

Georgian Good Food Box Schedule

Order and Pay by:

April 12, 2017
May 10, 2017

Pick-up on:

April 19, 2017
May 17, 2017

Ordering - Order a box by the **2nd Wednesday** of the month at:

Collingwood

Collingwood Community Resource Centre (at the Rotary Centre, Campbell and High Sts.)

State Farm Insurance (Caroline Kennedy) Office (Pizza Hut Plaza) on First St
Breaking Down Barriers – Unit 203, 115 Hurontario Street

Wasaga Beach

Dr. David Redick's Dental Office at 587 River Road West Medical Plaza,
Drs. Kitai and Watkin, Ramblewood Medical Centre, Unit 101,
SGB Community Health Centre, 14 Ramblewood Drive, Unit 202,
Wasaga Beach Library, 120 Glenwood Drive,

Clearview Township

Stayner Public Library

Pick-up time on the third Wednesday of the month

Stayner: St. Patrick's Church Hall 11:30 A.M. TO 1:00 P.M.

Wasaga Beach: Replex Lobby, 1724 Mosely Street 10:30 AM to 12:30 PM

OR Wasaga Community Church 5:00 P.M. - 7:00 P.M.

OR School Orders (School Families Only) - Check with School

(Your choice must be marked on the order envelope for Wasaga Beach.)

Collingwood: Collingwood Legion (Rear Doors) 11:30 - 2:00 P.M.

More information?

The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. Please call **Joan at (705) 445-9660** and **Ted at (705) 428-5537** to volunteer or to learn more. You can also contact us at gfoodbox@gmail.com

Thank You! We thank our Community Partners and our volunteers who work hard to bring the program to our area. The assistance from **Sanfilippo Wholesale Fruit and Vegetables**, **McNulty Printing**, and our packing location providers, **St. Patrick's Parish Hall** in Stayner, **Wasaga Beach Lions Club** and **Collingwood Legion** it is greatly appreciated.

Visit us at: www.ggfb.ca



Georgian Good Food News



MARCH 2017

EASY MEALS USING YOUR GFB ITEMS

**For Breakfast**

Scrambled Eggs + Peppers + Onions + Apple Slices + Glass of Milk

** Use parsley, salt & pepper for flavour

For Lunch

Lettuce + Cantaloupe + Apple Slices + Walnuts or Sunflower Seeds

** Use oil and vinegar, salt and pepper for flavor

Supper in the Slow Cooker

Onions + Apples + Pork Roast + Pork Loin or Chops + Rice or Potatoes

** Use cinnamon for flavor

Looking for more recipes? Go to www.ggfb.ca (recipes under the resources tab) to find yummy ideas, including some for kale!

MARCH IS NUTRITION MONTH!

What is EatRight Ontario? www.eatrightontario.ca

EatRight Ontario (ERO) is a free service that connects residents of Ontario to the trusted advice of a Registered Dietitian to help you make healthier food choices and answer your nutrition questions.

Whether you are a parent, consumer, health professional or community leader, here are the three easy ways to reach a Registered Dietitian:

1. Call this toll-free number: 1-877-510-510-2
2. Email the [Email a Dietitian](#) service
3. Use the website www.eatrightontario.ca to read healthy eating articles, watch videos, find recipes and explore interactive tools to help you with menu planning and portion sizes and setting goals

What are some questions I could ask?

- How do I lower my risk of heart disease?
- I just found out I have diabetes. Where can I go to for help?
- What should I feed my baby?
- What are whole grains?
- How much fibre should I be eating?
- I don't drink milk. What can I eat to make sure I get enough calcium?
- My child is a picky eater. How can I get her to eat more vegetables?

What other services does EatRight Ontario offer?

- You can speak to a dietitian in English, French and over 100 other languages using an interpreter.
- We offer culturally adapted and translated handouts in Spanish, Chinese, Urdu, Gujarati, Punjabi, Hindi, Tamil and Arabic.
- After your phone call, the dietitian will send you follow up information by email or mail.
- The dietitian can connect you to other services in your neighbourhood for more personalized advice.



SHAKE THINGS UP!

It's easy and economical to prepare your own oil and vinegar dressing for salads or for tossing vegetables in before roasting. Put three parts light oil and one part vinegar in a mason jar. Add salt and pepper to taste. Shake the jar vigorously. This basic recipe can be modified to suit your tastes, so get creative!



- Try balsamic or apple cider vinegar instead of the plain vinegar
- Add some herbs, like oregano, parsley, thyme, dill or basil
- Spice it up with ginger and minced garlic
- Try a bit of grated parmesan or crumbled feta cheese
- Add Dijon mustard or horseradish

DO YOU HAVE A GOOD FOOD STORY TO SHARE?

South Georgian Bay Food Champions is building a collection of stories around food in our community. We all have a relationship with food – a special memory, a favourite experience, a funny story, a struggle, challenge or hardship. Our stories give us a better understanding of what food means to us and our community and the importance of making it accessible to all.

If you have a story you'd like to share, go to www.sgbfoodchampions.com/storytelling. Be part of the ongoing conversation about food in your community!



GEORGIAN GOOD FOOD BOX:

Healthy food for a great price!

Large Box \$15.00

For more great information and valuable resources. Check out our newly updated website: www.ggfb.ca
ONLINE ORDERING NOW AVAILABLE!!!

Thanks to Ruth, Jody and Courtney for preparing this month's newsletter