

December 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



IMPORTANT NOTICE TO OUR CUSTOMERS

IMPORTANT Our costs have increased steadily this year in keeping with the rising cost of produce. Although we put measures in place to hold our \$18/bag price for quite some time, **it is now necessary to raise our price to \$21.00 per bag as of January 1st, 2023.*** You can expect the same great quality, same number of items and the helpful nutritional info in our newsletter. We look forward to continuing to support you in healthy eating in 2023. *There is a small additional charge for online orders.

Good food is a blessing. Please consider buying an extra bag for someone in need. Donate at ggfb.ca or an order location. If you donate before the end of December, you will be entered in a draw to win a free bag in January 2023.

Order & Pay By	Pick Up On
Jan 4 (or sooner)	Jan 18
Feb 1 (or sooner)	Feb 15

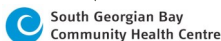
****Food Box \$21.00**
(NEW PRICE)**

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.



Serving Georgian Bay Communities Since 1953



COOKING FOR ONE CAN BE FUN!

Cooking from home and eating a healthy diet is important to optimize health, prevent chronic diseases and even some types of cancers. With a plan and a little practice, cooking for one can be easy and enjoyable!



Menu Planning Tips

- Use **Canada's Food Guide** healthy plate model as a guide. Aim to include vegetables and fruits (fresh, frozen or canned); whole grains (whole wheat bread, chapati, pasta, couscous, cereal, oats, quinoa, brown/wild rice); lean proteins (chicken, turkey, lean beef, fish, eggs, low fat dairy, tofu, & beans or pulses)
- Choose meals that you enjoy and recipes that you know how to cook
- Plan to have 3 meals and 1-2 small snacks each day, depending on your appetite
- Stick with recipes that use few ingredients to simplify grocery shopping. Get recipes from: family and friends; magazines, cookbooks, or GFB newsletters; websites such as food-guide.canada.ca, Unlockfood.ca, and cookspiration.com
- Make a shopping list: Check to see what you have in your pantry, fridge, and freezer already, then cross these items off the list
- Make it fun! Listen to music; Dance as you cook or clean up; Sit near a bright window, or outside if the weather is nice; Set a table with flowers

Easy Meal Ideas for One

- ◆ Egg muffin cups or quiches (both can be made ahead of time and frozen)
- ◆ Fresh oatmeal or overnight oats with milk and fruit
- ◆ Whole wheat toast with nut butter and sliced banana or strawberries
- ◆ Soups, stews and casseroles (these can be made in advance and frozen)
- ◆ Large batch of cold mixed bean or whole grain salad to enjoy as side dish
- ◆ Salads are great when you don't feel like cooking
- ◆ Combine a protein (chicken, canned fish, tofu, cheese, beans) with leafy greens
- ◆ Sandwiches/wraps are easy and can be made in a pinch
- ◆ Mix leftover meat or beans with mayonnaise or yogurt. Spread onto whole grain bread, tortilla or a wrap. Add a side of greens or veggies and dip.

TIP If you want to cook once and eat twice, look for recipes that make about 4-6 servings. By making extra portions, you can enjoy the leftovers the following day or freeze for another time when you do not feel like cooking.

LENTIL CURRY WITH SQUASH & CASHEWS

From: www.cookspiration.com/recipe.aspx?perma=RzLVs2akYP1&g=25

Ingredients:

- ◆ 2 tbsp (30mL) canola oil
- ◆ 1 cup (250mL) onion, diced
- ◆ 2 garlic cloves, minced
- ◆ 1 tbsp (15mL) curry powder
- ◆ 1 tsp (5mL) cumin
- ◆ 1 tsp (5mL) coriander
- ◆ 1 tsp (5mL) red pepper flakes
- ◆ 1 tbsp (15mL) ginger root, peeled and grated
- ◆ 1 can (398mL/14oz) coconut milk
- ◆ 2 cups (500mL) butternut squash, cut into cubes
- ◆ 1½ cups peeled and cubed potatoes
- ◆ 1 cup (250mL) canned diced tomatoes
- ◆ 1 cup (250mL) vegetable stock or water
- ◆ 1 cup (250mL) green lentils
- ◆ 1 tbsp (15mL) honey
- ◆ 1 tsp (5mL) sea salt
- ◆ 3 cups (750mL) fresh spinach or baby kale
- ◆ ¼ cup (60mL) fresh cilantro, chopped
- ◆ ½ cup (125mL) cashews
- ◆ ¼ cup (60mL) plain yogurt



Directions:

1. Heat a large skillet over medium-high heat. Add canola oil and warm for 30 seconds. Add onions and cook until translucent, about 5 minutes.
2. Stir in garlic, curry, cumin, coriander, and red pepper flakes and cook for 2 more minutes. Stir in ginger and coconut milk and scrape up any bits from the bottom of the skillet. Bring to a boil, then reduce heat and simmer for 3 minutes.
3. Pour this mixture into a slow cooker. Add in squash, potatoes, diced tomatoes, and vegetable stock (or water if using). Stir in lentils, honey, and sea salt. Cook on LOW for 6-7 hours or HIGH for 3-4 hours.
4. Stir in the fresh spinach or kale, and cilantro. Cover and cook on high for 5 minutes.
5. Spoon into bowls (or freeze in containers). Just before eating, top with cashews & dollop of plain yogurt.

References & Resources

- <https://www.unlockfood.ca/en/Articles/Seniors-nutrition/Planning-Wisely-When-Cooking-for-One.aspx>
- <https://www.unlockfood.ca/en/Articles/Seniors-nutrition/Tasty-meals-when-cooking-for-one.aspx>
- <https://www.unlockfood.ca/en/Articles/Cooking-and-Food/Quick-and-Easy-Meal-Ideas/>

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 (\$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: