

# Georgian Good Food Box Schedule

**Order and Pay by:**

March 8, 2017

April 12, 2017

**Pick-up on:**

March 15, 2017

April 19, 2017

**Ordering** - Order a box by the **2nd Wednesday** of the month at:

**Collingwood**

Collingwood Community Resource Centre (at the Rotary Centre, Campbell and High Sts.)

State Farm Insurance (Caroline Kennedy) Office (Pizza Hut Plaza) on First St  
Breaking Down Barriers – Unit 203, 115 Hurontario Street

**Wasaga Beach**

Dr. David Redick's Dental Office at 587 River Road West Medical Plaza,  
Drs. Kitai and Watkin, Ramblewood Medical Centre, Unit 101,  
SGB Community Health Centre, 14 Ramblewood Drive, Unit 202,  
Wasaga Beach Library, 120 Glenwood Drive,

**Clearview Township**

Stayner Public Library

**Pick-up time on the third Wednesday of the month**

**Stayner:** St. Patrick's Church Hall 11:30 A.M. TO 1:00 P.M.

**Wasaga Beach:** Recplex Lobby, 1724 Mosely Street 10:30 AM to 12:30 PM

OR Wasaga Community Church 5:00 P.M. - 7:00 P.M.

OR School Orders (School Families Only) - Check with School

(Your choice must be marked on the order envelope for Wasaga Beach.)

**Collingwood:** Collingwood Legion (Rear Doors) 11:30 - 2:00 P.M.

**More information?**

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. Please call **Joan at (705) 445-9660** and **Ted at (705) 428-5537** to volunteer or to learn more. You can also contact us at [gfoodbox@gmail.com](mailto:gfoodbox@gmail.com)

**Thank You!** We thank our Community Partners and our volunteers who work hard to bring the program to our area. The assistance from **Sanfilippo Wholesale Fruit and Vegetables**, **McNulty Printing**, and our packing location providers, **St. Patrick's Parish Hall** in Stayner, **Wasaga Beach Lions Club** and **Collingwood Legion** it is greatly appreciated.

**Visit us at:** [www.ggfb.ca](http://www.ggfb.ca)



# Georgian Good Food News



## FEBRUARY 2017

### MAKING HEALTHY EATING EASIER

- One of the best ways to stay organized and eat well is by making a plan.
- Create a menu for the week to help you save money, time and stress.
- Get the family involved or ask friends for new recipes.
- Make your dinners large enough that there can be leftovers.
- Go meatless once a week and use legumes, eggs, or canned fish as a source of protein.
- Check out Eat Right Ontario's Menu Planning Form before your next trip to the store!



EatRightOntario



### KEEP THESE THINGS CLOSE

Have these foods on-hand to pair with your Good Food Box items for an easy, healthy meal. Some of our favourites are:

Frozen Spinach  
Oats  
Cans of Diced Tomatoes  
Rice  
Eggs

Canned Tuna  
Dry Lentils  
Cans of beans  
Broth (low sodium)  
Oil

# EASY MEALS USING YOUR GFB ITEMS



## Garden Vegetable Soup

Onions + Broth  
Carrots + Tomatoes  
Potatoes + Spinach  
Rice  
Beans

\*\* Use parsley, salt & pepper for flavour

## Breakfast for Dinner

Roasted Onions + Scrambled Eggs  
Potatoes + Spinach, Peppers  
Tomatoes + Orange & Apple Slices

\*\* Use oil, salt & pepper for flavour

## Southwest Chili

Onions, Carrots + Cans of Mixed  
Peppers + Beans & Tomatoes  
Frozen Corn

\*\* Use chili powder, cumin and oregano for flavour

## Big Moves!

The **Collingwood Community Resource Centre** has moved from the Pizza Hut Plaza to the **Rotary Centre** at Campbell and High Streets. They will continue to take Good Food Box orders in their new location which will be handy for our customers in that part of town.

And, Caroline Kennedy and her team at **State Farm** in the **Pizza Hut Plaza** have volunteered to be a Georgian Good Food



Box order location so our customers can continue to enjoy the convenience of ordering at the Plaza! *Welcome aboard State Farm and thank you for becoming one of our valued community partners.*

# SHOULD I SIMMER, BOIL OR STEW?

**Simmer:** Just below or close to the boiling point; tiny bubbles form but don't burst on the surface of the liquid.

**Boil:** Large bubbles come from the bottom of the pot and quickly rise to the surface and break, producing constant steam.

**Rolling Boil:** Vigorous state of maintained boiling; large bubbles erupt continuously on the surface of the liquid and cannot be disrupted by stirring.

**Parboil:** Partially cook by boiling; usually done to soften food for final cooking by another method.

**Stew:** Cook in a liquid, covered, over low heat for a long time.

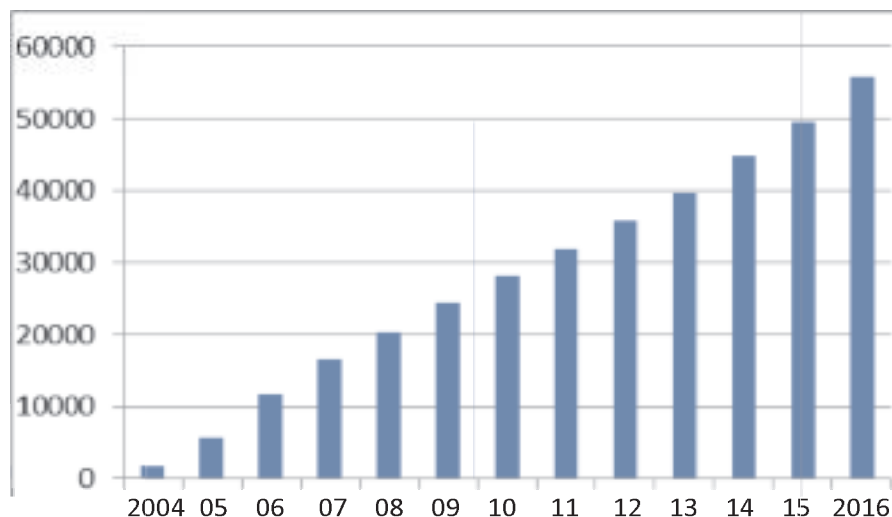
**Reduce:** Thicken a liquid and concentrate the flavor by boiling, which causes excess liquid to evaporate.

The old saying, "A watched pot never boils" means that time feels longer when you're waiting for something to happen!



# SEE HOW WE'VE GROWN

Total Georgian Good Food Boxes Packed from April 2004 to December 2016



Thanks to Ruth, Jody and Courtney for preparing this month's newsletter