

January 2019

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Feb 6	Feb 20
Mar 6	Mar 20

Food Box \$15.00

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 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.

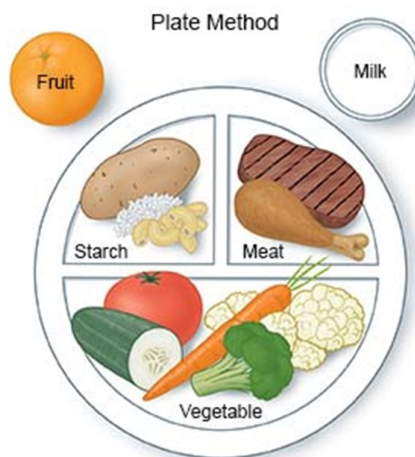


Get Involved! Board Members Needed!

If you are passionate about helping others and addressing food insecurity issues, we would love to hear from you. We are especially interested in Board members with marketing, promotion, communications or advertising experience. We meet on the last Tuesday of the month in Stayner, Collingwood, or Wasaga Beach. Email gfoodbox@gmail.com or call Joan Leonard, Vice Chair, at 705-445-9660.



BUILDING HEALTHY MEALS FOR 2019 - THE HEALTHY PLATE METHOD



Let the Georgian Good Food Box help you get back to the basics for building healthy meals in 2019. The healthy plate method is a piece of art created at Harvard University that will help you see what portion sizes and foods will be beneficial on your plate.

The Georgian Good Food Box can help provide "quality, fresh fruit and vegetable boxes of locally-grown produce" that will end up on your healthy plate.

January is a time when people set goals that will help create healthy lifestyles. Based on the healthy plate method, a great goal for

2019 could be including half a plate of vegetables at lunch and dinner.

Try some of these different cooking methods to make vegetables enjoyable (www.unlockfood.ca).

BAKE	Baking uses heat from the oven to surround the food, allowing it to bake. Heat the oven to 425 degrees and then bake the vegetables for 12-15 minutes.
BROIL	Broiling uses oven heat from above (instead of below). Broiled food cooks quickly and evenly because it is exposed to very high heat for a short amount of time. Place your food on the top rack of your oven, set oven to broil, and carefully watch your vegetables.
STEAM	Steaming uses moisture from a small amount of boiling or simmering water. Put food on a rack or in a steamer basket and place over (not in) the liquid. Put a lid on the pot to trap in moisture.
BOIL	When boiling foods, it's important to cook them at a full boil. You should see lots of big bubbles forming quickly in the liquid. Check your vegetables frequently, boiling them to preferred consistency or tenderness.
RAW	Sometimes we think we need to cook our vegetables at meals when we can actually enjoy them raw. Remember there are no food rules and you can prepare raw vegetables for dinner if you desire.



FOODFIT

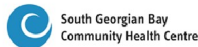


This program combines fun, hands-on cooking sessions to help you be the healthiest you can be! Participants will be shown tools to help make healthy changes such as take-home recipes, easy-to-understand nutrition information, group exercise and shared meals!

Date: January 8 to April 2, 2019
Tuesdays from 5-8pm

Location: Wasaga Stars Arena
425 River Road West, Wasaga Beach

For more information and to register, please contact:
Linda Williams at 705-422-1888 ext. 107



TRY BROILING!

Ingredients

- Choose 3 vegetables you enjoy (e.g. broccoli, carrots, brussel sprouts)
- 1 tsp olive oil
- 1 tbsps Parmesan cheese



Instructions

- ◆ Turn oven to broil.
- ◆ Wash and cut vegetables. Place on a cooking sheet.
- ◆ Add olive oil and Parmesan cheese to vegetables.
- ◆ Place in oven, and check every two minutes, broiling to preferred tenderness.

GOOD NEWS BAD NEWS: CANADA'S FOOD PRICE REPORT

A recent report from the University of Guelph and Dalhousie University predicts that 2019 vegetable prices will likely increase by 4 to 6 percent. The rise is driven by increased consumer demand for vegetables, El Niño weather, and a changing global climate. The Good Food Box is already noticing higher produce prices.



So what's the good news? Quite simply, the Good Food Box remains an economical way to purchase fresh produce because we can achieve savings from bulk buying and you can help by encouraging others to join the program! (see Canada's 2019 Food Price Report at <https://www.dal.ca/faculty/management/news-events/canada-s-food-price-report.html>)

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