

October 2022

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



Order & Pay By	Pick Up On
Nov 2 (or sooner)	Nov 16
Dec 7 (or sooner)	Dec 21

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



WE NEED VOLUNTEERS. CAN YOU HELP?

Our needs are greatest in Collingwood and Wasaga Beach for people able to assist with heavy lifting (40+lbs, unloading truck and setting up space). Every third Wednesday morning of the month for a few hours.

Please call Joan at **705-445-9660** or email us at gfoodbox@gmail.com

A big Thank you to **Kennedy Orchards** and everyone who came out to our Apple Harvest Fundraiser! We raised over \$1000 to purchase produce for families in need!

GIVING THANKS

The links between poverty, food insecurity and health are clear. Not having enough food in the home increases the risk of poor nutrition and health problems such as infectious illnesses, low birth weight and chronic conditions like heart disease, diabetes and high blood pressure. The stress of struggling to cope on a limited income can also affect mental health. Food insecurity increases the likelihood of depression in adults and teens. There is also growing evidence that children from food-insecure homes tend to have poorer social skills, more behavior problems and do less well at school than children from homes where food security is not an issue.



The Local Picture

Each year the Health Unit carries out a Nutritious Food Basket (NFB) survey of food prices in grocery stores across Simcoe and Muskoka. Results show that many low-income individuals and families cannot afford a basic healthy diet. Based on 2019 NFB survey results, it would cost a family of four (including two adults aged 31-50 years, one teen aged 14-18 years and a child aged 4-8 years) living in Simcoe County about \$970.22 per month for the NFB. According to these calculations, the income from pensions, minimum wage or social assistance is unlikely enough to cover healthy food and rent for those living in Simcoe Muskoka.

Solutions

- Learn more about this problem and everyone can do to make sure everyone has enough money for health food at: www.smdhu.org/centsless
- Encourage friends and family to participate in the Good Food Box program
- Use the local flyers to plan a weekly meal plan and purchase those items on sale
- Contact your local Community Health Centre to find nutrition groups and classes
- Participate in local community gardens
- Search 211 website, Food in Simcoe County, to access food in your community
- Visit foodinsimcoe.cioc.ca for online access to information about food policy, nutritious and affordable food access and security
- Access community food resources: **Collingwood Community Fridge** located at the Collingwood Youth Centre (76 First St, Collingwood); **Wasaga Beach Public Library food pantry** (120 Glenwood Drive, Wasaga Beach); **Collingwood Public Library food pantry** (55 Ste Marie St, Collingwood, ON)

Adapted from GFB Newsletter (2013) by SGBCHC RD Lesley, SMDHU RD Jody, SMDHU RN Ruth

<https://www.simcoemuskokahealthstats.org/topics/determinants-of-health/socioeconomic-characteristics/nutritious-food-basket>

SPAGHETTI SQUASH SUPPER

Ingredients

- ◆ 1 spaghetti squash (about 3.5 lb or 1.75kg)
- ◆ 1lb (500g) extra lean ground beef or turkey or chicken
- ◆ 2 cloves garlic, minced
- ◆ 1 cooking onion, chopped
- ◆ 1 carrot, quartered lengthwise and sliced
- ◆ 1 zucchini, quartered lengthwise and sliced
- ◆ 1 ½ cups (375ml) tomato pasta sauce
- ◆ 1 tbsp (15mL) tomato paste
- ◆ 1 tsp (5mL) **each** dried basil and oregano
- ◆ ¼ tsp (1mL) pepper
- ◆ 2 tbsp (25mL) grated parmesan cheese
- ◆ 2 tbsp (25mL) chopped fresh parsley (for topping)



Directions

1. Cut squash in half crosswise; remove seeds. Place cut side down in microwave casserole dish and add ¼ cup (50mL) water.
2. Cover and microwave on high for 15 minutes or until easily pierced with a knife. Let stand for 5 minutes (it will be very hot!).
3. With fork, pull out strands and place in a serving dish (if strands are watery, drain in a colander).
4. In a non-stick pan on medium-high heat, sauté beef, garlic, onion, carrot, and zucchini. Break up the meat for about 10 minutes or until beef is no longer pink.
5. Stir in tomato sauce, tomato paste, basil, oregano, and pepper. Reduce heat to low and simmer for 3 minutes.
6. Pour over spaghetti squash strands and toss to combine. Serve sprinkled with parmesan and parsley.

Recipe & photo: <https://www.ontario.ca/foodland/recipes/spaghetti-squash-supper>

Community Workshops:

- ◆ Sprouting and Microgreens Workshop at the Wasaga Beach Public Library on December 6th from 6-7pm
- ◆ Saving Money on Your Grocery Bill: Wasaga Public Library Oct. 4, 6-7pm; Clearview Library Stayner Oct. 11, 6-7pm
- ◆ Meal Planning 101: Wasaga Beach Public Library Nov. 1, 6-7pm; Clearview Library Stayner Nov. 22, 6-7pm
- ◆ Heart Healthy Eating (online) on November 21st from 10:00-11:30am

*To sign up for workshops, please visit <https://www.southgeorgianbaychc.ca/programs/> or call 705-422-1888

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: