

February 2020

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Mar 4	Mar 18
Apr 1	Apr 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](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 their support: Sanfilippo's Wholesale Fruit & Vegetables, McNulty Printing, the pack sites (St. Patrick's Parish Hall, Wasaga Beach Lions Club at the Recplex, and Collingwood Legion) and Ruth, Jody & Courtney (SGBCHC & SMDHU) who write the nutrition content for our newsletter.



## Good Food Box Wins Price Comparison Test

On Monday morning, January 20, Mark Redmond of the Georgian Good Food Box Executive did a price check based on the contents of the January Good Food Box. The results, from highest price to lowest are: **Loblaws \$29.18; Metro \$28.48; Sobeys \$27.53; FreshCo \$22.73; Good Food Box \$18.00!** Thanks Mark!

## HEALTHY BAKING BASICS

Looking for ways to make more nutritious baked goods? Good news! Making healthy substitutions doesn't mean reducing flavour. Consider some of the following suggestions to give your baked goods a boost of nutrition.

- ◆ Add fruits and vegetables to boost flavour and nutrients and replace some of the added sugars or fats in muffins, loaves, cakes, or cookies. Try shredded apple, carrot or zucchini, mashed banana, or puréed pumpkin, sweet potato or squash!
- ◆ Choose heart healthy fats such as canola or olive oil for baking when possible. Oils work well in muffins, brownies, loaves, and cakes.
- ◆ Reduce the amount of sugar you add to recipes. Up to ¼ to ⅓ of the sugar in a recipe can be removed without any major changes to the taste or texture. Add extra spices such as cinnamon, cloves, nutmeg, or ginger to enhance flavour.
- ◆ Add more fibre! In addition to fruits and veggies, try adding ground flax, puréed beans or lentils, whole grain flour, or oats to boost the fibre content of a recipe.
- ◆ Salt can usually be reduced or omitted from recipes without noticeable changes.



Photo from:  
[www.cookieandkate.com](http://www.cookieandkate.com)

## CARROT AND APPLE MUFFINS

### Ingredients

- ◆ 1 cup whole wheat flour
- ◆ 1 cup all-purpose flour
- ◆ ½ cup granulated sugar
- ◆ 1½ tsp baking powder
- ◆ ½ tsp baking soda
- ◆ 2 tsp cinnamon
- ◆ 1 cup finely grated carrot
- ◆ 1 cup grated apple (not peeled)
- ◆ 1 large egg
- ◆ 1 egg white
- ◆ ¾ cup unsweetened applesauce
- ◆ ¼ cup oil (canola, olive, vegetable)

### Directions

1. Preheat oven to 350°F. Line 12-cup muffin pan with paper liners.
2. In a large bowl, combine whole wheat flour, all-purpose flour, granulated sugar, baking powder, baking soda and cinnamon. Stir in grated carrot and apple.
3. In another bowl, whisk together egg, egg white, applesauce and oil until smooth. Pour over dry ingredients and stir until just combined (a few lumps are okay).
4. Spoon batter into prepared muffin pan. Bake for 25 minutes, or until tops are firm to touch and a toothpick inserted in the centre comes out clean.
5. Let cool in pan for 10 minutes. Transfer to a rack to cool completely. Enjoy! *Recipe adapted from:* [https://www.unlockfood.ca/EatRightOntario/media/ERO\\_PDF/en/School/Bake\\_It\\_Up\\_final.pdf](https://www.unlockfood.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf)

# TRY THESE HEALTHY SUBSTITUTIONS!

Making substitutions can be a process of trial and error. Try one substitution at a time and if you are happy with the result, try making another change next time!

