

February 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Mar 1 (or sooner)	Mar 15
Apr 5 (or sooner)	Apr 19

****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.



PLEASE ORDER BY THE DEADLINE...

Orders are accepted **in person** until the end of business hours on the **first Wednesday** of the month, and **online** until 9pm that evening.

This is necessary so that we can order the produce in time for pack day. Orders received after the deadline will be credited to the following month.

Our costs have climbed steadily, and in keeping with the rising cost of produce, we have had to **increase the cost to \$21.00/bag**. We look forward to continuing to support you in healthy eating in 2023.

FAST MEALS IN FEBRUARY



Hopefully, your new year is off to a strong start! Think back to those goals you set last month...

- ◆ How is it going?
- ◆ Do you find goals can be hard to sustain?

If so, you are not alone! Healthy eating can be challenging. Check out the tips below to help make healthy eating sustainable for you and your family!

MAKE HEALTHY EATING A BREEZE!

- ☑ **Make a plan:** One of the best ways to stay organized is to create a menu. The menu can be for the entire week or just a few meals. The important part is that you have a plan! Creating a menu can help you save money, time, and stress.
- ☑ **Use a template:** A premade template or plan can assist you with organizing your meals and grocery list. Try using the sample menus and *Menu Planning Form* from Unlockfood.ca to help you get started.
- ☑ **Involve family and friends:** Ask your family members for input about ingredients and types of meals. Try asking friends about recipes to gather inspiration.
- ☑ **Love leftovers:** Make your dinners large enough to be used as leftovers the following day. Having leftovers reduces stress and time spent in the kitchen cooking.
- ☑ **Go meatless:** Opting for a plant-based protein at least once per week can save time in the kitchen while promoting heart and bowel health. Plant-based proteins are high in fibre and an easy addition to most meals. Try canned legumes (chickpeas, black beans, lentils), frozen edamame, or hemp hearts.
- ☑ **Keep fast foods close:** The following foods are loaded with nutrients and pair well with your Good Food Box items for an easy, healthy meal.
 - ◆ frozen spinach
 - ◆ dried oats
 - ◆ canned diced tomatoes
 - ◆ dry or canned legumes (lentils, chickpeas, kidney beans, black beans)
 - ◆ canned fish
 - ◆ eggs
 - ◆ rice
 - ◆ low sodium broth
 - ◆ vegetable-based oil (olive, canola)



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FAST AND EASY MEALS USING YOUR GFB ITEMS

Onions Carrots Potatoes Spinach	+	Low Sodium Broth & Tomatoes	+	Rice & Beans	=	Garden Vegetable Soup	<i>Tip: Use parsley, bay leaves, and pepper for flavour</i>
Roasted Onions Potatoes Peppers	+	Eggs Spinach Tomatoes	+	Orange & Apple Slices	=	Breakfast for Dinner	<i>Tip: Use salsa and/or olive oil, thyme and pepper for flavour</i>
Onions Carrots Peppers	+	Can of Mixed Beans & Tomatoes	+	Frozen Corn & Sweet Potato	=	Hearty Chili	<i>Tip: Use chili powder, cumin, and oregano for flavour</i>
Apples Bananas or Shredded Carrots	+	Milk & Yogurt	+	Oatmeal	=	Overnight Oatmeal	<i>Tip: Use ground cinnamon and nutmeg for flavour</i>

References & Resources: Menu Plans: <https://www.unlockfood.ca/en/menuplanner.aspx>
 Menu Planning Form: <https://www.unlockfood.ca/en/Articles/Menu-Planning/Menu-Planning-Form.aspx>
 Menu Planner from Cookspiration: <https://www.cookspiration.com/menuplanner.aspx>

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 (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	If you have any questions or concerns with your order or pick up for Clearview , please contact Ted at 705-970-7737
Creemore Branch 2-5pm or 7-9pm	
New Lowell Branch 2–8 pm	

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.

Pick Up on the Third Wednesday of the month at the locations listed: