

May 2018

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Jun 6	Jun 20
Jul 4	Jul 18

Food Box \$15.00

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.



We want to know what you think! In an effort to continually monitor customer satisfaction and improve our service if we can, we invite you to do the 2018 Georgian Good Food Box Survey at www.ggfb.ca. Survey started Wednesday, April 18 and ends Wednesday, June 20, 2018. Complete the survey and you could win a **free food box and cook book!**

STRESSED OUT?

More and more people are feeling stressed. Physically, mentally, emotionally, financially. It can come in different forms. Stress is a problem that involves many different solutions, but did you know making small changes to your routine could help you?



We have included a list of different strategies that may improve your overall health and can help you work towards lowering your stress. When you adopt more of these habits, you are also making your "gut" stronger and healthier which can actually impact your overall mental health... how cool is that?

Thinking About Making A Change?

Here's our top ten strategies for improving your overall health and lowering your stress:

1. *Eat Regular Meals:* with fibre and protein
2. *Have Healthy Snacks on Hand:* see flip side of this sheet for fun ideas
3. *Include Orange and Green Vegetables:* because Canadians don't get enough
4. *Take Vitamin D:* talk to your doctor or nurse practitioner first
5. *Choose Water:* can help you feel awake and focused
6. *Cut Back on Sugar:* especially in drinks and snacks
7. *Reduce the Caffeine:* limit during the afternoon and evening
8. *Get to Bed:* 7-9 hours a night
9. *Get Moving:* start with a 10-minute walk each day
10. *Take the Guilt out of Food:* eat balanced meals and enjoy your favourite foods in moderation



GOOD QUESTION!

Our customers are asking some really good questions on the **2018 Georgian Good Food Box Survey** and we'd like to respond!

I'd like to be able to pay for a full year of good food boxes...Can I order for more than one month at a time? Absolutely! This option is available on-line for PayPal orders or by asking at your regular order/pick up location.

How come the recipes in the newsletter don't always match what is in the Good Food Box? We try, but the newsletter has to go to print before the produce is purchased. Produce is bought right before the pack so we can get the best deals. Some of our customers store the recipes in a binders so they are ready to use whatever vegetable or fruit arrives!



HEALTHY SNACKS

Try to include a source of protein at every snack to improve your mental health and make sure you have enough energy until your next meal.

CARROT STICKS	+	CELERY STICKS	+	HUMMUS
HARD BOILED EGG	+	TOMATOES	+	CHEESE
APPLE	+	ALMONDS	+	GLASS OF MILK
SALSA	+	TORTILLA CHIPS	+	SHREDDED CHEESE
WHOLE GRAIN TOAST	+	MASHED AVOCADO	+	SLICED STRAWBERRIES
PLAIN GREEK YOGURT	+	APPLE SLICES	+	PEANUT BUTTER & CINNAMON

BETTER HEALTH ONE STEP AT A TIME WITH FOODFIT!

In **FOODFIT** you'll...

- ◆ Improve your cooking skills and learn new recipes
- ◆ Join in a 30-minute walk each week
- ◆ Share healthy meals with new friends
- ◆ Make a 12-week commitment to becoming a healthier

WHEN: Coming this summer

WHERE: Elmvale Community Arena and Wasaga Stars Arena

COST: FREE!

JOIN: For more information contact Courtney O'Neill at 705-422-1888 x 111 or Courtney.Oneill@sgbchc.ca

Priority will be given to community members who self-identify as living in a low-income household.



community food centres
CANADA good food is just the beginning



South Georgian Bay
Community Health Centre

Order and Pay by the First Wednesday of the month on-line at www.gqfb.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