

November 2023

# GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Dec 6 (or sooner)	Dec 20
Jan 3 (or sooner)	Jan 17

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

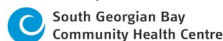
The Georgian Good Food Box is strictly non-profit and is operated by community volunteers. For more information or to volunteer, contact us at:

[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.



## A TREE-MENDOUS IDEA!


Tree Canada provides grants to community groups interested in planting fruit and nut trees on publicly accessible sites. Groups can receive up to \$10,000 in funding for eligible projects that connect people with local food sources. Grant applications are accepted from October to early December. Find out more at: <https://treecanada.ca/grants-awards/edible-trees/>

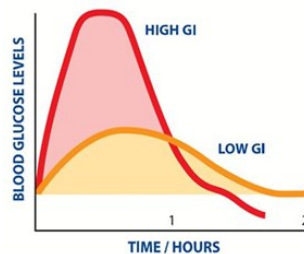
## NOVEMBER IS DIABETES AWARENESS MONTH

In this issue, we shed light on diabetes; a chronic condition that affects millions of Canadians. We also share nutrition tips to help reduce your risk and to better manage diabetes.

### WHAT IS DIABETES?

Diabetes is a medical condition that affects how your body handles sugar (glucose). Our bodies need a hormone called insulin to balance blood sugar. In diabetes, either the body doesn't produce enough insulin, or it can't properly use the insulin it makes. This leads to elevated blood sugar levels, which, if not managed, can cause health issues over time. There are three major types of diabetes:

	Description	Risk Factors	Prevalence
<b>Type 1 (T1D)</b>	<ul style="list-style-type: none"> <li>◆ Autoimmune disease that typically develops in children and youth</li> <li>◆ Body cannot produce insulin</li> </ul>	<ul style="list-style-type: none"> <li>◆ Family history (have a parent or sibling with T1D)</li> </ul> 	About 9% of diabetes cases
<b>Type 2 (T2D)</b>	<ul style="list-style-type: none"> <li>◆ Body cannot properly use insulin made, and/or isn't able to produce enough of it</li> </ul>	<ul style="list-style-type: none"> <li>◆ Over the age of 40</li> <li>◆ Family History of T2D</li> <li>◆ High blood pressure</li> <li>◆ Low physical activity</li> </ul>	About 90% of diabetes cases
<b>Gestational</b>	<ul style="list-style-type: none"> <li>◆ Occurs during pregnancy and is temporary</li> <li>◆ Not enough insulin production for a growing baby</li> </ul>	<ul style="list-style-type: none"> <li>◆ Over the age of 25</li> <li>◆ Family history of T2D</li> <li>◆ Have polycystic ovary syndrome (PCOS) or pre-diabetes</li> <li>◆ Belong to a high-risk ethnic group</li> </ul>	Less than 1% of diabetes cases



### NUTRITION BASICS FOR DIABETES

Good nutrition can help to manage blood sugars and lower your risk of developing diabetes. One of the most important concepts to understand is the Glycemic Index (GI). The GI ranks carbohydrates in foods based on how they affect blood sugar levels. Low and medium GI foods release glucose (sugar) slowly into the bloodstream and can be beneficial for maintaining stable blood sugar levels.

**Resources:** <https://www.diabetes.ca/about-diabetes/what-is-diabetes>  
<https://www.unlockfood.ca/en/Articles/Diabetes-Prevention/Diabetes-and-the-health-benefits-of-fibre.aspx>  
<https://guidelines.diabetes.ca/docs/patient-resources/glycemic-index-food-guide.pdf>

**Low Glycemic Index (GI) Foods**

- Legumes (chickpeas, lentils, kidney & lima beans)
- Whole grains (barley, oats, quinoa)
- Vegetables (specifically cucumber, tomato, eggplant, mushroom, garlic, & onion)
- Fruits (specifically grapefruit, cherry, apricot, plum, & strawberry)
- Mixed nuts and seeds
- Cow's milk and soy milk

Plain dark chocolate

**High GI Foods**

When eaten on their own, high GI items like ice-cream, pop, white bread & rice, boiled potatoes, and sweet yogurt can raise blood sugar in a short period of time. But, when paired with a low GI food in the same meal (ex. white rice + lentils), the blood sugar spike can be reduced. This is due to the fiber present in low GI foods, which also helps you to feel fuller for longer!



**SQUASH, CHICKEN, AND WHITE BEAN SOUP** *(Full of low GI and seasonal ingredients!)*

**Ingredients**

- ◆ 1 tbsp olive or canola oil
- ◆ 1/2 yellow onion, chopped
- ◆ 1 large leek, halved and thinly sliced
- ◆ 2 cloves garlic, minced
- ◆ 2 sprigs fresh thyme (or 1/2 tsp dried)
- ◆ 1 tsp dried parsley
- ◆ 1/2 butternut squash, peeled & diced
- ◆ 2 medium potatoes, diced
- ◆ 1L chicken stock
- ◆ 1/2 tsp salt and 1/2 tsp pepper
- ◆ 1 can (540ml) white cannellini beans, drained, rinsed
- ◆ 2 skinless cooked chicken breasts, shredded
- ◆ Small bunch of kale, chopped
- ◆ 2 tbsp grated parmesan

**Instructions**

1. Heat the oil in a large saucepan. Add the onions, leeks, and garlic, and cook for 5 minutes on medium-low heat until softened.
2. Add the thyme, parsley, salt, and pepper, and cook for a further 2 minutes.
3. Add squash and potatoes. Stir, add chicken stock. Bring to a boil, cover, simmer for 25-30 minutes or until the squash and potatoes are fork tender.
4. Add the beans, shredded chicken, and kale. Cook for another 2 minutes until the kale has wilted.
5. Serve with parmesan cheese, fresh parsley if desired.

Recipe and photo adapted from

<https://www.kitchensanctuary.com/tuscan-style-chicken-soup/>

**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