

February 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



QR CODE



Survey Closes March 6

TELL US HOW WE'RE DOING

Participate in our **Georgian Good Food Box Customer Survey** and have a chance to win a free Good Food Box. Four ways to access the survey:

1. Go to the link on our website at ggfb.ca, or
2. Go to <https://forms.office.com/r/xd3j2W1jbC>, or
3. Scan the QR code to go directly to the survey, or
4. Complete paper copy (available at pack sites) if you don't have on-line access.

Order & Pay By	Pick Up On
Mar 6 (or sooner)	Mar 20
Apr 3 (or sooner)	Apr 17

****Food Box \$21.00****

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

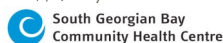
Joan: 705-445-9660

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



SAVING MONEY ON YOUR GROCERY BILL

With the impact of inflation and rising cost of food, people are looking for ways to help save money. Reducing your grocery bill doesn't have to be a full-time job! Check out some of the quick tips below to get you started.



Photos from pixabay.com

- Shopping List:** Carry a list to keep you on track and prevent you from buying extra items. It can be handwritten or kept on your phone.
- Flyers:** Store flyers are packed with current sales and discounts for each store. Use flyers to build your shopping list for the week and compare prices.

Quick tip: Try using the **Flipp** app to assist with comparing prices. This app compares flyers from your favourite stores to help you find the best price

- Price Matching:** Some select stores participate in price matching, when the store will match a lower price offered on the same item from another store. You will need to show the flyer to the clerk in-store to redeem.
- Coupons:** These are still a tried-and-true option to help save money on your grocery bill. They can lower the cost anywhere from 25 cents to a few dollars. Look for coupons in flyers, ads and in-store.
- Reduced Price Racks:** Usually at the end of aisles you will find foods with reduced price stickers on them. This means that these foods will be expiring in the next day or two. These items can be frozen and used later (for example, zucchini can be shredded and frozen to use later to make zucchini bread).



Quick Tip: Use the **Flashfood** app to find reduced items from participating stores. You can purchase them like you would when buying groceries online. Some stores will assemble produce boxes with an assortment of fruits and vegetables at a reduced price. These foods are best eaten within a day or two, so you want to make sure that you have planned meals using these items.



- Loyalty Programs:** These are designed to earn points for every dollar you spend in store. These programs occasionally offer deals that allow you to earn more points during certain times of the year or on select products. Some programs will offer a discount on an item when you use the loyalty card in store. The benefit of being on a loyalty program is that they can help to save money instantly on your bill and also provide you with points that you can redeem for money at a later date to put towards groceries.



Looking for more money saving tips? Check out the 'Budget' webpage at Unlockfood.ca for more tips around saving money on your grocery bill!

POTATO PATTIES

Ingredients

- ◆ 5 (about 1 lb) Yukon Gold potatoes, peeled and cubed
- ◆ 1 can of white kidney beans, drained and rinsed
- ◆ 1 tsp canola oil
- ◆ 1 onion, finely chopped
- ◆ 2 cloves garlic, minced
- ◆ 2 eggs
- ◆ ½ cup parmesan cheese
- ◆ 1 cup baby arugula, chopped
- ◆ ½ cup frozen peas, thawed
- ◆ Pinch salt and ground black pepper
- ◆ Hot sauce (optional)



This Photo by Unknown Author is licensed under CC BY
Recipe from Cookspiration.com

Directions

1. In a large pot, bring potatoes to a boil and cook for 20 minutes or until tender. Drain and return to pot. Add white beans and mash them with potato masher.
2. Meanwhile, in small non-stick skillet, heat oil over medium heat. Cook onion and garlic for 3 minutes or until softened and starting to turn golden. Stir into potato mixture with eggs and cheese until smooth.
3. Add arugula, peas, salt and pepper; stir until evenly combined. Using a 1 cup dry measuring cup, scoop out mixture to form patties. Place on parchment paper or greased baking sheet and repeat with remaining mixture.
4. Bake in a preheated oven (350°F) for about 35 minutes or until light golden and firm to the touch.

BOERENKOOL STAMPPOT – a delicious and traditional Dutch recipe that uses both **kale and potatoes!** The vandenHurk family (our Clearview pack coordinators) share this hearty and easy winter dish recipe that uses local, fall vegetables. It's their granddaughter's favourite! Wash one bunch (about 12 oz/340 grams) kale leaves. Remove the stems and roughly chop the leaves in ½ inch or 2 cm strips. Cover with water and boil for half an hour. Meanwhile, peel and halve 6 potatoes. Add them, along with 5 Italian sausage to the boiling pot of kale and continue cooking until the potatoes are soft. (about half an hour). Drain the liquids. Remove the sausage. Mash the potatoes and kale together with ¼ cup or 57 grams butter. Serve the stamppot with the sausages and vinegar (if desired). Change it up by substituting carrots and onions for the kale, then it's Hutspot!



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IMPORTANT ORDER INFORMATION

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:

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 Centre, Suite 101, and CHC Suite 201**
- ◆ **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)

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.

IMPORTANT PICK UP INFORMATION

Pick up will occur only at these locations:

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

- ◆ **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