

July 2024

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

Aug 7 (or sooner) Aug 21

Sept 4 (or sooner) Sept 18

Unlockfood.ca

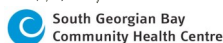


KIDS IN THE KITCHEN School is out and the fresh berries are here. There's no better time to make some delicious and nutritious berry wreaths! Remove the core of 1 apple. Slice into 5 or 6 slices. Spread slices with yogurt, cream cheese, cheese, or peanut butter. Top with alternating cherries and berries. Garnish with mint. Let your kids get creative – the flavour combinations seem endless, just like those lazy, hazy days of summer! (Recipe and photo on Unlockfood.ca, from *EatRight Ontario* at www.eatrightontario.ca, 2011 Kids Recipe Challenge)

****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.



FOOD WASTE

Food waste is food that was/is okay to eat, but it gets thrown out. It goes unpurchased at grocery stores, or is uneaten in our homes. When we throw out food, we are also throwing out all of the resources it took to grow, ship and produce the food.



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A 2017 report by the Commission for Environmental Cooperation found that the average Canadian throws out approximately 170 kg (375 lbs) of food every year. That's more weight than an adult panda bear!

WHAT ARE THE CAUSES OF FOOD WASTE?

- ◆ Some supermarkets only sell the best-looking produce and throw out foods that are bruised or oddly shaped
- ◆ Buying foods that are too close to the expiry date can go bad at home
- ◆ Throwing out food that is past its "Best Before" date but still fine to eat
- ◆ Leftovers that are not stored or used properly, and have to be thrown out

WHAT CAN WE DO TO HELP REDUCE FOOD WASTE?

- ☑ **Plan your meals before you go shopping.** Decide what you need before you go to the grocery store and only buy what you need
- ☑ **Choose the "ugly" food.** Some stores discount the "ugly" produce, which are perfect for soups, sandwiches, and salads
- ☑ **Use leftovers in other meals.** For example, leftover rice and vegetables can be added to a soup
- ☑ **Freeze foods that won't be eaten right away.** Remember to regularly check and rotate what's in your freezer to make the most of what you've saved!
- ☑ **Create an "Eat-Me-First" bin.** A basket in the fridge with foods that will go bad soon so everyone knows what to grab first



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WHAT CAN I DO WITH MY LEFTOVERS?

- ☑ Use clear storage containers in your fridge/freezer. The more you are able to see your food, the more likely you will eat it
- ☑ Leftovers can be used as ingredients! Include vegetables in things like omelets, sandwiches, soups or pasta
- ☑ Use mashed potato as a topping for shepherd's pie
- ☑ Make stale bread into croutons, garlic bread, or french toast
- ☑ Freeze bananas before they get too ripe and add them to smoothies

GAZPACHO SOUP

(MAKES ABOUT 4 SERVINGS)

Nothing says summer like a cool, refreshing bowl of gazpacho soup, full of fresh summer vegetables. Make up a batch when you need to use your produce up quickly.

Ingredients

- ◆ 3 cups fresh tomatoes peeled, seeded & diced
- ◆ 6 green onions chopped
- ◆ 1 stalk celery finely sliced
- ◆ 1 English cucumber peeled and coarsely chopped
- ◆ 1 large clove garlic minced
- ◆ 1 tbsp fresh cilantro chopped
- ◆ 2 cups tomato juice or vegetable juice (sodium reduced)
- ◆ 2 tbsp red wine vinegar
- ◆ 2 tbsp lemon juice
- ◆ ½ tsp dried basil
- ◆ Optional pepper or 1-4 dashes Tabasco to taste

Directions

1. In a large bowl, prepare and combine all ingredients. You may puree in a food processor or blender if desired, or leave it chunky.
2. Cover and chill for at least two hours.
3. Serve in chilled bowls. Garnish with a dollop of sour cream and diced avocado, if desired.



Recipe and photo from: <https://www.cookingmamas.com/gazpacho-soup>

Resources:

Food waste content written by Jen Moore, Dietetic Intern

Recipe: Cooking Mamas <http://www.CookingMamas.com>

More tips to reduce food waste at Tips On Reducing Food Waste At Home - Unlock Food at:

<http://www.unlockfood.ca/en/Articles/Cooking-And-Food/Cooking-Methods/Tips-On-Reducing-Food-Waste-At-Home.aspx>

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 after 12 Noon:**
 Stayner Branch until 8 pm
 Creemore Branch until 7 pm
 New Lowell Branch until 7 pm

If you have any questions or concerns with your order or pick up for **Clearview**, please contact Ted at 705-970-7737