

March 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

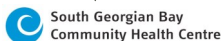
Apr 6 (or sooner) Apr 20

May 4 (or sooner) May 18

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 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.



IT'S BUD THE SPUD! ...from the bright red mud...and they're from Prince Edward Island." (Stompin' Tom). Thanks to a wonderful effort by potato farmers in PEI, the Canadian Government, local Rotary Clubs, and Good Food Box volunteers, you're getting FREE spuds this month and money normally spent on buying potatoes will put more produce in your bag! Read more about this great initiative at: <https://muskokatoday.com/2022/02/one-potato-two-rotary-clubs-trucking-in-40000-pounds-of-spuds-for-food-banks/>



INGREDIENTS FOR A HEALTHIER TOMORROW

March is nutrition month! This year, the theme explores the different "ingredients" that are needed to adapt our current food systems to create a healthier future. The ingredients are actions that dietitians and other individuals can take today to help improve their health as well as drive systemic changes for tomorrow and beyond. Registered dietitians are regulated health professionals who help people understand the connection between health and food. Dietitians recognize that each of the following ingredients are key to creating change:

Ingredient #1 Food Security	One in seven Canadians are affected by food insecurity. This high prevalence of food insecurity has a large effect on health outcomes. Resources for accessing food in your community: 211, food banks, and the Good Food Box
Ingredient #2 Food Literacy	Food literacy is about having the skills and knowledge to make healthy food decisions, select nutritious foods, and prepare meals. Here are some helpful apps for grocery shopping and meal planning: FlashFood, Flipp, Cookspiration
Ingredient #3 Food Sovereignty	Food Sovereignty is the right to nutritious and culturally appropriate foods that are produced in a sustainable way.
Ingredient #4 Sustainable Food Choices	Try buying local produce as a sustainable food choice to support local farmers and reduce the amount of transportation needed to get the food to your plate!
Ingredient #5 Nutrition Care and Prevention	Dietitians take into consideration the factors that influence our eating patterns while using evidence-based knowledge to provide guidance in making healthy choices. Here are a few ways to connect with a Registered Dietitian in your community: <ul style="list-style-type: none"> ◆ Healthcare Provider: Ask your doctor or nurse practitioner if there is a Registered Dietitian on their team. ◆ Local Grocery Store: Some local stores have in-store Registered Dietitians ready to help you. ◆ TeleHealth Ontario: Call 1-866-797-0000 to speak with a Registered Dietitian today. ◆ Online: Check out the Dietitians of Canada website for a local Registered Dietitian in your area.



Photos from Pixabay.com

- ◆ References: Food Insecurity (May 2020). <https://www150.statcan.gc.ca/n1/en/pub/45-28-0001/2020001/article/00039-eng.pdf?st=EPFxfD5>
- ◆ <https://foodsecurecanada.org/who-we-are/what-food-sovereignty>



APPLE CINNAMON OAT PROTEIN PANCAKES

Ingredients

- ◆ 2 cups (500ml) large-flake rolled oats
- ◆ 1 ½ cups (375ml) cottage cheese
- ◆ ½ cup (125ml) milk
- ◆ 2 eggs
- ◆ 1 tablespoon (15ml) maple syrup

- ◆ 2 teaspoons (10ml) baking powder
- ◆ 1 teaspoon (5ml) vanilla extract
- ◆ 1 teaspoon (5ml) ground cinnamon
- ◆ 2 apples, grated
- ◆ 1/3 cup (75ml) chopped walnuts (optional)

Directions

1. In a blender, combine oats, cottage cheese, milk, eggs, maple syrup, baking powder, vanilla, and cinnamon; puree until smooth. Stir in grated apple and walnuts (if using). Set aside for 10 minutes.
2. Preheat lightly greased non-stick frying pan or griddle over medium heat.
3. Scoop about ¼ cup (60ml) batter per pancake into frying pan. Cook for 2 minutes or until bubbles form on top and edges begin to dry.
4. Flip, and cook for 1-2 minutes longer, or until puffed and golden. Adjust heat as necessary to prevent over browning. Enjoy warm with toppings of your choice.

Recipe from Nutrition Month 2022 Recipe e-book at: https://www.dietitians.ca/DietitiansOfCanada/media/Documents/Resources/NM22-Recipe-eBook-EN-Final.pdf?utm_source=website&utm_medium=ebook&utm_campaign=nm_2022



MAKE A PANCAKE-WICH

Layer fillings of choice, such as 1 tbsp (15 ml) nut butter, or 1 oz (30g) sliced cheese with sliced fruit, like apple, banana, pear, or strawberries, between two pancakes. Wrap, refrigerate and enjoy as a grab-and-go breakfast. For more current nutrition information, recipes and resources, check out [Unlockfood.ca](https://www.unlockfood.ca) or visit <https://www.canada.ca/en/services/health/food-nutrition.html>

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:

! 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. 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** 11:00am-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: