

March 2024

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca

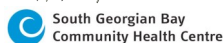


Order & Pay By	Pick Up On
Apr 3 (or sooner)	Apr 17
May 1 (or sooner)	May 15

**\*\*Food Box \$21.00\*\***

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](mailto: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.



## GEORGIAN GOOD FOOD BOX TURNS 20! **WOW** GOLDEN TICKET

The first Georgian Good Food Box pack took place in April 2004! That makes us 20 years old this year! We are celebrating with a **Golden Ticket**. If you find a Golden Ticket in your April Good Food Box, you win a **FREE Good Food Box!** ...And congratulations to **Laurel A.** who won a Good Food Box by completing our **Georgian Good Food Box Customer Survey**. Thanks to all who participated! Survey highlights will be shared after the surveys are tabulated.

## NUTRITION MONTH 2024: WE ARE DIETITIANS

March is national nutrition month! This year, Dietitians of Canada celebrates the value of dietitians with the theme *We are Dietitians*.

### THE ROLE OF A DIETITIAN

Dietitians work across all areas of food and nutrition. They address the nutritional needs and challenges of the unique communities they serve. For example, dietitians may provide education and counselling around:

- ◆ diabetes
- ◆ high blood pressure
- ◆ picky eating
- ◆ sports nutrition
- ◆ eating disorders
- ◆ hormonal, digestive, and skin health



[www.shutterstock.com/search/nutritionist-cartoon](http://www.shutterstock.com/search/nutritionist-cartoon)

- Dietitians might work as part of healthcare teams**, including in hospitals and clinics.
- They may design and carry out public health programs** and initiatives. These initiatives promote healthy eating habits and help prevent nutrition-related diseases within communities.
- Dietitians plan and oversee menus** to help meet nutritional standards and dietary guidelines. They may do this work in food service settings like hospitals, schools, and long-term care facilities.

**Is a Dietitian the Same as a Nutritionist?** While this is a common misconception, dietitians and nutritionists are not the same! In most provinces, the nutritionist title can be used by anyone with or without any formal education or training. Dietitians who work in Canada must get a bachelor's degree in human nutrition, complete an accredited internship program, and pass a certification exam to practice.

### ACCESSING DIETITIAN SERVICES IN ONTARIO

Covered by provincial health insurance/ government funded services	Private services (may be covered by employment insurance)
<ul style="list-style-type: none"> <li>◆ Family Health Teams*</li> <li>◆ Community Health Centres*</li> <li>◆ Diabetes education programs*</li> <li>◆ Long-term care residences*</li> <li>◆ Health Connect Ontario (call 8-1-1 or visit Health811.ontario.ca)</li> <li>◆ Hospitals*</li> </ul>	<ul style="list-style-type: none"> <li>◆ Private clinics and wellness centers</li> <li>◆ Employee assistance programs (EAPs)</li> <li>◆ Online dietitian platforms (ex. <i>find a dietitian</i> through the Dietitians of Canada website)</li> </ul> <p><i>*May require a doctor's referral</i></p>

References: <https://www.unlockfood.ca/en/Articles/About-Dietitians/What-is-a-Dietitian.aspx>  
<https://health811.ontario.ca/static/guest/home>  
[https://members.dietitians.ca/DCMember/s/find-dietitian?language=en\\_US](https://members.dietitians.ca/DCMember/s/find-dietitian?language=en_US)



**TRY OUT RECIPES CREATED BY SOME AMAZING DIETITIANS!**

- ☑ **Plant based RD** (<https://plantbasedrdblog.com>) Catherine shows you how to add more plants to your plate in a realistic and enjoyable way with delicious meal ideas.
- ☑ **Nutrition by Kylie** ([nutritionbykylie](#) on Instagram, TikTok, YouTube, and Facebook) Kylie creates short videos with recipes that are super quick, easy, and nutritionally balanced.
- ☑ **Sweet Spot Nutrition** ([sweetspotnutrition.ca](https://sweetspotnutrition.ca)) Cheryl is a dietitian and cardiac specialist who helps people banish food stress, providing heart-friendly tips and recipes.
- ☑ **Hannah Magee RD** ([hannahmageerd.com](https://hannahmageerd.com)) Hannah’s goal is to help foster positive relationships with food. She does this by providing simple, healthy recipes suitable for a variety of diet restrictions (dairy free, gluten free, vegetarian, etc.)

**NO RECIPE, NO PROBLEM** Here’s a simple equation for making a delicious, healthy and easy soup! (Full details: How To Make Vegetable Soup Without A Recipe, Emily Sztatowski, RD, 10/28/23 Chatelaine)

AROMATICS +	FLAVOUR +	BASE VEGETABLE +	LIQUID +	GARNISH
onion, fennel, celery, garlic, leeks	cumin, curry, thyme, sage, cinnamon, ginger, nutmeg 1 chopped apple or pear	cauliflower, potato, sweet potato, squash, carrots, beets, rutabaga	water, milk, low sodium vegetable or chicken stock	parsley, herbs, dash of spice, Greek yogurt, grated cheese
Cook 1-2 cups of diced onions in 2 tbsp olive oil until soft. Add other aromatics if desired.	Add 1 or 2 flavours. Try small amounts (¼-½ tsp spices) adding more according to taste	Add chopped, 1 inch pieces of vegetable or combination of veggies	Add about 4 cups of liquid. Add more or less to taste and can combine liquids	Puree all ingredients together. Top your bowl of soup with garnish
<b>Idea:</b> Onion and celery	Ginger	Carrots	Vegetable stock and orange juice	Pumpkin seeds
<b>Idea:</b> Onion	Apple and thyme	Rutabaga	Chicken stock & milk	Grated cheese



**IMPORTANT ORDER INFORMATION**

**Order and Pay** by the First Wednesday of the month **or sooner!**

On-line at [www.ggfb.ca](http://www.ggfb.ca) or in person at one of the sites listed:

*We encourage all our customers to use Paypal for orders* on our website, [www.ggfb.ca](http://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)

**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.

**IMPORTANT PICK UP INFORMATION**

**Pick up will occur only at these locations:**

**Pick Up** on the Third Wednesday of the month at the locations listed:

- ◆ **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