

November 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



THREE THINGS YOU SHOULD KNOW

Order & Pay By	Pick Up On
Dec 7 (or sooner)	Dec 21
Jan 4 (or sooner)	Jan 18

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.



1. Do you have the **Golden Ticket**? Check your GFB bag today! Three lucky winners will get a free bag in celebration of our 18th year and over 75,000 bags packed!
2. Our popular **Give One Get One** campaign will launch in December. Stay tuned for more information and check www.ggfb.ca.
3. Are you computer savvy? Do you want to make a difference in your neighbourhood? Are you organized and willing to take on new projects? We're looking for **Board members**. Contact gfoodbox@gmail.com or 705-444-9660 for details.

IT'S SOUP SEASON

A great way to welcome the colder weather is with homemade soups using your Good Food Box produce! Homemade soups are cheaper than store-bought, packed with good nutrition, easy to prepare, and great for freezing. Making homemade soups is rewarding and can make meal planning a lot easier. Get creative and try out different recipes using seasonal ingredients.



Step-By-Step Guide to Making Soup

1. **Start with a stock** – this will be the base of your soup.
 - ◆ See the recipe on flip side to make homemade soup broth or stock, or start with a pre-made boxed broth or stock. Make sure to buy stocks that are made with no added salt or are reduced sodium options.
 - ◆ Add stock to a large pot over medium-high heat and bring to a boil, then simmer.
2. **Add a pop of colour!** Vegetables are a good source of vitamins, minerals and fibre.
 - ◆ Use fresh, frozen, canned or leftover vegetables. Chop them into similar sizes so they cook evenly.
 - ◆ Add leafy, canned, or leftover vegetables at the end so they do not overcook.
 - ◆ You may puree the soup after the vegetables have cooked to make a creamier and thicker soup or leave it chunky, based on your preference.
3. **Build it up with protein.** Protein foods that work best in soups include lean meat, fish, skinless poultry, eggs, tofu, lentils, black beans, cannellini beans, chickpeas.
 - ◆ Chop into bite-sized pieces. Add to soup at beginning if using uncooked meats.
 - ◆ If using dried beans or chickpeas, cook these first. Add to the soup once cooked as they take much longer to cook than dried lentils or canned beans.
 - ◆ Eggs and tofu cook quickly - add these at the end of making the soup.
4. **Finally, round it off with grains.** Select whole grains to boost the fibre content. Try grains such as whole wheat pasta, barley, farro, wild rice, and quinoa.
 - ◆ Grains will absorb a lot of liquid - make sure to add extra stock

Tips For A Healthy Soup



- Build around the vegetables:** Aim for more vegetables than meats or grains in your soup
- Re-think the fat:** For creamy soups, use canned evaporated milk, regular milk or silken tofu for a lower fat alternative to full-fat cream.
 - Add it after the vegetables have cooked to prevent boiling the milk.
 - Try pureeing some of the vegetables to make the soup creamier.

- ☑ **Cut back on sodium:** Try using half of what the recipe calls for when using high-salt seasonings such as fish sauce, soy sauce, salt, garlic salt and onion salt.
- ☑ **Go fresh:** Use fresh onions, garlic, fresh or dried herbs/spices for additional flavour without adding sodium.
- ☑ **Add garnishes:** Boost flavour by topping your soup with slices of avocado, chopped nuts, fresh herbs, pesto, or homemade croutons

Portion leftovers into single serving size containers and label and date each of your containers. Be sure to select the oldest foods first when using leftovers.

MAKING BROTH WITH GOOD FOOD BOX PRODUCE

You Need a pot, water, vegetable trimmings and ends, spices or herbs (dried or fresh)

Steps

1. Keep leftover vegetable trimmings from GFB produce in a bag (store in a freezer if possible) until ready to make broth, then wash and clean trimmings.
2. Fill a large pot with water and throw in vegetable trimmings. Try carrot and root vegetable ends, onion peels, stems of leafy greens and potato skins.
3. Add in flavours like pepper and salt, parsley, a bay leaf, garlic, etc.
4. If desired, add in leftover turkey or chicken carcass.

Be sure all meat is pulled off bones.
5. Bring to a boil and then turn down low for 1-2 hours.

6. Once done, pour broth through a strainer/colander to separate food products from the broth.

7. When cool, pour broth into containers and store in the freezer until needed. Write date on the container.

8. Throw your used food trimmings in the compost.

You can also try this in the slow cooker as well, check out the links below.

References & Resources

- <https://www.budgetbytes.com/how-to-make-chicken-broth/>
- <https://www.budgetbytes.com/slow-cooker-chicken-broth/>
- <https://www.unlockfood.ca/en/Articles/Cooking-and-Food/Cooking-Methods/How-to-Make-a-Healthy-Soup.aspx>



www.budgetbytes.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:

- ◆ **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: