

October 2023

GEORGIAN GOOD FOOD BOX NEWSLETTER

www.ggfb.ca



GRATEFUL

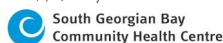
Thank you for joining us at **Kennedy Orchards** in Nottawa on September 21st for our annual by-donation apple-picking event! With your generosity, the Georgian Good Food Box collected **over \$1000.00** and for that **we are extremely grateful!** All monies raised will provide Good Food Boxes to those in need who are living in the Collingwood, Clearview, and Wasaga Beach area. Thank you to Kennedy Orchards and all those who came to pick. Enjoy your apples!

Order & Pay By	Pick Up On
Nov 1 (or sooner)	Nov 15
Dec 6 (or sooner)	Dec 20

****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.



PACK A PUNCH WITH PLANT-BASED PROTEINS!

What's the low down on plant-based proteins? The term plant-based protein is used to describe protein-rich foods that come from plants. They are often used as an alternative for animal proteins. These foods include:



- ◆ Legumes (kidney beans, peas, black beans, chickpeas, lentils)
- ◆ Soy (tofu, tempeh, edamame)
- ◆ Nuts and seeds
- ◆ Whole grains (quinoa, amaranth, and spelt)



Adding plant-based proteins into your diet can help to manage a variety of health issues. For example, the fibre from plant-based proteins can help with constipation and diarrhea. Eating a diet high in these powerful plant proteins can reduce your risk of developing colon cancer, type 2 diabetes, and heart disease. In addition to fibre, plant-based proteins are also high in important vitamins and minerals. Legumes like chickpeas, are a good source of folate whereas tofu is high in calcium, iron, and zinc.

PROTEIN PER SERVING OF PLANT FOODS

Soy	Tofu 16g per ½ package	Tempeh 16g per ½ cup	Edamame 12g per ½ cup
Legumes	Lentils 9g per ½ cup (cooked)	Chickpeas 7g per ½ cup	Kidney & black beans 7g per ½ cup
Nuts	Almonds 8g per ¼ cup	Peanut butter 7g per 2 tbsp	Peanuts 6g per ¼ cup
Seeds	Pumpkin seeds 11g per ¼ cup	Hemp seeds 9g per 3 tbsp	Sunflower seeds 7g per ¼ cup
Grains	Spelt 11g per cup (cooked)	Amaranth 9g per cup (cooked)	<ul style="list-style-type: none"> •Quinoa 8g per cup (cooked) •Whole wheat bread 8g per 2 slices

Canada's Food Guide recommends splitting your plate into:

- Half** (1/2) filled with **vegetables and fruits**
- Quarter** (1/4) filled with **protein rich foods**
- Quarter** (1/4) filled with **whole grains**

Plant-based proteins can be a substitute for animal protein or used in place of half the animal protein part. For example, you can mix cooked lentils with ground meat to make a hearty spaghetti sauce!



HERE ARE SOME IDEAS FOR HOW TO USE TO USE PLANT-BASED PROTEINS ON YOUR BALANCED PLATE

Balanced breakfast
Cook oats and top with almonds, hemp hearts, and your GFB fruits!




Pixabay.com

Lunchtime Loaded Taco Bowl
Combine cooked quinoa with canned black beans, lettuce, diced tomatoes, shredded carrots, and onions.

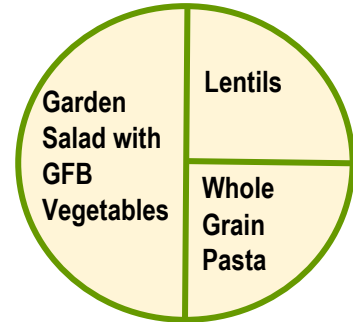
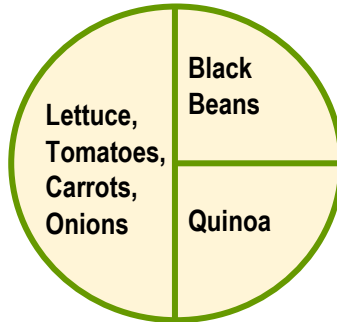
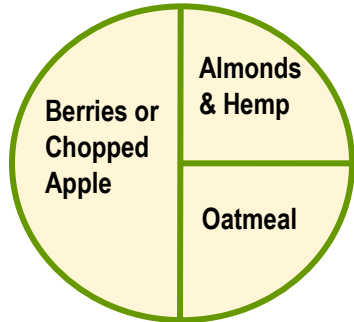


Foodista.com

Hearty Pasta Dinner
Add canned lentils to tomato sauce with diced onions and leftover vegetables. Serve over pasta and pair with a garden salad.



Pixabay.com



Resources:

—Recipes with legumes & pulses: <https://pulses.org/nap/>

—Benefits of eating plant-based: <https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/Benefits-of-Eating-Plant-Based.aspx?aliaspath=/en/Articles/Cooking-And-Food/Vegetables-and-Fruit/Benefits-of-Eating-Plant-Based>

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