

April 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



REMEMBER...

- ◆ Good Food Box orders must be placed by the first Wednesday of the month deadline. Orders after the deadline will be credited to the following month.
- ◆ If you're a Wasaga Beach customer, the **Community Health Centre, Suite 201 at Ramblewood Medical Centre** is now an order drop-off location.

BASIC FOOD SHELF

Have you heard of the *Basic Food Shelf*? This is a list of non-perishable food items that have a long shelf-life and serve as a base for many nutritious recipes. Having these items stocked on your shelves can help save you money on your grocery bill by shortening your list each week. In addition, these items are great to have on hand if you can't get out to the store and need to make a healthy meal in a pinch.

USE THIS LIST BELOW TO HELP STOCK YOUR SHELVES

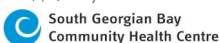
Grain Products	Vegetables & Fruit	Meat & Alternatives	Fats/Oils & Flavourings	Baking Ingredients
Rice (brown & long-grain parboiled)	Onions (white, Spanish, shallots)	Canned or dried beans (kidney, chick-peas, lentils, black beans)	Cooking oils (vegetable, olive, avocado, sunflower)	Flour (all-purpose, whole wheat)
Whole grain pastas (macaroni, spaghetti, lasagna)	Canned vegetables (tomatoes, mushrooms, carrots, peas)	Nut butter (peanut, almond)	Spices (garlic powder, dry mustard, paprika, cinnamon, chili powder)	Sugar (white, brown)
Barley	Potatoes (white, sweet)	Canned fish (salmon, tuna)	Herbs (basil, oregano, thyme, bay leaves)	Baking powder
Quinoa	Carrots	Skim milk powder, canned evaporated milk	Black pepper, salt	Baking soda
Farro	Canned fruit (packed in water)	Nuts (almonds, cashews, peanuts, walnuts)	Chicken & beef bouillon cubes	Cornstarch
Oats (rolled, steel-cut), Bran	Applesauce unsweetened	Seeds (ground flax, pumpkin, sunflower, hemp)	Soy sauce, Vinegar (red, balsamic, white)	Vanilla
	Dried fruit (raisins, dates, apricots)		Worcestershire sauce, Ketchup	Cocoa powder

Order & Pay By	Pick Up On
May 3 (or sooner)	May 17
June 7 (or sooner)	June 21

****Food Box \$21.00**
(NEW PRICE)**

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.



CHECK OUT THESE HOW-TO'S

Many of the items included on the *Basic Food Shelf* can be used to create quick, nutritious, and balanced meals that the whole family will enjoy. Feel free to adjust ingredients based on you and your family's eating preferences.



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HOW TO MAKE A POT ROAST

1. Cut meat into 1-inch cubes. Add cooking oil to a big heavy pot over medium-high heat. Brown the meat on all sides. Season with salt and pepper to taste. Add a small amount of water or soup stock and cover.
2. You can simmer the pot on the stove top or in the oven (at 325°F) until tender (about 1 hour per lb).
3. Add chopped vegetables (potatoes, onions, celery, carrots, etc.) for the last half hour of cooking.

Additional Resources:

—Check out this article for ways to save money on your grocery bill: <https://www.unlockfood.ca/en/Articles/Budget/20-Ways-to-Save-Money-on-Your-Groceries.aspx>

—Adapted from Basic Shelf Cookbook (City of York Health Unit, 1994)

HOW TO MAKE “KITCHEN SINK” CASSEROLE

1. Preheat oven to 375°F. Chop cooked leftover meat and place into a casserole dish. Then add an equal amount of cooked vegetables. You can also add cooked grains or starches such as cooked rice, macaroni, quinoa, or potato. Mix well.
2. Add one or more of the following: condensed cream soup, milk, vegetable broth, chicken/beef stock or tomato sauce.
3. Next add your toppings: bread crumbs, grated cheese, or nutritional yeast.
4. Bake for about 30 min. Enjoy!



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HOW TO MAKE A STIR FRY

1. Heat a saucepan with some cooking oil over medium heat. Add chopped fresh or frozen vegetables (e.g. broccoli, onion, carrot, celery) until crisp-tender.
2. In a small bowl, combine water, corn starch, and soy sauce. Stir mixture into vegetables and cook until sauce thickens.
3. Add leftover meat or legumes (chickpeas, lentils, or black beans) along with black pepper to taste. Serve over cooked rice and enjoy!

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 Centre, Suite 101, and CHC Suite 201
- ◆ 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 (Collingwood orders please provide address)
- ◆ Number of boxes ordered, amount enclosed (\$21/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 10:30am-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: