

August 2022

# GEORGIAN GOOD FOOD BOX NEWSLETTER

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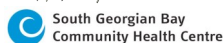
Order & Pay By	Pick Up On
Sept 7 (or sooner)	Sept 21
Oct 5 (or sooner)	Oct 19

**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.



## SMART SUMMER SNACKS

Snacking is a great way to keep up your energy levels, balance blood sugars, and regulate hunger in between meals. A smart snack can help to keep you going until your next meal without feeling too hungry. A smart snack is one that is balanced. To make a **balanced snack**, combine a food that is a source of

**fibre** and a food that is a source of **protein**.

Mix and match this list of foods below to create your own balanced snacks:

Source of Protein	Source of Fibre
Yogurt	Berries
Milk	Hummus
Cheese	Whole grain or bran crackers
Eggs	Whole grain cereal bar
Hummus	Vegetables
Dahl	Whole grain pita bread
Cottage cheese	Pear
Nuts and seeds	Oatmeal
Edamame	Homemade muffin
Canned fish	Apple



Ultra-processed snacks such as bars, chips, and sweets are high in added sugar, saturated fat, and sodium. They are typically lower in fibre and protein, which are important nutrients for regulating hunger, blood sugar and energy levels. Choose these snacks less often. Snacks that are made with wholesome, minimally processed foods tend to be higher in protein and fibre and lower in sugar, sodium, and saturated fats.

### Tips for Smart Snacking

Planning for quick and healthy snack options can make it easier to snack smartly.

- Stock up on easy-to-eat vegetables such as baby carrots, mini cucumbers, and snap peas
- Enjoy cheese strings with whole grain crackers as an easy portable snack
- Make homemade muffins, breads, and energy bites in advance. Freeze any leftovers for a quick and satisfying snack.
- Mix fresh or frozen fruit, bran buds, nuts or seeds into your favourite yogurt for a quick yogurt parfait



www.personalcreations.com

- Spread nut butter onto a whole grain tortilla and place a banana down the middle. Roll it up and slice into bite sized pieces
- Prepare a large batch of yogurt dip and pair with fresh vegetables, whole grain pitas or crackers

# COOL CUCUMBER DIP



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### Ingredients

- ◆ 1 cup plain yogurt
- ◆ ½ medium cucumber, washed
- ◆ 1 tbsp white wine vinegar
- ◆ Small handful of cilantro or mint, chopped
- ◆ Ground pepper, to taste

### Directions

1. Using a large cheese grater, grate the cucumber and place into a colander. Gently push down on the cucumber to drain any excess liquid. Alternatively, place the grated cucumber between both hands and squeeze out the remaining liquid over a sink.
2. In a small bowl, combine the yogurt, vinegar, cilantro and ground pepper. Stir to combine.
3. Add the drained cucumber to the sauce and stir to combine.
4. Serve immediately or refrigerate for an hour to allow the flavours to combine.

### Resources:

- <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/Quick-And-Easy-Snack-Ideas.aspx>
- <https://food-guide.canada.ca/en/tips-for-healthy-eating/healthy-snacks/>



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“Every child has the right to quality food education,” and in Manitoba, they have developed **A Framework of Food Literacy Development for Children and Youth from 2-18 Years**. It outlines the progression of knowledge, skills and attitudes required to become food literate and includes such competencies as food sustainability, nutrition, food and culture, building positive relationships with food, becoming informed consumers, eating and cooking with others, social justice, food safety and hygiene, food preparation, and food origins. If your interest is piqued, see the complete framework at:

[https://www.fanlit.org/\\_files/ugd/1692f6\\_f774e06a4f9e487996c6e1f53a46c8fe.pdf](https://www.fanlit.org/_files/ugd/1692f6_f774e06a4f9e487996c6e1f53a46c8fe.pdf)

### 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** 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:

- ◆ **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: