

January 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](http://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**

Feb 7 (or sooner)      Feb 21

Mar 6 (or sooner)      Mar 20

**\*\*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](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.



## SOUPER JANUARY!

Let's start the new year off by clearing out the fridge and using up leftovers! Do you have leftover turkey or vegetables that you don't know what to do with? Do you have scraps from your Good Food Box that you want to use? Why not make a soup stock with these items this January? Making homemade broth is a great way to use up leftovers that take up valuable room in your fridge.

### WHY SHOULD YOU MAKE A HOMEMADE SOUP STOCK?

- It is a lower sodium option compared to store-bought broth. Use herbs, spices, vegetables and meat to provide natural flavour instead of using salt
- It is cheaper than buying ready-made stock
- Reduces food waste

### HOW TO USE YOUR HOMEMADE SOUP STOCK

- Use in place of water when cooking pasta, rice, couscous, barley or other grains
- Make it the base for soups or stews
- Use in place of water when cooking beans and lentils
- Make it a sauce or gravy base

### EVERYDAY VEGETABLE STOCK

#### Ingredients

- ◆ A large pot or slow cooker
- ◆ Water
- ◆ Vegetable trimmings and ends (from Good Food Box, such as carrot and root vegetable ends, onion peels, stems from leafy greens and potato skins)
- ◆ Spices or herbs (dried or fresh)

#### Steps

1. Clean and keep any leftover vegetable trimmings from your Good Food Box in a bag (store in a freezer if possible).
2. When ready to make the broth, wash and clean all trimmings and place them in a large pot with water.
3. You can add in flavours like pepper and salt, parsley, a bay leaf, garlic, etc.
4. Bring to a boil and then turn down low for 1-2 hours.
5. Once done, pour the broth through a wire mesh strainer over a large bowl or pot to separate all the food products from the broth.
6. Pour the stock into smaller containers or jars. Store in the fridge for up to 1 week. Let cool in fridge before freezing. Label and date if storing them in the freezer.

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## TURKEY, CHICKEN, OR HAM STOCK

### Ingredients

- ◆ 1 leftover ham bone, turkey or chicken carcass (any size)
- ◆ About 6-10 cups of water (depending on the size of your slow cooker)
- ◆ Leftover vegetable trimmings such as celery, carrots, parsley stems, onions (cleaned)
- ◆ Herbs and spices such as thyme, bay leaves, rosemary, black pepper (optional)



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### Steps

1. Make sure to remove all leftover meat from the turkey or chicken, or ham. Then, add the carcass and vegetable scraps to a slow cooker.
2. Next add water to completely fill the slow cooker and cover. Turn it to “high” and let it cook for 6-8 hours. The longer the cook time, the better the flavour of your stock.
3. Use a slotted spoon to remove the large pieces from the slow cooker.
4. Once done, pour the broth through a wire mesh strainer over a large bowl or pot to separate all the food products from the broth.
5. Pour the stock into smaller containers or jars. Store in the fridge for up to 1 week. Let it cool in the fridge first before freezing. Label and date if you are storing them in the freezer.

**No slow cooker? No problem!** Add all ingredients into a large pot, bring to a boil, and then simmer (with a lid) on low for 3-4 hours. Follow the same directions as above.

### References & Resources

- Adapted from the Budget Bytes Recipes: <https://www.budgetbytes.com/how-to-make-chicken-broth/>
- Unlockfood.ca: <https://www.unlockfood.ca/en/Articles/Cooking-and-Food/Cooking-Methods/How-to-Make-a-Healthy-Soup.aspx>

## IMPORTANT ORDER INFORMATION

**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:

*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 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