

July 2022

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



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

**Aug 3**      **Aug 17**  
(or sooner)

**Sept 7**      **Sept 21**  
(or sooner)

**Food Box \$18.00**

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.



*"Serving Georgian Bay Communities Since 1953"*

South Georgian Bay  
Community Health Centre

simcoe  
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DISTRICT HEALTH UNIT  
Your Health Connection



## HEALTHY EATING ON A BUDGET

With rising food costs, it can be hard to make healthy eating affordable. The good news is that you can find and eat many healthy foods while on a budget! A bit of planning saves money, reduces food waste, and cuts back on fast food or takeout. Here are some tips to save on groceries at home and in the store!

### When At Home:

Start with a menu. Select recipes and decide when you plan on eating each meal. Make a grocery list and check your kitchen for items that you already have. Try free meal planning apps

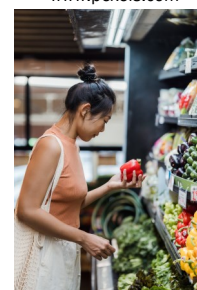
such as Cookspiration or Mealime.

- Make your own meals. Preparing home-cooked meals is less expensive and more nutritious than buying convenience foods. Cook a large portion and freeze leftovers for later. Reuse leftovers in different ways to reduce food waste.
- Plan your meals around foods that are on sale. Look at flyers and newspapers; some stores price match if you show the sale price from another store's flyer. Use smartphone apps like Flipp and Flashfood. Write down regular prices of the foods you buy often to help you figure out if you are getting a deal.
- Avoid special ingredients. Is there an ingredient that you may only use once? If so, leave it out of the recipe or find a similar alternative that you already have.
- Try a meatless meal. Meatless proteins, like legumes, eggs, or tofu, help reduce food costs as they are typically cheaper than meat. Use legumes like beans, lentils or chickpeas in a cold salad, stir fry or in a wrap.
- Store food properly to prevent food waste and save money. For example, keep potatoes and root vegetables in a cool, dark place; keep apples in the crisper.
- Grow your own food. You don't need a large space to grow herbs and vegetables in the summer. Use a variety of containers and pots with good drainage. Try growing lettuce, basil, cilantro, spinach, tomatoes, and cucumbers.

### When At A Store:

- Enjoy whole grains (rice, pasta, barley, farro, and couscous) as they are less expensive than flavoured, prepared or instant options.
- Choose store brands. Store brands are less expensive than brand names.
- Buy in season. Foods that are in season are cheaper and support local farmers.
- Choose frozen and canned (low sodium) options. They are just as nutritious as fresh and can be the cheaper option in the winter.
- Consider organic vs. non-organic. It's a personal choice. Organic foods tend to cost more and there is not enough information to say if they are more nutritious than non-organic foods.
- Look on different shelves. The most expensive items are usually placed at eye level so try looking at the top or bottom shelves.
- Check out the "reduced" section. These items have a close best before date but are priced at a lower cost. Try ripe bananas in breads, muffins or freeze for smoothies. Day old breads work well as breadcrumbs or croutons. Use vegetables in soups and stews.

www.pexels.com





### Fruit Salsa with Vanilla Cream & Cinnamon Wedges

Ingredients (serves 4)

- ◆ 1 cup (250mL) strawberries, chopped
- ◆ 1 cup (250mL) blueberries
- ◆ 1 cup (250mL) raspberries
- ◆ 1 cup (250mL) sweet cherries, chopped, pits removed
- ◆ 1 tsp (5mL) grated orange rind
- ◆ ¾ cup (175mL) light sour cream (5% MF)
- ◆ 1 ½ tbsp (20mL) packed brown sugar
- ◆ 1 tsp (5mL) vanilla
- ◆ 1 whole wheat tortilla (small)
- ◆ Cinnamon (to taste)
- ◆ 4 stemmed sweet cherries
- ◆ 1 tbsp (15mL) toasted coconut (optional)

#### Directions

1. In a small bowl, combine strawberries, blueberries, raspberries, cherries and orange rind.
2. In another small bowl, stir together sour cream, brown sugar, and vanilla until the sugar dissolves. If using toasted coconut, mix this in.

3. Lightly brush one side of the tortilla with water and then sprinkle cinnamon to taste. Cut the tortilla into 8 wedges. Place on a paper towel on a plate and microwave on high for 1 minute and 30 seconds until crisp.
4. In 4 dessert glasses, layer fruit salsa and vanilla cream, repeating once. Serve with cinnamon wedges and garnish with a stemmed cherry.

#### Resources:

- <https://food-guide.canada.ca/en/tips-for-healthy-eating/improving-eating-habits/>
  - <https://www.unlockfood.ca/en/Articles/Budget/20-Ways-to-Save-Money-on-Your-Groceries.aspx>
  - <https://www.unlockfood.ca/en/Articles/Budget/10-Tips-for-Planning-Meals-on-a-Budget.aspx>
  - <https://www.unlockfood.ca/en/Articles/Farming-Food-production/Organic-Foods-and-Growing-Methods-FAQ.aspx>
- Recipe and photo from:** <https://www.ontario.ca/foodland/recipes/fruit-salsa-vanilla-cream-and-cinnamon-wedges>

Simcoe County has two new web pages to make local food even easier to find:  
**Farmers Markets:** <https://experience.simcoe.ca/farmers-markets>  
**Farm Gate Sales** <https://experience.simcoe.ca/farm-gate-sales>



#### 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
- ◆ Number of boxes ordered, amount enclosed (\$18/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: