep cleaning your kitchen and pantry to help improve your eating habits? Did you know that creating healthy habits starts in the kitchen? By stocking your cupboards, fridge, and freezer with nutritious foods, it can make it easier to eat a healthier diet. Throw out any spoiled or expired foods and stock your pantry with healthy staples! **Use this guide to keep foods fresh and healthy this spring:**



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In the Fridge

Clean all shelves and drawers. Check that temperature is **4°C (39°F)**

Check expiry dates! Best before dates apply to unopened foods. Throw out open foods not used in **past 6 months**

Refrigerate leftovers within **two hours** of cooking. Use refrigerated leftovers within **four days** (freeze any unused portions)

Place ripe fruits in crisper to stay fresh longer **Tip:** keep apples in separate section as they cause other foods to ripen faster

Store eggs and butter in **coldest area of fridge**, in their own container on shelf, not on fridge door

Replace sauces and condiments that have expired with **lower sodium options**

Check **nutrition facts table**. Avoid choosing products containing trans fats

In the Freezer

Clean and make sure the temperature is set to **-18°C (0°F)** or less

Throw out any expired foods or containers that cannot be identified



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Freezer burn doesn't affect food safety, but may change taste & texture. These foods can still be used in heavily spiced dishes (e.g. sauces, chili, and curries)

Remember to cook foods that have been defrosted in the microwave right away

Restock freezer with pre-cut vegetables & fruits (**without added oils, sugar, salt, or sauce**) for convenience

Fresh fruits and vegetables can easily be frozen. Most can be kept in freezer for **6-12 months**

Tip: Use a permanent marker to label containers and bags with the date and contents

In the Pantry

Be sure to clean up any spills or crumbs and make sure your pantry is **cool and dry**

Once opened, check label to see if the food needs to be refrigerated. Keep low-acid canned foods (like tuna, vegetables) for **up to one year** if container is not dented or rusty

Stock up on easy-to-use canned items such as **plain, low-sodium beans** (kidney, chickpea, lentils, etc.) and **canned fish**

Canned vegetables and fruit can be cost-effective and healthy. Make sure to select **low-sodium or packed in water** options

Opt for **fibre-rich grains** such as brown rice, whole wheat pitas, whole wheat flour, quinoa, rolled oats, barley and farro

Tip: keep whole grains refrigerated to help them last longer

Tip: when a container is opened, write the date on it with a permanent marker





GREENHOUSE TOMATO AND PEPPER PASTA

Ingredients

◆ 8 oz (250 g) tagliolini or rigatoni pasta (about 4 cups/1 L)

- ◆ 2 tbsp (25 mL) olive oil
- ◆ 2 Ontario Greenhouse Sweet Peppers, chopped
- ◆ 2 cloves garlic, minced
- ◆ 1 Ontario Onion, chopped
- ◆ 1/2 cup (125 mL) dry Ontario White Wine or sodium-reduced chicken broth
- ◆ 8 pitted black olives, sliced
- ◆ 3 Ontario Greenhouse Tomatoes, coarsely chopped
- ◆ 2 tbsp (25 mL) chopped fresh Ontario Basil
- ◆ 1/4 cup (50 mL) shredded Ontario Asiago Cheese

Directions

1. In large pot of lightly salted boiling water, cook pasta for 8 to 10 minutes or until tender.
2. Meanwhile, in large skillet heat oil over medium heat. Cook peppers, garlic and onion until lightly softened, about 5 minutes. Add wine, olives and tomatoes; increase heat and bring to simmer. Cook, uncovered until hot and bubbly, about 3 minutes.
3. Drain pasta; add to skillet and toss. Stir in basil and sprinkle with cheese.

References:

- <https://www.heartandstroke.ca/articles/spring-clean-your-food-habits>
- <https://www.unlockfood.ca/en/Articles/Food-safety/Safe-Food-Storage.aspx>
- <https://www.ontario.ca/foodland/recipes/greenhouse-tomato-and-pepper-pasta>



CONGRATULATIONS TO MARGARET LALONDE – WASAGA BEACH SENIOR CITIZEN OF THE YEAR!

The Georgian Good Food Box, Wasaga pack site, is fortunate and thankful to have Marg on board as a regular and reliable volunteer who can be counted on to go the extra distance! Margaret also volunteers at Campbell House. It's easy to see how she earned this special recognition. Way to go Marg!

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 or Ramblewood Medical Clinic, Unit 101
- ◆ 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:

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

- ◆ 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