

May 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By **Pick Up On**

June 1 **June 15**
(or sooner)

July 6 **July 20**
(or sooner)

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.



"Serving Georgian Bay Communities Since 1953"

South Georgian Bay Community Health Centre



EAT WELL TO EXCEL!

This year, Georgian Good Food Box has partnered with **Student Nutrition Ontario (Central East)** to provide fruit boxes once a month to 12 participating schools in Collingwood, Clearview and Wasaga Beach. **Eat Well to Excel** strives to ensure that every student has access to nutritious foods, learns to make healthy choices, and is empowered to succeed. For more information visit www.studentnutritionontarioce.ca

HYPERTENSION AWARENESS MONTH

What Does Hypertension Mean?

Hypertension is a medical term that describes **high blood pressure**. When our heart pumps, it forces blood around the body to deliver nutrients and oxygen to our organs and cells. This force puts pressure against the blood vessels when the heart pumps. When there is too much pressure on the vessels, it can cause hypertension or high blood pressure. It is like pumping too much air into a balloon. Hypertension can damage the blood vessels and cause heart issues. High blood pressure is more common among older individuals however anyone can develop this condition.

There are many things that help manage blood pressure such as:

- Make smart food choices
- Stay active
- Limit salt/sodium intake
- Manage stress levels
- Limit alcohol consumption
- Refrain from smoking



Consider the DASH Eating Plan (DIETARY APPROACHES TO STOP HYPERTENSION)



- Proven to lower blood pressure
- Similar to Canada's Food Guide
- Emphasizes eating lots of vegetables and fruit, low-fat protein choices such as fish, poultry, milk, legumes and nuts, and whole grains
- Low in saturated fat, sugar and salt
- Use herbs and spices to flavour foods rather than salt
- Limits processed, cured, smoked or deli meats that contain high levels of salt

How Much Sodium Should I Consume?

It is recommended to limit sodium to **1500-2300mg per day**. Sodium is a mineral that is found in salt. Eating too much sodium can cause high blood pressure. Reading nutrition labels is a helpful tool to limit sodium in your diet. Choose products that are labeled with **5% or less for Daily Value (DV) for sodium**.

	Milligram (mg) salt per serving	% Sodium per serving
Too much (avoid)	>360 mg	≥15%
Watch out (limit)	121-360 mg	6-14%
Include most often	0-120 mg	0-5%



Mediterranean Asparagus and Tomato

This recipe is great side dish for an early summer barbecue!

Directions

1. In a small bowl, whisk together vinegar, mustard, honey, basil, and pepper. Slowly whisk in oil. Set aside.
2. In a large pot of boiling water, cook asparagus until bright green and tender-crisp (2-4 minutes depending on the thickness of stalk). Drain and chill in ice. Drain well and place in a shallow dish.
3. Sprinkle tomato over asparagus. Pour dressing over the asparagus and tomato. Let stand at room temperature for up to one hour. Garnish each serving with parmesan and fresh basil (if using).

References:

- <https://hypertension.ca/hypertension-and-you/about-hypertension/what-is-high-blood-pressure/>
- <https://www.ontario.ca/foodland/recipes/mediterranean-asparagus-and-tomato>
- <https://www.unlockfood.ca/en/Articles/Heart-Health/A-DASH-of-healthy-eating-can-help-control-blood-pr.aspx>

ontario.ca/foodland/recipes/

Ingredients

- ◆ 2 tbsp (25ml) red wine vinegar
- ◆ 1 tsp (5ml) Dijon mustard
- ◆ 1 tsp (5ml) liquid honey
- ◆ ½ tsp (2ml) dried basil
- ◆ Pinch of pepper
- ◆ ¼ cup (50ml) olive oil
- ◆ 1 lb (500g) asparagus
- ◆ 1 ripe tomato, seeded and diced
- ◆ ¼ cup (50ml) grated parmesan or asiago cheese
- ◆ Basil leaves (optional)



STAY UP TO DATE WITH THE GGFB!

To ensure you are up to date with our latest information, check out our **Facebook** and **Twitter** pages! If you would like to join our mailing list, please enter your information at the bottom of the homepage on our website at www.ggfb.ca. We send **reminders** for order and pick up dates twice per month, plus occasional news, updates and information.

Pixabay.com

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:

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

- ◆ **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