

May 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
June 7 (or sooner)	June 21
July 5 (or sooner)	July 19

****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
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.



WE LOVE TAKING YOUR CALLS, BUT...

We're experiencing a temporary service interruption to our main line 705-445-9660. We are diligently working to fix it. In the meantime, if you need to phone us, please call Loretta at 705-352-3555 or Ted at 705-428-5537. Visit our website at ggfb.ca, or e-mail us at gfoodbox@gmail.com

EATING WELL FOR YOUR HEALTH AND THE PLANET



What does a sustainable diet mean? In general, a sustainable diet is one that includes the following:

- ◆ Foods that are good for you, and the planet
- ◆ Environmentally friendly and protects ecosystems for future generations
- ◆ Helps to reduce food waste
- ◆ Reduces the production of GHGs (greenhouse gases)
- ◆ Aligned with our Canada's Food Guide



HOW CAN I EAT MORE SUSTAINABLY?

Building a sustainable food system is complex but taking small steps can go a long way! Cooking with more plant-based foods, reducing food waste at home, buying local, and growing your own food are all great places to start. Continuing to learn about sustainability and opportunities in your community is a great way to contribute as well. Check out the [Simcoe County Food Council](#), **subscribe to their newsletter** for information about the food system in Simcoe County.

Try To Eat More Plant-Based Proteins

Plant-based proteins such as lentils, beans, and tofu need less energy, water, and land space to grow compared to animal proteins. These foods are also rich in fibre and vitamins which are good for your health. These items cost less than animal proteins as well which is a bonus.

Reduce Food Waste

By reusing leftovers, buying only what you need, and relying on frozen foods, you can lower how much food is wasted in your household. Another way to reduce waste is to drink tap water rather than bottled. This helps cut down on single-use plastic waste!



Grow Your Green Thumb

Growing your own food can help to cut down on transportation emissions and can feel very rewarding. If you don't have a large outdoor space, don't worry! You can still grow herbs, spices, sprouts and microgreens inside.

Support Local

By purchasing the GFB, you are supporting local! This helps to support farmers and lowers the energy needed to transport food. Visit the [Foodland Ontario](#) website for a complete list of seasonally available produce. Check out Experience.simcoe.ca to find a list of local farms and markets in Simcoe Muskoka.

LENTIL AND QUINOA PILAF

Ingredients:

- ◆ 1 tbsp (15mL) olive oil
- ◆ ½ cup (125mL) diced onion
- ◆ 1 cup (250mL) diced celery
- ◆ 1 tsp (5mL) curry powder (optional)
- ◆ ½ tsp (2mL) ground cumin
- ◆ ½ cup (125mL) canned lentils (rinsed) or cooked from dried
- ◆ ½ cup (125mL) quinoa (can substitute rice or barley)
- ◆ ½ cup (125mL) water
- ◆ ½ cup (125mL) sodium-reduced vegetable (or chicken) stock
- ◆ 1 tbsp (15mL) lemon zest
- ◆ 1 tbsp (15mL) lemon juice
- ◆ ¼ cup (50mL) diced red pepper
- ◆ Pepper to taste

Directions:

1. In a medium saucepan, heat oil over medium heat. Add onion, celery, and curry powder. Cook for 10 minutes or until vegetables are tender.
2. Using a strainer, rinse the quinoa (or grain of choice) under cold water and drain. Add the cumin, quinoa, and lentils to the vegetable mixture and stir for 1 minute.
3. Add the water, stock, lemon zest, and lemon juice. Bring to a boil.
4. Cover and reduce heat to low and simmer for 15-20 minutes (or until liquid is absorbed). Stir in the red pepper.
5. Season with pepper to taste and enjoy!



unlockfood.ca



Something to think about! The National Zero Waste Council (2022) finds that the average Canadian household wastes 140 kg of food per year.

Resources:

- <https://www.unlockfood.ca/en/Articles/How-Can-I-Eat-a-More-Sustainable-Diet.aspx>
- <https://lovefoodhatewaste.ca/>
- Download the *Leftover Cookbook* from Unlockfood.ca here: <https://www.unlockfood.ca/EatRightOntario/media/PDFs-new-website/Easy-Meals-for-Great-Leftovers-Recipe-Book-EN-web.pdf>

IMPORTANT ORDER INFORMATION

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:

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)

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