

March 2019

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



IMPORTANT NOTICE

PRICE CHANGE! A REGULAR BAG IS NOW \$18 (\$19 for online orders). As food costs, including transportation, continue to rise, this small increase allows us to maintain the excellent quality and variety our customers have come to expect. Many weather-related events continue to have a significant impact on food production and in turn, food costs. Thank you for your continued support and understanding. *The Good Food Box remains an economical way to purchase fresh produce because we can achieve savings from bulk buying.*

Order & Pay By Pick Up On

Apr 3 Apr 17

May 1 May 15

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.



MARCH IS NUTRITION MONTH

Nutrition Month provides us with an opportunity to think about the importance of food in our lives and the connections we have with older adults around us. Many aging adults no longer cook for themselves, have limited transportation options to go to the grocery store, or are on a small budget. Many seniors may face loneliness and isolation. All of these things can make eating a healthy diet a struggle, however, a well-balanced diet is critical.

The good news is there are initiatives in South Georgian Bay that you can consider. The new *Wasaga Beach Seniors Active Living Center* at 1621 Mosley Street has started some very exciting programs for local seniors. Come to the centre on the 3rd Wednesday of the month at 11:30 for the Soup-er Community Lunch. Every Wednesday from 9-11am you can join them for coffee and a social visit. The Center is also looking at starting a Slow Cooker Club in the future – stay tuned for that exciting news!

We also have the *South Georgian Bay Community Health Center* which serves Collingwood, Wasaga Beach and Clearview Township. They offer the *Food Fit Program*, which allows you to cook and share a meal with others and make new connections.

Check out local community food programs in Collingwood and Clearview Township by going to www.communityconnection.ca

Souper Wednesday COMMUNITY LUNCH

3RD. WEDNESDAY
OF THE MONTH
11:30 - GATHER
NOON - LUNCH

SENIORS ACTIVE
LIVING CENTRE

1621 MOSLEY ST.
WASAGA BEACH

EVERYONE
WELCOME!
FREE WILL OFFERING



SPONSORED
BY:



THE PRINCE OF PEACE
ANGLICAN CHURCH

TIPS FOR EATING WELL

Here are some helpful tips for eating well:

- ◆ **Be consistent.** Eat at regular times every day.
- ◆ **Make a list.** Plan for meals and snacks ahead of time. This saves time and money.
- ◆ **Invite a friend.** Share grocery shopping, meal planning or cooking with others. This makes it easier and more enjoyable.
- ◆ **Think variety.** Try new foods and recipes, and include a variety of vegetables, fruit, whole grains and protein foods in each meal.
- ◆ **Avoid convenience foods.** If you don't feel like cooking, keep meals simple (e.g. canned tuna sandwich on whole grain bread with sliced cucumber and tomato).
- ◆ **Budget wisely – consider buying the Georgian Good Food Box every month for low cost**

VEGETARIAN CHILI

Ingredients

- 1 can 6 bean mix, rinsed and drained
- ½ can lentils, rinsed
- ½ can stewed tomatoes
- ½ can tomato sauce
- ½ cup diced zucchini
- ½ pepper, diced
- ½ onion, diced
- 1 tbsp chili powder (to start, then add to taste)



Directions

1. Place all ingredients into slow cooker.
2. Mix well and cook on High for 4 hours.

Suggestions to Change it Up!

- ◆ Add or omit any vegetables that you choose
- ◆ For extra heat, use hot peppers or hot sauce
- ◆ Add shredded cheese if you wish.
- ◆ Serve with crusty bread.
- ◆ Spoon it onto a bed of lettuce for a taco salad with your favorite toppings.

Canada's food guide

Eat well. Live well.

Eat a variety of healthy foods each day



Get Involved! Board Members Needed!

Email gfoodbox@gmail.com or call Joan Leonard, Vice Chair, at 705-445-9660.



Health Canada released a new, refreshed *Canada's Food Guide* that outlines general healthy eating recommendations for most Canadians. For more information check out <https://food-guide.canada.ca/en/>

Order and Pay by the First Wednesday of the month on-line at www.ggfb.ca or in person at:	Collingwood	<ul style="list-style-type: none"> •Collingwood Community Resource Centre (at Rotary Centre, Campbell & High St.) •Breaking Down Barriers (234 Ste. Marie St.)
	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"> •Replex 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