Instead of...	Try...	How much?
Oil, butter, or margarine	<ul style="list-style-type: none"> <li>•Unsweetened applesauce or mashed banana</li> <li>•Plain yogurt</li> <li>•Puréed pumpkin, squash, or sweet potato</li> <li>•Puréed lentils or beans</li> </ul>	Replace up to ½ the added fat in a recipe with an equal amount of any of these ingredients
Sugar, honey, or maple syrup	<ul style="list-style-type: none"> <li>•Vanilla</li> <li>•Fruit (apple, banana, or frozen berries)</li> </ul>	Use 1 tsp to replace ¼ cup sugar; based on your preference
White flour	Whole grain flour	Replace half to all of the white flour with a whole grain flour



Photo from: [www.cookieandkate.com](http://www.cookieandkate.com)

## DELICIOUS PUMPKIN MUFFINS

### Ingredients

- ◆ ⅓ cup oil (canola, vegetable, olive)
- ◆ ½ cup maple syrup or honey
- ◆ 2 eggs
- ◆ 1 cup pumpkin purée (replace with 3 mashed bananas for banana muffins!)
- ◆ ¼ cup milk
- ◆ 2 tsp pumpkin spice blend (or 1 tsp spoon cinnamon, ½ tsp ginger, ¼ tsp nutmeg, ¼ tsp cloves)
- ◆ 1 tsp baking soda
- ◆ 1 tsp vanilla extract
- ◆ 1 ¾ cups whole wheat flour
- ◆ ⅓ cup oats, plus more to sprinkle on top

### Directions

1. Preheat oven to 325 °F. Grease or place paper liners in your muffin tin.
2. In a large bowl, beat the oil and maple syrup or honey together. Add eggs and beat well. Mix in pumpkin purée, milk, pumpkin spice, baking soda, and vanilla extract.
3. Add the flour and oats to bowl and mix until just combined.
4. Spoon the batter into the prepared muffin tin. Sprinkle the tops of the muffins with oats.
5. Bake muffins for 22-25 minutes, or until a toothpick inserted into the centre of a muffin comes out clean. Place the muffin tin on a cooling rack to cool. These muffins taste best after they have rested for a couple of hours!

Recipe adapted from: <https://cookieandkate.com/healthy-maple-pumpkin-muffins/>



### RENOVATIONS TEMPORARILY CLOSE TWO ORDER LOCATIONS IN COLLINGWOOD

The Rotary Centre on Campbell Street and Breaking Down Barriers are closed for renovations. Please order at the Collingwood Public Library.

<b>Order and Pay</b> by the First Wednesday of the month on-line at <a href="http://www.gqfb.ca">www.gqfb.ca</a> or in person at:	Collingwood	<ul style="list-style-type: none"> <li>•Collingwood Community Resource Centre (<b>See important notice above</b>).</li> <li>•Breaking Down Barriers (234 Ste. Marie St.) (<b>See important notice above</b>).</li> <li>•<b>NEW</b> Collingwood Public Library (55 Ste. Marie Street)</li> </ul>
	Wasaga Beach	<ul style="list-style-type: none"> <li>•Dr. Redick Dental (West Medical Plaza, 587 River Rd. West)</li> <li>•South Georgian Bay Community Health Centre (Unit 202, 14 Ramblewood Dr.)</li> <li>•Drs. Kitai &amp; Watkin (Unit 101, Ramblewood Medical Centre)</li> <li>•Wasaga Beach Public Library (120 Glenwood Drive)</li> </ul>
	Clearview	•Stayner, Creemore, & New Lowell Public Libraries or call Ted at 705-428-5537
<b>Pick Up</b> on the Third Wednesday of the month at:	Collingwood	•Collingwood Royal Canadian Legion, 490 Ontario St. Rear Doors, 11:30-2:00pm
	Wasaga Beach	*Your choice of pick up location must be marked on the order envelope* <ul style="list-style-type: none"> <li>•Replex Lobby, 1724 Mosely St., 10:30- 12:30pm</li> <li>•Wasaga Community Church, 278 Main St., 5:00- 7 pm</li> <li>•Schools (for School Families only) Check with your school</li> </ul>
	Clearview	<ul style="list-style-type: none"> <li>•Stayner: St. Patrick's Church Hall, William St.11 – 12:30 pm; Library 1:00—9:00 pm</li> <li>•New Lowell Library after 12 pm, or call Ted at 705-428-5537</li> <li>•Creemore Library 12 pm—5:00 pm or 7:00—9:00 pm</li> </ul>