

March 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Apr 5 (or sooner)	Apr 19
May 3 (or sooner)	May 17

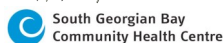
****Food Box \$21.00**
(NEW PRICE)**

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.



Serving Georgian Bay Communities Since 1953



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DID YOU KNOW?

- ◆ Good Food Box orders must be placed by the first Wednesday of the month deadline. Orders after the deadline will be credited to the following month.
- ◆ If you're a Wasaga Beach customer, the **Community Health Centre, Suite 201 at Ramblewood Medical Centre** has been added as an order drop-off location.
- ◆ We are looking for environmentally friendly, affordable alternatives to plastic bags for our produce and have been testing various samples provided. We welcome your feedback and realize we haven't found the perfect solution yet!

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MARCH IS NUTRITION MONTH!

This year's theme is *Unlock the Potential of Food: Find a Dietitian*. Registered dietitians are a great resource to help you and your family reach your health goals. They are regulated health professionals who help people understand the connection between health and food. Dietitians take into consideration the factors that influence our eating patterns while using evidence-based knowledge to provide support and guidance. Dietitians also collaborate with other healthcare professionals to personalize a nutrition plan that reflects your preferences, culture and traditions, budget, and lifestyle.

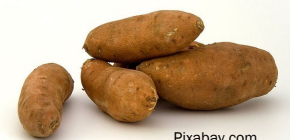
CONNECT WITH A REGISTERED DIETITIAN IN YOUR COMMUNITY

1. **Healthcare Provider** - ask your doctor or nurse practitioner if there is a Registered Dietitian on their team.
2. **Local Health Unit** - the Simcoe Muskoka District Health Unit may be aware of free programs to join or education materials specific to your needs.
3. **Local Grocery Store** - some local stores have in-store Registered Dietitians ready to help you.
4. **Health811** - a free, confidential service to receive non-urgent health care advice including, speaking with a registered dietitian. Call 1-866-797-0007 or visit [Health811](http://Health811.healthconnectontario.health.gov.on.ca) (healthconnectontario.health.gov.on.ca)
5. **Online** - check out the Dietitians of Canada website (dietitians.ca) for a local Registered Dietitian in your area.

For more information about dietitians, nutrition, recipes and resources, check out Unlockfood.ca or visit the Government of Canada website. (www.canada.ca/en/services/health/food-nutrition.html)

NUTRITION SPOTLIGHT: SWEET POTATOES

Did you know that a variety of sweet potatoes are available all year round in Ontario? You can find them packed in your Good Food Box, at local farmers markets, or in the grocery store. Sweet potatoes can be cooked using different methods and used in a variety of recipes. They are a great source of vitamin A which is important for eye health and a healthy immune system.



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BLACK BEAN STUFFED SWEET POTATOES



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Ingredients:

- ◆ 2 sweet potatoes, washed
- ◆ 1 can black beans, drained & rinsed
- ◆ ½ white onion, diced
- ◆ 1 tbsp garlic powder
- ◆ 1 tbsp cumin
- ◆ 1 tbsp chili powder
- ◆ ½ avocado, diced
- ◆ ½ tomato, diced (or salsa)
- ◆ ½ cup cilantro, washed & roughly chopped

Directions:

1. Preheat oven to 400°F. Poke a few holes in the sweet potato (using a fork). Bake them for 40-45 minutes.
2. While the potatoes are cooking, add beans, onion, garlic powder, cumin, and chili powder to a pan over medium heat. Cook for about 6-7 minutes, stirring frequently. Mash some of the beans using a spatula.
3. Once the potatoes are ready, remove them from the oven. Slice lengthwise (be careful as the potatoes will be hot!). Fill with bean mixture, avocado, tomato, and cilantro.

Resource: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/Nutritional-Benefits-of-Sweet-Potatoes.aspx>

Recipe from <https://www.thegoodlifedietitian.com/blog/black-bean-stuffed-sweet-potatoes>

MORE CREATIVE WAYS TO USE SWEET POTATO

- Mix with regular potato for a colourful shepherd's pie
- Crispy sweet potato fries: Slice into thin strips, toss in olive oil and bake in the oven
- Thicken homemade soups with mashed sweet potato
- Use leftover mashed sweet potato as stuffing for homemade dumplings
- Cut into ¼ inch slices and bake. Top with nut butter, hemp seeds, and cinnamon for a savoury breakfast.
- In a hurry? Bake pre-cut, frozen sweet potato chunks and add to a bowl with cooked protein and vegetables.



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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 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)

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 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:

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: