

January 2023

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



## AND THE WINNERS ARE...

What a great way to start off 2023! Congratulations to **A. Cordocedo, J. Stransky,** and **M. Bussieres** who donated a Good Food Box in December and were winners in our draw. Enjoy your free Good Food Box! A big **THANK YOU** to everyone who donated.

Please note: Our costs have increased steadily this year in keeping with the rising cost of produce. Although we put measures in place to hold our \$18/bag price for quite some time, it is now necessary to raise our price to \$21.00 per bag as of **January 1st, 2023.** We look forward to supporting you in healthy eating in 2023.

**Order & Pay By**      **Pick Up On**

Feb 1 (or sooner)      Feb 15

Mar 1 (or sooner)      Mar 15

**\*\*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](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 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.



## REALISTIC RESOLUTIONS

Welcome to 2023! Are you setting any resolutions this year? It's no surprise that some of the most popular resolutions revolve around nutrition and activity. Here are some helpful tips for creating realistic resolutions that you can truly live by.



### Where to Start?

If you have a large healthy living goal, you may want to start by breaking it down into smaller, mini-goals. The trick is to start with one small, clear SMART goal.

### What Makes a Goal SMART?

**Specific:** When will you start? What will you focus on? How will you do it?

**Measurable:** How often will you do this? How much will you do? What will you track and how?

**Achievable:** Is your goal something that is within your ability?

**Realistic:** Can you see yourself completing this goal? Be honest! Setting small goals is a strong motivator and a positive way to track progress.

**Time-bound:** How long will it take you to reach your goal?

- ✓ Specific
- ✓ Measurable
- ✓ Achievable
- ✓ Realistic
- ✓ Time-bound

### SMART GOALS IN ACTION

<b>Goal</b> I'm going to start eating more fruit.	This is a good start, but this goal will be hard to measure and there is no timeline.
<b>SMART Goal</b> Eat 1 cup of fruit with breakfast 4 times this week.	This goal is specific, measurable and has a specific timeframe. This information will help you determine if you have reached your goal.

### Reach Your Goals With Confidence

- Set a goal that you feel you can achieve, and you truly want to work on!
- Plan ahead and prepare for any barriers that may come up. Ask yourself:
  - ◆ What could make it hard to reach my goal? What can I do about that?
  - ◆ If the focus of your goal is to eat more vegetables, you might plan your meals around vegetables, write a grocery list, and keep frozen vegetables handy.
- Keep positive! Celebrate even small successes like going to your first activity class.
- Reward yourself with something that makes you feel good.(a walk, visit a friend...)
- Not reaching your goal? Stay positive. It's a chance to learn what works for you or how to handle challenges. It's OK to change your goal too.

# SHEET PAN DIJON CHICKEN & ROSEMARY



## POTATOES

### Ingredients:

#### Potatoes

- ◆ 2 cups sweet or yellow potato, cut into 1-inch pieces
- ◆ 1 tbsp (15mL) olive oil
- ◆ 1 tsp rosemary, dried
- ◆ ½ tsp black pepper

#### Vegetables

- ◆ 2 cups broccoli, chopped
- ◆ 1 bell pepper, chopped into 2-inch pieces
- ◆ 1 tbsp (15mL) olive oil
- ◆ 1 tsp garlic powder
- ◆ Pinch of pepper

#### Chicken

- ◆ 1 lb (454 grams) chicken breast
- ◆ 1 tbsp (15mL) Dijon mustard
- ◆ 2 tsp soy sauce
- ◆ 2 tsp fresh garlic, crushed
- ◆ 2 tsp maple syrup
- ◆ 1 tsp rosemary, dried
- ◆ Pinch of black pepper

### Directions:

1. Preheat oven to 400°F and line a baking sheet with tin foil or a silicone baking mat.
2. In a medium bowl, mix the potatoes, olive oil, rosemary, and pepper together. Place the coated potatoes on the baking sheet and bake for 10 minutes.
3. In small bowl, mix together Dijon mustard, soy sauce, garlic, maple syrup, rosemary, pepper. Set aside.
4. In the bowl you used for the potatoes, add the chopped broccoli and bell pepper and season with the olive oil, garlic powder, and pepper. Mix together.
5. Once the potatoes have cooked for 10 minutes, remove the baking tray from the oven and push the potatoes to one side to make room for the remaining ingredients. Add the raw chicken breasts and uncooked vegetables to the tray and drizzle the marinade over the chicken. Bake for another 20 minutes or until the chicken is cooked through.

### References & Resources

Goal setting: <https://www.unlockfood.ca/en/Articles/Menu-Planning/Your-Guide-to-Setting-Healthy-Living-Goals.aspx>  
 Recipe & photo from: <https://allnutritionrd.com/sheet-pan-dijon-chicken-rosemary-potatoes/>

### Order and Pay by the First Wednesday of the month or sooner!

On-line at [www.ggfb.ca](http://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.**

### IMPORTANT ORDER INFORMATION

*We encourage all our customers to use Paypal for orders* on our website, [www.ggfb.ca](http://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  
 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

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