

June 2019

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
July 3	July 17
Aug 7	Aug 21

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
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.



ITS TIME FOR ANOTHER GOOD FOOD BOX GIVEAWAY!



We did it for mom, now it's dad's turn! Send us your **dad's favourite recipe**, along with your name, email/phone number! The prize is a large Good Food Box which will be awarded on **June 25**. Enter on our Facebook page (www.facebook.com/GeorgianGoodFoodBox) or drop off a paper entry to any of our order or pick up locations.

★ **NEWS FLASH!** Collingwood Public Library (55 Ste. Marie St.) is now an order depot! ★

HYDRATION

Staying hydrated is important all year round, but we tend to notice it more now that it is getting warmer. It's also the perfect time of year when we may tend to reach for more of those sugar sweetened beverages. These include pop, juice or punch, sweetened coffee drinks, alcoholic beverages, etc. Once and a while these drinks are fun, but we don't want to make them our drink of choice! Water is our best option.

FUN FACT: You don't need a specific amount of fluid each day, everyone is different! Just think about drinking water most often and being careful it's not flavoured with sugar.



Saying hydrated is important because it:

- ◆ Moves nutrients and waste through your body
- ◆ Helps manage blood pressure
- ◆ Lowers risk of dehydration and heat stroke
- ◆ Protects and cushions joints and organs

(source: www.unlockfood.ca)

Signs to know if you are hydrated:

- Thirst-** Take note if you are thirsty. If you are, it's probably a good sign you are already a little dehydrated. Drinking water throughout the day can help with this.
- Mood-** If you are tired, light-headed or have a headache, it's a good time to check if you've had enough water recently.

Now that we know that being hydrated is important, how do we make this happen?

- ◆ Include your *Good Food Box* fruits and vegetables at meals and snacks. They are made up of vitamins and minerals and mostly water.
- ◆ Keep a water bottle filled-up and in sight to sip on throughout the day.
- ◆ Add *Good Food Box* fruit (and some herbs) to your water for a punch of flavour with no added sugar.
- ◆ Order water when you go out to eat. A small little change can save your money and thirst.
- ◆ Add your *Good Food Box* fruits and vegetables to smoothies instead of juice. Lots of water and fibre, and less sugar.
- ◆ Having a few glasses of milk, tea or coffee throughout the day also counts towards your fluid intake.

CITRUS FLAVOURED WATER

1. Wash fruit before cutting.
2. Find a large jar or jug to mix ingredients in.
3. Slice 1 orange, 1 lime, 1 lemon into rounds, then cut the rounds in half.
4. Add to jar or jug, press and twist with a handle of a wooden spoon. Press enough to release some of the juices.
5. Fill the jar with ice. Pour in water to the top.
6. Stir it with the handle of a wooden spoon.



Find this recipe and other water recipes at:
https://www.theyummylife.com/Flavored_Water



WINNER!

Karen Pattison won the Mother's Day Good Food Box Draw. Karen won a Good Food Box for submitting her mother's recipe for **Soldier Boy Cookies**. As Karen recalls, they were so good that the whole family fought over them!

Maybe Karen will share the recipe with us...or maybe it's a family secret. Either way, Congratulations Karen!



FARMER'S MARKETS ARE IN FULL SWING NOW!

Creemore: Saturdays, 8:30-12:30, Station on the Green

New Lowell: Wednesdays, 5:30 -8:00, Recreation Park Pavilion

Stayner: Thursdays, 5:00-8:30, Station/Gazebo Park

Collingwood: Saturdays, 8:30-1, 2nd and Pine Street

Wasaga Beach: Tuesdays, 4:00-8:00, The Recplex



The Rotary Centre on Campbell Street in Collingwood will be closed for renovations beginning May 16 and projected to continue into December 2019.

The offices of **211, Community Connection** will be located at the New Life Church on Tracey Lane, across from the Bowling Alley. Access to the 211 Office will be at the south end of the building, not the main church entrance on the east side. *Food Box orders will be accepted at this new, temporary address.*

For more details please phone Joan at 705-445-9660.



The **COLLINGWOOD PUBLIC LIBRARY** (55 Ste. Marie St.) is now an order depot accepting your Good Food Box order.

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 (See important notice above). •Breaking Down Barriers (234 Ste. Marie St.) •NEW Collingwood Public Library (55 Ste. Marie Street)
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><i>*Your choice of pick up location must be marked on the order envelope*</i></p> <ul style="list-style-type: none"> •Recplex 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